

Ephrata Parks and Recreation

Youth Basketball League



Rules and Expectations

2016-17

EPHRATA PARKS AND RECREATION

CITY YOUTH LEAGUE BASKETBALL

League Rules

We Will Follow NFHS Rules except the following:

1. Each quarter will be 8 minutes kept by the officials (clock will be stopped on a prolonged FT). The clock will be stopped only for an official timeout. Each team will be permitted one-30 second time out per quarter. One-minute intermission between quarters & a five (5) minute halftime. At the end of each quarter the time will be assessed and could go to running clock depending on the allotted time.
2. No traps or double teams.
3. No full court press.
4. Man on man defense will be used. No zones allowed
5. No defense in the backcourt. The defense must be beyond the half court line until the ball has come across the centerline.
6. Fast breaks are allowed- but not to excess in a runaway game. (15 pt lead)
7. The official will call technical fouls, three seconds in the key, traveling, double dribbling, and violations of presses, zones and traps only after issuing a warning to the team.
8. Defensive players may switch on a screen but must return to their original offender as soon as possible. No double-teaming is allowed. Anytime two players guard one player, the ball will be taken out of bounds.
9. Players, parents and coaches using foul language or showing poor sportsmanship will be warned and then asked to leave the premises during games or practices.
10. All participants will have equal playing time
11. Scores will be kept but not recorded as a win loss record

WE ARE GUEST IN THE GYMNASIUMS THAT WE USE

BE RESPECTFUL OF THE FACILITY AT ALL TIMES



EPHRATA PARKS & RECREATION
PLEASE SHOW GOOD SPORTSMANSHIP

Gym Locations

Parkway School

1011 Parkway Blvd.

Ephrata, WA 98823

Grant Elementary School

451 3rd Ave. NW

Ephrata, WA 98823

Quincy Junior High School

417 C St SE

Quincy, WA 98848

Monument Elementary School

1400 13th Ave SW

Quincy, WA 98848

PAC Gym/ EHS/ Beezley Gym

333 4th Ave NW

Ephrata, WA 98823

- PAC gym is connected to the Performing Art Center, next to the football field
- Beezley gym is connected to the district office building. To access the gym, use the entrance closest to the PAC parking lot.
- The EHS new gym is located within Ephrata High School