

Ponchatoula Area Recreation District #1

2026 Basketball Rules

- The primary objective of the PARD#1 Basketball Program is to provide wholesome and clean fun for our boys and girls. We need your help to make sure their fun does not become a serious competitive affair.
- We are here to promote and protect youth athletics. In doing so safety, fun, recreation fundamentals and SPORTSMANSHIP have priority over everything.
- Unsportsmanlike Violations and Penalties apply to actions during PARD#1 activities and include the facility property boundaries where the violation occurred (inside or out). Each violation carries its own penalty.
- Unsportsmanlike Violations will not be tolerated, and the following penalties will be administered by the PARD#1 Basketball board.

I. Unsportsmanlike Violations and Penalties

Violations and Penalties apply to actions during PARD#1 Basketball activities and include the facility property boundaries where the violation occurred (inside or out).

The following Unsportsmanlike Categories will include but are not limited to, the following violations, and include their own penalties. The PARD#1 Board will notify individuals of violations and make the final decision of penalty.

A. Unsportsmanlike Technical Violation

Penalty:

Individuals will be notified and placed on probation for the remainder of the season including any and all playoff and championship games for anyone of the following.

Violations:

- Disrespectfully addressing an Official, Coach, Player, Board Member, Spectator, table worker, or PARD employee.
- Attempting to influence an official's decision
- Objecting an official's decision by slamming the ball to the floor, rising from the bench or using gestures
- Rough Play
- Baiting or taunting an opponent Uniform not properly worn
- Failure to shake hands at the end of the game

B. Unsportsmanlike Flagrant Technical Violation

Penalty:

Individuals will be notified of a minimum of 1 (one) game or maximum of 2 (two) game suspension(s). This will include any playoff or championship games also.

Violations:

- Hanging, dunking or grabbing the rim of the goals during non-game play, or hanging on the rim following a dunk in game play
- Two (2) Unsportsmanlike Technical Violations
- Using profane or inappropriate language or making obscene gestures Provoking undesirable crowd reactions
- Player Fighting Intentional
- Rough play

C. Suspension

Penalty:

Individuals will be notified of indefinite expulsion from PARD#1 Board Member.

Violations:

- Two (2) Flagrant Technical Violations Use of alcohol
- Indecent exposure Property damage/ abuse Non-Player Fighting

*** Please note Individual means players, coaches, parents, and spectators.**

**** Any individual who is suspended or disqualified may not enter PARD#1 facilities for the duration of the suspension or disqualification.**

***** Penalties shall be extended into the following season if not completely resolved by the end of the Basketball season (including playoffs and championship game).**

II. Coaches Rules

- If any coach trades players without PARD#1 consent, they will be suspended for the season.
- Coaches are responsible for all activities and actions during games and practices.
- Coaches are not to exceed the assigned activities and practice durations.
- Coaches must spend at least 15 minutes of practice time on skills and fundamentals.
- Coaches are to notify players they must be at the gym 30 minutes before game time begins.
- Coaches are to have their line ups at the scorer's table 15 minutes prior to the start of the game. (Players first & last name and Numbers.)
- Coaches are responsible for ensuring all players play the required time.
- Coaches are responsible for the conduct and behavior of his/her players and assistants.
- Coaches are allowed one (1) assistant coach and one (1) bookkeeper on the bench during the game. No non-team players are allowed on the bench during the game.
- Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.
- If the head coach receives a technical violation or gets ejected the assistant coach cannot stand to coach. He has to remain seated.

- Coaches and assistants are allowed at the scorer's table only between periods and halftime.
- Coaches may only enter the court only if beckoned by an official.
- Coaches should make an attempt to control the actions and temperament of his/her players, assistant coaches, and fans. If a point is reached where the coach feels uncomfortable, then he/she should elicit the help of the referee or the board member in charge.
- **Coaches must wear coach's shirt provided by PARD#1 or will result in Technical Foul.**
- The coach shall avoid the use of drugs, alcohol and tobacco products when in contact with players.

III. Coaches "CODE OF ETHICS"

- The function of the coach is to educate through participation and competition. Each player should be treated as though he/she were the coach's own, and his/her welfare should be uppermost at all times.
- The coach shall be aware that he/she has tremendous influence, for either good or ill, on the education of the player and shall never place the value of winning above the value of instilling the highest ideals of character.
- The coach shall uphold the honor and dignity of the position. In all personal contact with players, officials, board members, directors, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall take an active role in the prevention of drug, alcohol and tobacco use.
- The coach shall promote the entire PARD#1 program and practices and games in harmony with the program.

IV. General Information

1. Volunteers are the foundation of the program; it is imperative not to be critical of our program or anyone working with the games (coaches, referees, scorekeepers, timekeepers, concession workers etc.) PARD#1 welcomes constructive criticism. Any concerns, and/or recommendations should be brought to the attention of a PARD#1 board member in writing.
2. We ask parents to be an example to their children by respecting the primary objectives of the PARD#1 program.
3. Registrants who live outside Ponchatoula may be subject to out of district fees.
4. A registrant who is a member of a High School Basketball Team (9-12 grade) competing under one of the following sanctioning organizations (LHSAA, LCSAA or MPSA) will not be able to participate in PARD#1 Basketball League.
5. Parents will be notified of practices once teams and coaches are established.
6. Players will have no more than (3) three PARD#1 basketball activities per week during the regular season. Playoffs may vary. This includes games and (1) one 1-hour practice. The PARD#1 board shall assign approved practice gym locations and practice times on a first come first serve basis. **Outside practice areas and times are not approved by PARD#1 and are not covered under the PARD#1 insurance policy.**

7. If a player is unexcused from practice, the coach should inform the PARD#1 Commissioner prior to the player's next game. Playing time will be determined by the Commissioner after discussions with the parent(s) and coach. If the parent(s) and coach disagree with the decision, the Board shall make the final decision.
8. Players must play in at least one (1) regular season game to be eligible to play in playoff games.
9. No food or drinks are to be brought into the gym on game day.
- 10. Absolutely no outside balls are to be brought into the gym.**
11. Accident insurance coverage provided by PARD#1.
12. For insurance purposes, only PARD#1 players and coaches are allowed on the court at any time. **Parents are not to be on the court at all.**
13. Admission: **Cashless Entry Adults 13 and up- \$3.00 each per day. Children age 5 thru 12 \$1.00 each per day.** Coaches and players enter the gym for free if wearing a jersey or coach's shirt.
14. Coaches must be brought before the PARD#1 Basketball Board of Directors for approval prior to the beginning of the season.
15. All volunteers, coaches, and board members must complete and pass a background check prior to any interaction with a player.

V. General Rules for all ages

1. The rules as shown are specific in nature for the PARD#1 Basketball program and shall be used in conjunction with customary basketball rules as determined within the official's jurisdiction, and duties.
2. If the philosophy or rules are questioned during the game, the official may consult with the Board Member in charge for clarification. The final decision will be made by the Board Member in charge. For the purpose of consistency at each facility, the referee and the Board Member in charge shall relate such concerns to the assigning official.
3. The PARD#1 board will address and mandate additional actions not emphasized by PARD#1 Basketball rules.
4. Uniforms shall be shorts and jerseys issued by PARD#1 for the current season. Failure to have this uniform will result in a Technical. Only PARD#1 logo of the current year will be permitted on shorts.
5. Compression shorts (under shorts) shall be made of stretch elastic, material and worn above the knees. Compression shorts shall be white or black only.
6. A player must wear his or her shorts in a manner that their underwear does not show when playing.
7. Uniform policy:
 - a. Undershirts shall be black or white or solid color matching jersey.
 - b. Undershirts with frayed or ragged edges shall not be worn.
 - c. Jerseys must be tucked in during game play. Un-tucked jerseys will not be allowed.
 - d. Names are permitted on back of jerseys (first or last name only)
 - e. Shooting Sleeves worn shall be white or black only.
8. Players shall not wear jewelry of any kind. Earrings shall be removed before playing. Only soft ponytail holders are allowed.

9. Coaches must wear their PARD#1 issued coach's shirt while they are coaching the game failure to do so will result in a technical foul. (This includes assistant coaches)
10. PARD#1 Board members are not allowed to wear their board member shirt while they are coaching a game or will result in a technical foul.
11. If the event a team only has 4 players, they may get with the PARD#1 board member on the floor as soon as they are aware that they will not have 5 players. They can find 1 player that both coaches and the board member agree on from a younger age group to play up. A forfeit shall be implied if a team has (4) four or less players that are assigned to their team after 15 minutes of their scheduled game time, and no suitable player can be found to play up. The clock will start at 15 minutes at the scheduled game time. If a team does not have (5) five players, and if the game is a forfeit, it is in the best interest to play the game, however. Registered players from the same age group of PARD#1 can play for the team that forfeits. This must be approved by his or her coach, the forfeiting teams coach and board member on duty. If both teams forfeit, they both will get a loss in the standings.
12. Periods will be a 7- minute running clock for ages 5-8 and 8-minute running time for all other ages. The clock will stop only for time outs, free throws and injury. A stop clock will be used in the last two (2) minutes of the 4TH period.
13. TIME MANAGEMENT- If a team is winning with (2) minutes left in the fourth quarter by (12) or more points, the clock shall not stop except for time outs and injuries. If the lead drops under (12) points, it goes back to stop clock.
14. Each team is allowed 4 time outs per game. (2) Full and (2) 30 seconds. Time outs don't roll over.
15. Over time each team gets (1) full time out.
16. Game Time Policy:
 - . No more than 15 minutes will be allowed between each game.
 - a. Each team must report to the gym 30 minutes before their game time.
 - b. If the previous game is over earlier, the following game may start up to 5 minutes early with consent of both coaches.
17. Coaches must submit rosters to the score table 15 minutes before game time. Rosters must contain player number, first, and last name printed clearly. Failure to do so will result in a technical foul.
18. In case of a tie, one two (2) minute overtime period will be played in 7/8 age groups and up. A second overtime, coaches will pick 3 of their own players to shoot one free throw. If there is still a tie after second overtime the game will finish in a tie. 5/6 age groups may end in a tie; no overtime will be played. (Rules don't apply to Playoffs)
19. Fouls: When a team reaches 10 fouls, they shoot 2 shots. Team fouls are reset after each half.
20. Players will foul out after 5 personal fouls, except for 5/6 coed.
21. During free throws, players may move from their spots after the shooter releases the ball except for the players outside the 3-point line and the player guarding the shooter; they must wait until the ball hits the rim.
22. Three-point shots count for all age groups EXCEPT FOR 5/6 coed.
23. Jump Ball establishes the possession arrow to start the game EXCEPT FOR 5/6 coed. (Not Referee discretion)

- 24. A player, who dresses out and is on the bench to start the game, shall play a minimum of 1½ periods. (10 minutes 30 seconds for ages 5-8 and 12 minutes for ages 9 and older) per game. It is the coach's responsibility to record and ensure the playing of each player and the playing of the opposing players. The bookkeepers may compare playing after each period. If the playing is in question, it should be brought to the board's attention and added to the board meeting agenda. Coaches will be notified of any concerns; games shall be forfeited for additional violations. Playing time for those players who arrive at the game after the second period has ended shall be determined by the head coach.**
- 25. No player can play the entire game unless only 5 players are present.**
- 26. If a player gets hurt and sits on the bench, they have until the end of the quarter in which they were injured to return to the game. If they do not reenter the game during that quarter, they are out for the remainder of the game.**
- 27. If a player gets into foul trouble (4 fouls), the coach has the option of removing the player as long as the player reenters the game later to complete the required playing time.**
- 28. Playing time for those players who arrive at the game after the second period has ended shall be determined by the head coach.**
- 29. Coaches need to spend at least 30 minutes of practice time on skills and fundamental drills.**

VI. 5-6 Coed

- Goal height shall be 8 feet.
- JR game balls shall be used. 27.5 inches diameter.
- 7 minute running clock.
- Score will not be displayed on the scoreboard for this age group but will be kept in the scorebook for ranking use only.
- No 3-point shots.
- No substitutions during the first 2 periods. The five players that enter a period must play the entire period with no substitution unless of an injury. All players must play 1.5 periods of the game. After halftime, the coach can substitute as much as he or she wants.
- Only one coach is allowed on either side of half court for offense or defense.
- **Coin toss establishes the possession arrow to start the game. (Not Referee discretion)**
- Free throws shall be from 5-6yr old free throw line minus 3 ft.
- **Personal fouls will be recorded. Players will NOT be ejected from the game after 5 personal fouls.**
- Defense may be man to man or zone. **No double team outside the lane.**
- Defense shall start in the 3pt circle.
- Defense shall NOT FULL COURT PRESS IN THIS AGE GROUP AT ANY TIME.
- Fast breaks are only allowed if the ball is stolen from the opposing team.
- After the rebound, both teams must get back and set up defense/offense.
- Defense must play with one foot inside the painted area by the team leading by 15 or more points.
- Each team member will shoot (1) one free throw at halftime. Each made basket will add 1 point to the score.

Each team shall shoot an equal number of free throws during halftime.

EXAMPLE

Team A: 8 players

Team B: 6 Players

Team B: Shall get to shoot (2) two extra free throws. The opposing team coach shall pick the (2) two players to shoot.

VII. 7-8 Boys/Girls

- Goal height shall be 8.5 feet.
- JR game balls shall be used. 27.5 inches diameter.
- 7-minute running clock.
- Free throws shall be from the standard 7-8 year old free throw line minus 3 ft.
- **Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.**
- Defense may be man to man or zone.
- Defense shall start at the half court line.
- Defense shall not double team the ball outside of the lane.
- Defense may full court press in the last two minutes of the 4th period ONLY.
- Defense must be played with one foot inside the painted area by the team leading by 20 or more points.

- Each team member will shoot (1) one free throw at halftime. Each made basket will add 1 point to the score. A player who fouls out before halftime will not be allowed to shoot free throws during half time.

Each team shall shoot an equal number of free throws during halftime.

EXAMPLE

Team A: 8 players

Team B: 6 Players

Team B: Shall get to shoot (2) two extra free throws. The **opposing** team coach shall pick the (2) two players to shoot.

VIII. 9-10 Boys/Girls

- Goal height shall be 9 feet.
- Game balls shall have a diameter of 28.5 inches.
- 8-minute running clock.
- Free throws shall be from the standard free throw.
- **Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.**
- Offense: 3 seconds in the lane will be enforced by referees.
- Defense is normal basketball rules and can full court press the entire game.
- Defense must be played inside the 3-point line by the team leading by 15 or more points.

IX. 11/12 Boys

- Goal height shall be 10 feet.
- Game balls shall have a diameter of 28.5 inches.
- 8-minute running clock.
- Free throws shall be from the standard free throw
- **Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.**
- Offense: 3 seconds in the lane will be enforced by referees.
- Defense is normal basketball rules and can full court press the entire game.
- Defense must be played inside the 3-point line by the team leading by 15 or more points.

X. 11-14 Girls and 15-17 Girls

- Goal height shall be 10 feet.
- Game balls shall have a diameter of 28.5 inches.
- 8-minute running clock.
- Free throws shall be from the standard free throw
- **Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.**
- Offense: 3 seconds in the lane will be enforced by referees.
- Defense is normal basketball rules and can full court press the entire game.
- Defense must be played inside the 3-point line by the team leading by 15 or more points.

XI. 13/14 Boys and 15-17 Boys

- Goal height shall be 10 feet.
- Game balls shall have a diameter of 29.5 inches.
- 8-minute running clock.
- Free throws shall be from the standard free throw.
- **Head coach shall be restricted to the coaching box. Assistant coaches must be seated at all times.**
- Offense: 3 seconds in the lane will be enforced by referees.
- Defense is normal basketball rules and can full court press the entire game.
- Defense must be played inside the 3-point line by the team leading by 15 or more points