

2019 OFFICIAL BASKETBALL RULES

The following are the playing rules for the 2019 Boys & Girls Clubs - Alaska (BGCA) Basketball Season. These rules were established and assembled with help from the BGCA Basketball Technical Advisory Board. The Rules are not to be deviated from nor altered. Any question(s) regarding the Rules should be directed to the BGCA Director of Athletics. If there is a dispute to any rule or if the rule is not stated here, reference will be made to National Federation High School Sports (NFHSS) Basketball Rules printed rulebook.

1:00:00 AUTHORITIES AND RESPONSIBILITIES

1:01:00 Boys & Girls Club – Alaska Basketball program is governed and regulated by the Boys & Girls Club - Alaska (BGCA). The program is managed by Boys & Girls Club – Alaska Athletics Staff and advised by the BGCA Basketball Technical Advisory Board, Members being comprised of at least one Head Coach Representative from each Anchorage School District High School community boundary - Bartlett, Chugiak, East, Dimond, Service, South and West - and a Referee/Officials Representative.

All recommendations decisions made by the BGCA Basketball Technical Advisory Board are subject to review and approval by Boys & Girls Clubs – Alaska Director of Athletics.

1:02:00 Decisions made by the Director of Athletics regarding the Basketball program are made in accordance with BGCA policy and are made in the best interest of the league. These decisions are final.

1:03:00 The rules contained herein shall govern all participating members of this organization except when these rules are inconsistent with the adopted Policies of the Boys & Girls Clubs – Alaska.

1:04:00 All competition, including tournament play, shall be governed by these rules unless specific competition requires otherwise.

1:05:00 The Head Coach of each team is responsible for informing his/her Assistants, Team Managers, parents, and players of 2019 BGCA Basketball Rules. Specific Coaching Responsibilities and other coaching information can be found in section 11:00:00 Coaches Responsibilities.

2:00:00 Registration

2:01:00 Boys and girls residing within the boundaries and territories of Boys & Girls Clubs – Alaska are eligible to register and become members.

2:02:00 Player eligibility will be in accordance with the Policies of Boys & Girls Clubs – Alaska. All players are required to submit a properly completed BGCA Registration Form, whether online or paper application,

including Consent to Treat, Parent and Player Codes of Conduct, and an Activities Release.

- 2:03:00 The registration period shall be designated for each season with a Discounted and Late Registration period, and closing date. Registration after closing date will be permitted based on roster availability. The BGCA Athletics Staff will determine roster availability.
- 2:04:00 Proof of age must be provided prior to the first game of the Regular Season. A birth certificate, Passport, Zangle Report or any other record specified by the Boys & Girls Clubs - Alaska would suffice.
- 2:05:00 Teams will be formed and registered players assigned to them in accordance with the following rules. Exceptions to these rules may be allowed, on a case-by-case basis, as determined by the BGCA Director of Athletics.
- Teams shall be comprised with the following considerations:
1. Player's first-choice preference/ special request e.g. Coach, Teammate, Team, etc., if there is roster availability (Please Note: Only one special request will be honored)
 2. Player's second-choice preference/ special request e.g. Coach, Teammate, Team, etc., if there is roster availability and if first-choice preference for a team's Roster is full
 3. ASD High School player is zoned for
 4. ASD "sister" High School player is zoned for e.g. Bartlett/East, Dimond/West, South/Service, Eagle River/Chugiak, etc.
 5. Any Team which has roster availability
 6. Teams composed of late registrants (if all current Rosters are full)
 7. Waiting List
- 2:05:01 Players may be on a team coached by their parent(s) or guardian(s) regardless of the above criteria.
- 2:05:02 Late registrants on the Waiting List will be assigned to a team as roster vacancies become available. They will be assigned to a team within their neighborhood Anchorage School District school, when possible. Precedence will be based on the date of the waiting list registration.
- 2:05:03 Protest concerning player assignments on a team must be submitted to the BGCA Director of Athletics in writing before

uniforms (and player equipment when applicable) are distributed; Otherwise, any protests on player assignments will not be reviewed.

2:05:04 Special circumstances will be taken into consideration on a case-by-case basis.

2:06:00 ★ The Boys & Girls Clubs – Alaska Director of Athletics will make final approval of all player assignments to a team.

3:00:00 Season

3:01:00 The Season for the 2019 Boys & Girls Clubs – Alaska Basketball League shall be from January 14 – April 5, 2019 (or thereabouts).

3:01:01 Players and Teams participating in the U8 Division shall see their Season commence on January 14 and conclude on March 7, 2019 (or thereabouts) as there will be no Postseason Tournament/Playoffs for this Division

3:02:00 The duration of the 2019 BGCA Basketball Regular Season will last a total of 8 weeks for the U8 Division and 10 weeks with an additional 11th week reserved for a Postseason Tournament/Playoffs for U10-U12 Divisions.

3:02:01 The first two weeks will be designated solely for practice.

3:02:02 After the first two weeks, there will be 1 practice and 1 game per week, with each practice lasting 1-hour in length for the U8 Division.

3:02:03 After the first two weeks, there will be 2 practices and 1 game per week, with each practice lasting 1-hour in length for the U10-U12 Divisions.

3:03:00 No games will be scheduled and no team may practice on Martin Luther King Jr. Day, President's Day and during Spring Break.

4:00:00 Divisions

4:01:00 Divisions for the 2019 BGCA Basketball Season will be as follows:

4:01:01 U8 Division: Players in this division must be born between September 1, 2010-August 31, 2012.

4:01:02 U10 Division: Players in this division must be born between September 1, 2008-August 31, 2010.

4:01:03 U12 Division: Players in this division must be born between September 1, 2006-August 31, 2008.

4:02:00 No player will be allowed to participate out of his/her Age Division except on a case-by-case basis. Players will be assigned to Divisions

based on their birthdate and may only participate on one team during a season.

4:03:00 Players will be allowed to play in the next higher Age Division provided they meet the following requirements:

4:03:01 The player must have the prior approval from the BGCA Director of Athletics.

4:03:02 Participants may move up one Age Division only.

4:03:03 No player may leave a higher division after registering and participating in that division to play in a lower division, even if they are eligible to play in the lower division.

4:04:00 Divisions may be gender specific or coed

4:05:00 Divisions are subject to change or cancellation due to lack of enrollment.

5:00:00 Playing Area, Equipment & Uniforms

5:01:00 The court size and rim height will be determined by the Director of Athletics based on the facilities available.

5:01:01 U8 Division: The court size for this Division shall be a short court

5:01:02 U10-U12 Divisions: The court size for these Divisions shall be a full court

5:02:00 Boundaries should be clearly marked by 2" thick court lines. In the event that the boundary lines of a court are not clearly defined, the walls of the gym shall be considered out of bounds. Any ball that touches the wall shall be out of bounds.

5:03:00 The following shall be used to guide the officials with regards to walls & ceilings in play:

5:03:01 A ball that comes into contact with the ceiling is considered out of bounds and produces an immediate throw-in situation for the opponents.

5:03:2 Any contact (with the ball) on any walls is considered out of bounds and produces an immediate throw-in situation for the opponents.

5:04:00 All Players who are not on the court may wear a top of a different color from the players on the court and out of the designated playable area. This area will be known as the Team or Technical Area. Coaches may stand next to the court and may move along the side of the court (within their half when applicable) to coach their team.

- 5:05:00 The official ball for U8 Division will be any ball designated as “beginner” or Size 3. The official ball for the U10-U12 Divisions will be any ball designated as “intermediate” or Size 5.
- 5:06:00 The height of the rim will be adjusted to meet the rim height standards for each division. The rim height standard for each division is as follows:
- 5:06:01 U8 Division: 8’ rim height
 - 5:06:02 U10-U12 Divisions: 10’ rim height
- 5:07:00 Each player must wear their team jersey and shorts during all games. No other uniform will be permitted. Jerseys must also be tucked in at the start of the game.
- 5:08:00 Players **MAY NOT** wear jewelry during practices or games. Stud earrings cannot be covered by tape. The only exception is for a religious symbol or medic alert bracelet or necklace. If worn, the jewelry must be protected under the player’s uniform or wristband.
- 5:09:00 Players **MAY NOT** wear a guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any rigid substance, even though padded, on the finger, hand, wrist or distal ½ of the forearm. Supports/braces are permitted on other parts of the body in judgment of the Referee/Official, they are not considered dangerous. The Referee/Official will, however, require the support/brace to be covered and padded if a sharp edge or point is exposed.
- 6:00:00 Scores & Standings and Postseason Seeding**
- 6:01:00 Final scores will not be recorded and Standings will not be kept for the U8 Division
 - 6:02:00 Final scores will be recorded and Standings will be kept during the Regular Season for scheduling purposes for the Second Stage of the Regular Season (when applicable) and seeding for the Postseason Tournament/Playoffs for the U10-U12 Divisions
 - 6:02:01 To balance out the level of competition and further promote player development, teams in each Division will play each other at least once in round-robin play during the First Stage of the Regular Season (when applicable). The remaining schedule for each team for the Second Stage of the Regular Season will consist of games versus a more balanced level of competition e.g. at the end of round-robin play, Team Ranked #1 vs. Team Ranked #2, Team Ranked #3 vs. Team Ranked #4, Team Ranked #5 vs. Team Ranked #6, etc.

6:02:02 Teams will be seeded for the Postseason Tournament/Playoffs by their winning percentage at the end of the Regular Season. The team with the greatest winning percentage at the end of the Regular Season will play the eligible team with the lowest winning percentage, the team with the second greatest winning percentage will play the eligible team with the second lowest winning percentage and so on.

Winning percentage is the fraction of games a team wins divided by the total number of matches played, e.g. wins plus losses (a tie/draw counts as a $\frac{1}{2}$ loss and a $\frac{1}{2}$ win). Winning percentage will be expressed to three digits and read as whole numbers (e.g. 1.000, "a thousand" or .500, "five hundred").

6:02:03 In the event that two teams finish the Regular Season with the same winning percentage, the following system will be used to break the tie until one team ranks ahead of the other(s):

1. Head-to-head
2. Total Point Differential (PD)
3. Least Points Against (PA)
4. Most Points For (PF)
5. Coin Toss (2 teams) or Drawing of Lots (3 or more)

7:00:00 Time Considerations

7:01:00 Games must start and end on time to remain on schedule.

7:01:01 U8 Division: There will be four 10 minutes quarters. The clock will only stop during time outs, a player injury and/or the mandatory substitution period at the 5-minute mark of each quarter. There will be a 1-minute break between quarters and 4-minute break between halves.

7:01:02 U10-U12 Divisions: There will be two 24 min halves with a 4-minute break between halves. The clock will only stop time outs and/or player injury. The clock will additionally stop for free throws (with the clock restarting on the release of the player's first free throw). There will be a 4-minute break between halves.

7:02:00 Referees/Officials will use their discretion before forfeiting a game. The grace period for late arriving players to meet the minimum number of players to play is 10 minutes after the scheduled start time.

7:02:01 A team delaying the start of a game by more than 10 minutes will forfeit the game to the opponent by a score of 2-0.

- 7:02:02 In the event that both teams fail to show up for a game and the contest has not been postponed, both teams will be assessed a loss.
- 7:03:00 If any game begins late, that game will be shortened accordingly in order to return to the original playing schedule.
- 7:03:01 All quarters/halves must be the same time in length of the full game time is shortened due to a delayed start time
- 7:04:00 Each team is allowed one full time out per quarter in the U8 Division and two full times out per half in the U10-U12 Divisions. Full time-outs will be one minute or less in duration.
- 7:05:00 If time expires with the game tied, the score will remain as such.
- 8:00:00 Roster Sizes and Number of Players on the Court**
- 8:01:00 U8 Division: Each team will play with 4 players on the court. The rosters maximum for each team shall be no more than 8 players and no less than 5 players
- 8:01:01 The minimum number of players on the court shall be no less than 3 players. If one team is “short” players, the opposing team is asked to reduce their number of players on the court to equal the number of the opposition, but not obligated to oblige
- 8:01:02 If the team has less than 3 players present the game will be canceled and the short team will forfeit.
- 8:02:00 U10-U12 Divisions: Each team will play with 5 players on the court. The rosters maximum for each team shall be no more than 10 players and no less than 6 players
- 8:02:01 The minimum number of players on the court shall be no less than 4 players. If one team is “short” players, the opposing team is asked to reduce their number of players on the court to equal the number of the opposition, but not obligated to oblige
- 8:02:02 If the team has less than 4 players present the game will be canceled and the short team will forfeit.
- 8:03:00 If Divisions are coed, at least 1 player participating on the court must be female. If there are not enough females to meet this minimum requirement, the coaches may agree to play the game with the maximum allowable on the court to play, irrespective of the gender of players; otherwise, the “offending” team must play down a player up to the minimum allowed to play on the court for the game to commence if the coaches cannot agree.
- 9:00:00 Minimum Playing Time**

- 9:01:00 All players are required to play a minimum number of minutes per game (or series of games) regardless of their skill level:
- 9:01:01 U8 Division: Players are required to play at least half of each game
 - 9:01:02 U10-U12 Divisions: Players are required to play at least 2/3 (or 4 out of 6 halves) over the duration of a three (3) game series.
- 9:02:00 No player may play a full game in any game unless every other player has played $\frac{3}{4}$ of the game.
- 9:03:00 It is the coach's discretion to play a player half the minimum number of minutes per game (or series of games) if said player missed the practice (or two depending on the number of practices per week) prior to the next scheduled game. This rule is applicable to all players for all unexcused absences.
- 9:03:01 This rule is also applicable to players who exhibit behavioral issues or a disrespectful attitude.
- 9:04:00 If playtime allotted by coaches becomes "unreasonable" (to be determined upon a BGCA Athletics Staff review), BGCA Athletics Staff will assess concerns specific to the situation.
- 10:00:00 General Rules of Play**
- 10:01:00 National Federation High School Sports (NFHSS) Basketball Rules will be followed with the following exceptions:
 - 10:02:00 In the U10-U12 Divisions, when a player commits 4 fouls he/she will be warned by the Referee/Official. If the player commits 5 fouls, he/she will sit out the remainder of the game. A player cannot foul-out in the U8 Division.
 - 10:03:00 A Full court press is only allowed in the U12 Division. Teams in the U8 and U10 Divisions must play half-court defense.
 - 10:04:00 Jump ball will be allowed in the U10-U12 Divisions. In the U8 Division, the Home team will begin with the ball
 - 10:05:00 In the U8 Division, there will be no shooting free throws for any infractions. When a player is fouled, the ball will be taken out of bounds closest to the area where he/she was fouled.
 - 10:06:00 In the U10-U12 Divisions, free throws are awarded according to current National Federation of State High School Associations Basketball Rules. The clock will stop during all free throws (with the clock restarting on the release of the player's first free throw).

- 10:07:00 Doubling-teaming the ball handler is only allowed in the U12 Division. Teams in the U8-U10 Divisions are prohibited from double-teaming the ball handler.
- 10:07:01 Double-teaming may occur in those split second instances a defensive switch is made off a screen. It is the Official's discretion to call this a foul or not if he/she believes it to be blatant or not.
- 10:08:00 Zone Defense is allowed in the U10-U12 Divisions. Teams in the U8 Division are prohibited from playing zone defense and are only allowed to play man-to-man defense.
- 10:08:01 Man-to-man defense is defined as being within six feet of the player guarded
- 10:09:00 Failure to bring the ball into the frontcourt by the team in possession following a scored basket or dead ball within 10 seconds results in a backcourt violation.
- 10:10:00 Substitutions are at the discretion of the Head Coach and can be made anytime during the game in the U10-U12 Divisions.
- 10:10:01 The clock will stop at the 5-minute mark each quarter in the U8 Division for a mandatory substitution. This substitution period will last no more than 30 seconds.
- 10:11:00 **Fair Play Rule:** If a team is up by a point spread of 20 or greater, the Fair Play Rule will go into effect and the following amendments to the BGCA Rules of Basketball will be applied:
- 10:11:01 The clock will remain running stopping only for timeouts and player injuries.
- 10:11:02 The team leading must make at least 5 passes before taking a shot. If the team leading scores a basket before a minimum of 5 passes are made, the basket will NOT count and the ball will be played in bounds as if the team scored.
- 10:11:03 The team leading is only allowed to play half-court defense and must play man-to-man defense. Failure by the team leading to abide by this rule while it is in effective will result in a technical foul against that team and the ball will be played in bounds at half-court (a free throw will not be awarded).
- 10:11:04 Playing by the Fair Play Rule will be dismissed once the score for both teams fall within a 10 point spread or less. The Fair Play Rule may be enacted again if the point spread again becomes 20 or greater.

10:12:00 The Home Team shall provide a Scorekeeper and the Away Team Shall provide a Timekeeper for each game. (Specific Roles & Responsibilities for review will be provided for each position prior to each game should volunteers have any questions)

10:12:01 Failure by a team to provide a Scorekeeper or Timekeeper by the start of the game will result in a 2-0 forfeit by said team.

10:12:02 In the event that both teams fail to provide a Scorekeeper and Timekeeper by the start of the game and the contest has not been postponed, both teams will be assessed a loss.

11:00:00 Coaches Responsibilities

11:01:00 Any person interested in being a Head Coach, Assistant Coach, Team Manager or any other volunteer staff member who will be in direct contact with participants must complete a Boys & Girls Clubs – Alaska Volunteer Coaching Application and Consent for Criminal Background Check. The BGCA Basketball Technical Advisory Board and/or Director of Athletics will interview and make placement decisions for qualified, incoming Head Coach candidates. The BGCA Basketball Technical Advisory Board and/or Director of Athletics will also evaluate and make decisions regarding current Head Coaches who request assignment to a new Division. BGCA Athletics Staff will make final approval pending Background Check verification.

11:02:00 All Head and Assistant Coaches will be required to complete the National Alliance for Youth Soccer Coach Licensing course, which is sponsored by Boys & Girls Clubs – Alaska Athletics:
<http://www.nays.org/coaches/>

11:03:00 All Head and Assistant Coaches will be required to obtain a CDC Heads Up to Youth Sports: Online Training (available at no cost online): <https://www.cdc.gov/headsup/youthsports/training/index.html>

11:04:00 The Head Coach and/or Assistant Coach must be present at all practices and games. If either the Head Coach or Assistant Coach is not available, then another adult, who has completed the Consent for Criminal Background Check and been cleared by Boys & Girls Club – Alaska Athletics Staff may substitute.

11:05:00 The Head Coach is responsible for the conduct of his/her players before, during, and immediately following practice or the game, until the time when the player's parent or guardian assumes responsibility of the player.

11:05:01 If a player is ejected, the player must step off the court within 15 seconds of being ejected: Otherwise, the team will be charged a technical foul.

- 11:06:00 The Head Coach is responsible for the conduct of the parents of his/her players during the game and at practice.
- 11:06:01 If a parent is ejected, the parent must immediately leave the vicinity (out of sight and sound). Failure to comply with the rules of the ejection may result in the game being forfeited.
- 11:07:00 It is expected that Coaches instill a high level of sportsmanship in their players. Players should develop and demonstrate a high level of respect for the sport of Basketball, officials, coaches, parents, teammates, and opponents. This includes high fiving opponents and shaking referee's hands after the game, irrespective of the result.
- 11:08:00 Along with sportsmanship, Coaches should instruct players, using the four components of coaching – technical, tactical, physical, psychosocial – which are age appropriate and prepare them for competition.
- 12:00:00 Referees/Officials Responsibilities**
- 12:01:00 Referees/Officials are the official authority on the court. Referees/Officials will speak only with the Head Coach and/or team captains during the game. Should a Coach or another player need to address the referee, a timeout must be called first. Coaches, Players, and Parents may not at any time touch a Referee/Official. Violation of this rule will result in a technical foul, which could result in possible disqualification from the game up to removal from the Basketball program.
- PLEASE NOTE: ANY EJECTION will result in a one-game suspension and require an immediate review by the BGC Athletic Dept. if further disciplinary action is needed.**
- 12:02:00 Pregame
- 12:02:01 The Referee/Official shall check the playing area and its immediate surroundings to ensure it is safe and playable. If the Referee/Official does not feel the playing area is safe or can be brought up to a safe, playable standard in a reasonable amount of time which won't interfere too much, if at all, with the start of the game, he/she has the right to abandon the game in the best interest of player safety.
- 12:02:02 The Referee/Official will check Roster Sheets to ensure everyone is able to play and inspect the players to make sure they are wearing the proper jersey and equipment.
- 12:02:03 Referees/Officials shall remind coaches to enter the roster of their team into the scorebook.

- 12:02:04 Referees/Officials shall remind the Coaches of parental scoring and time keeping duties and ensure that those requirements are fulfilled before the beginning of the game (if applicable).
- 12:02:05 Referees/Officials will start the game on time. They may use their discretion before forfeiting a game (see 7:02:00).
- 12:03:00  During the Game
- 12:03:01 Referees/Officials shall use discretionary powers of enforcement of all rules of the game depending on the age and skill level of the players.
- 12:03:02 A Referee/Official may initially give a verbal warning to a player that they are committing an infraction. If the player continues to violate the rule, the Referee/Official will stop the game, explain the infraction, and describe the correct way to play.
- 12:03:03 The Referee/Official will use the discretion to ensure a safe playing environment which promotes fair play, but should allow all players, regardless of ability, to compete and have fun.
- 12:03:04 Referees/Officials will help time keepers keep track of time outs, time between quarters, time between halves, time between games, etc.
- 12:03:05 Referees/Officials will use their discretion for the ejection of coaches, players, parents, and fans from games or venue.
- 12:03:06 Referee/Official calls and decisions are final. Under no circumstances shall a coach, player, or parent approach the Referees/Officials and attempt to change or argue the outcome of a call. If a coach, player, or parent does so in a hostile manner, the officials have the option of ejecting said person from the venue.
- 12:04:00 Post Game
- 12:04:01 Referees/Officials shall report any coaches, players, and/or fans that were ejected from the venue by submitting a written Incident Report to the Boys and Girls Clubs – Alaska Director of Athletics within 48 hours of said incident(s). Referees/Officials may also verbally report the issue to a member of the BGCA Athletics Staff if the incident requires immediate attention.
- 12:04:02 The final scores of each game for Divisions keeping scores and standings must be reported to the BGCA Director of Athletics within 48 hours immediately following the game.

13:00:00 Spectators Responsibilities

- 13:01:00 Parents, family, fans, or other spectators should keep in mind that the Boys and Girls Clubs – Alaska Basketball program places an emphasis of the program is to develop players who possesses good sportsmanship and basic fundamental basketball skills while giving each player similar playing time. Winning games may be a byproduct of the previously mentioned program emphasis, but at no point should winning games take precedent over the program emphasis.
- 13:02:00 Spectators (parents, fans, siblings, etc.) are restricted to the bleacher viewing areas during games. All spectators must show respect towards all players, coaches, and referee officials and must use only positive encouragement when cheering for players or teams. Spectators are also expected to demonstrate good sportsmanship at any Boys and Girls Clubs – Alaska Basketball venue.
- 13:03:00 There is **ZERO TOLERANCE** for disrespectful behavior and the spectator(s) could be asked to leave.
- 13:04:00 Spectators who display unsportsmanlike conduct should be approached by the Head Coach and will be asked to calm down or leave the premises. Further action may be taken by BGCA Athletics Staff.
- 13:05:00 Spectators who have questions about the Rules or complaints about the program should first speak to the Head Coach. If the issue or situation cannot be resolved at the team level, then a spectator may contact the BGCA Director of Athletics for further clarification. Spectators (parents, fans, siblings, etc.) should not contact the BGCA Director of Athletics unless they feel the Coach is doing something illegal, unethical, immoral or unsafe. Every effort must be made to adhere to the chain of command.
- 14:00:00 Unsportsmanlike Conduct**
- 14:01:00 Unsportsmanlike** conduct and/or unsafe behavior by a player, coach or parent, or spectator will not be tolerated.
- 14:02:00 Unsportsmanlike** conduct by a player will result in a technical-foul and ejection from the game and he/she will not be permitted to play in the rest of the game in addition to being suspended for the team's next scheduled game.
- 14:03:00 Unsportsmanlike** conduct by a coach will result in a technical foul and the coach will be suspended for the team's next scheduled game in addition to being placed on probation for the remainder of the season. If the coach receives a second technical foul that results in an ejection from the game, he/she will be removed from the program.

- 14:04:00** **Unsportsmanlike** conduct by a parent/spectator will result in a removal from the game venue. A second offense by the parent/spectator will result in their removal from the game venue for the remainder of the season.
- 15:00:00** **Injuries**
- 15:01:00 ★ If a player is injured, the game will be stopped and coaches will be allowed on to the court to attend to the player. Every effort will be made to remove the injured player (as long as it is safe to do so) from the court as quickly as possible so the game can be resumed. Once the player has recovered or been helped to the sideline, the game will resume. Time will not be added to the allotted game time to because of the injury.
- 15:02:00 **All injuries must be reported to the BGCA Athletics Department as soon as possible. Injury Reports must be forwarded to Boys & Girls Clubs – Alaska Athletics Staff within 24 hours upon witnessing the injury or being notified. All injuries need to be reported as soon as possible regardless of how minor or severe. To report an injury, call the Athletics Department at 249-5445. Use the included Incident/Accident Report Form.**
- 16:00:00** **Banned Substances**
- 16:01:00 The use of, possession and/or consumption of alcoholic beverages, tobacco, or legal/illegal drugs (unless prescribed by a doctor for a medical condition) by coaches, players or officials, immediately before, during or after the playing of any youth basketball game, practice, or Team Event/Activity is **EXPRESSLY PROHIBITED!** Any infraction will be considered extremely serious and there is a **ZERO TOLERANCE POLICY!** Any offender is subjected to immediate suspension.
- 17:00:00** **Changes and/or Exceptions**
- 17:01:00 Any change and/or exception to these rules must be addressed to the BGCA Director of Athletics and/or the BGCA Basketball Technical Advisory Board. The BGCA Director of Athletics, upon the BGCA Basketball Technical Advisory Board, can change any of these rules if they feel it is appropriate and in the best interest of the BGCA Basketball program.