

IV. **RULES**  
D. **BASKETBALL**

A. **Court**

- Court size may vary depending upon each facilities needs and resources.
- Basket height shall be set at a height of 10'.
- Free throw line shall be a distance of 12' for 3rd and 4th grade teams and 15' for 5th and 6th grade teams.
- Head Coaches ONLY (one designated per team at pre game meeting) are allowed the privilege of standing and moving along the length of the bench (defined as the Coach's Box) for the sole purpose of coaching their team.
  - Officials have the discretion to issue a warning to the Head Coach for unsporting behavior/language which will result in that Head Coach losing the Coach's Box privilege and being forced to remain seated for the rest of the game. Subsequent transporting behavior/language by the Head Coach will result in a technical foul.
  - All assistant coaches must remain seated throughout the game and may only address their players for the purpose of coaching them.
  - Only the head coach is allowed to approach the score table once the game has started. Head coaches may only approach the score table if there is an official timeout and is restricted to asking about team information (e.g. how many timeouts teams have left, how many fouls a player has, etc.).

B. **Equipment**

- Teams should have reversible matching jerseys with visible numbers on the back of the jerseys.
- Players must wear soft-sole, non-marking, rubber athletic shoes.
- Basketball size: 28.5"

C. **Rosters**

- Team Sizes
  - 5v5
- Minimum team size to start game
  - 3 players
- Substitutions
  - Coach must designate starters at the beginning of each half.
  - Players must report to worker's table and wait to enter the game until motioned in by an official at a dead ball.

D. **Timing and Scoring**

- Teams play two 20 minute halves with a running clock.
  - NEW 2019 - Starting at the one minute mark of the second half, the clock will stop for all dead balls (any whistle) at any point that the score differential is 5 points or less. If the score differential is 6 points or more at any point during the final minute, the clock will continue to run until the score differential becomes 5 points or less or the game ends.
- Score table officials will keep game time and score.

- Scoring
  - Free Throw: 1 point
  - Field Goal: 2 points
  - Three Point Goal: 3 points (only from behind 3 point arc)
- If during a game the point differential reaches 30 points or more, the scores will be “zeroed” and only the time will be kept on the scoreboard. The score table will continue to keep the official score.
- During the regular season, games may end in a tie. During the post-season tournament (5<sup>th</sup> & 6<sup>th</sup> grade only), a maximum of one 2 minute overtime period will be played. Stop clock rules will remain the same for the last minute of each overtime period.
  - If the score is tied at the conclusion of the 1<sup>st</sup> overtime period, a sudden death period will be played. In this sudden death period, the first team to score one point by any scoring manner will be declared the winner.
- Free Throws
  - Free throw line shall be a distance of 12' for 3rd and 4th grade teams and 15' for 5th and 6th grade teams.
  - Players below the free throw line may enter the lane as soon as the ball leaves the player's hand.
    - All other players must remain outside the three point line and above the free throw line (extended) and may not cross the three point line to attempt a rebound until the ball hits the rim on a free throw attempt.
  - Shooter must begin behind the FT line until the shot; no violation will be issued if player crosses the line after the shot, unless player is trying to gain advantage
  - Shooter may only pursue the rebound after the ball hits the rim
- Time Outs
  - Each team gets two 1 minute time outs per half. In overtime, each team gets one 1 minute time out per overtime period.
  - Time Outs do not carry over from 1st half to 2nd half nor do they carry over from regulation time to overtime.
  - Halftime will not exceed 3 minutes.

#### **E. League Regulations**

- Player Participation
  - Coaches should try to play every player equally.
- Start of game
  - Each game (and each overtime period) will start with a jump ball. To start the game teams will defend the basket closest to their bench. The team that gains possession off the jump ball will execute the first offensive series and the other team will gain the possession arrow.
  - Possession will be determined for the rest of regulation by the alternating possession arrow. On any jump ball, including the beginning of the second half, the team who owns the alternating possession arrow will be awarded possession of the ball. The arrow will then be flipped to the other team once the ball is in play.
  - Teams will switch directions at half time and defend the basket away from their team bench.

- In overtime periods, teams will continue to go toward the basket they played on during the second half. Each overtime period will start with an actual jump ball and all subsequent possessions will follow the alternating possession arrow for the remainder of the period.
- Out of Bounds
  - When the ball or a player who is in contact with the ball touches the boundary line or any area outside the boundary line, the ball is out of bounds. The official will blow the whistle and award the ball to the other team.
- Throw Ins
  - Balls that are determined to be out of bounds will be brought into play using a throw in. Players must remain off the court while throwing the ball in and cannot be the first player to touch the ball off the throw in. Players who are throwing the ball in can step on the boundary line but no part of the player can touch any part of the payable area (court) until after the ball has left the players hands.

## F. Defense

- 3<sup>rd</sup> & 4<sup>th</sup> grade: Man to man defense must be played
- 5<sup>th</sup> & 6<sup>th</sup> grade: Man to Man or Zone Defense may be played at any time during the game.
- Full Court Defense
  - 3<sup>rd</sup> and 4<sup>th</sup> grade teams are not allowed to play defense in the back court. Teams must let the dribbling player completely cross the mid court line before playing defense.
  - 5<sup>th</sup> and 6<sup>th</sup> grade teams may play defense anywhere on the court with the following restriction: Once the score differential is 10 points or greater, only the losing team can press.
- Help Defense
  - In 3<sup>rd</sup> and 4<sup>th</sup> grade, help defense (double teaming) is allowed only below the free throw line extended.
  - 5<sup>th</sup> and 6<sup>th</sup> graders are allowed to double team anywhere on the court, unless backcourt defense has been disallowed.
- Violations
  - An illegal act during play that results in possession being awarded to the opposing team.
  - Violations that may be called during play include but are not limited to: 3 seconds in the key violation, 5 seconds out of bounds violation, 10 seconds to cross mid court violation, backcourt violation, carrying violation (palming), double dribble violation, and travelling violation.

- Fouls
  - A common foul is any foul that occurs during play and is the result of normal basketball play.
  - Every common foul counts as both a personal foul for the player who committed the foul and as a team foul.
  - Once a team has committed 7 fouls in a half, the other team will be awarded single bonus free throws when applicable by rule. Once a team has committed 10 fouls in a half, the opposing team will be awarded double bonus free throws when applicable by rule.
  - Offensive fouls do not result in free throws being awarded regardless of the bonus situations, but do count as a personal and team foul.
  - Team fouls reset at the beginning of the second half. Team fouls do not reset for any overtime period.
  - Personal fouls do not reset in the second half nor in overtime.
  - Any player who commits 5 fouls in a game is disqualified from play for the remainder of that game.
- Sporting Conduct, Uncommon Fouls and Ejections
  - All coaches, players and spectators are expected to exhibit the highest standards of sporting conduct at all times. Individuals who exhibit behavior or comments that are deemed nonsporting-like will be subject to the appropriate actions defined below.
  - Technical fouls, flagrant fouls and intentional fouls are all uncommon fouls that result from unsporting conduct and or excessive actions during play or during dead balls. Any uncommon foul called on a player or coach will result in 2 points being awarded to the opposing team and possession of the ball.
  - All assistant coaches and players on the bench are the responsibility of the Head Coach. Any warnings or technical fouls issued to any bench personnel will count as a warning and / or technical foul awarded to the Head Coach and the applicable penalties will apply.
  - Players may be ejected for any unsporting act or for committing a flagrant foul. Any player receiving two technical will be disqualified by rule.
  - Coaches who receive a warning for unsporting conduct or who receive a technical foul will lose their coaches box privilege and be required to sit for the remainder of the game except when calling a time out. A warning is not mandatory, and if a game official determines a head coach's inappropriate or unsporting behavior is worthy of a technical foul or ejection, either or both of those may be given without giving a warning first.
  - Coaches may be ejected for any unsporting act. A coach who receives two technical fouls will be ejected from the game by rule. An ejected coach must leave the gymnasium immediately and will serve a suspension of no less than one game as well as be subjected to other penalties as determined by the League Coordinators.
  - Spectators are to remain positive and not direct comments towards any individual player or official. If deemed necessary, any spectator may be ejected

from the game by joint decision of the officials and game supervisor. An ejected spectator must leave the gymnasium immediately and may be subject to further penalties as determined by the League Coordinators.