

Lakes Region League Rules 2023/2024

**Ashford, Bolton, Coventry, Hebron,
Mansfield, Willington**

2023-23 Lakes Region Rules

- **Instructions for Gym Coordinators**

- Please have a printed copy of the 2023-24 Lakes Region Rules present at the scorer's table for all games
- The Coaches, Scorer and Referees should briefly review rules before the start of every game
- Home team will provide a regulation game ball for each game

- **Rules and Modifications**

- CIAC High School Rules are the default rule set with the following modifications made for each of the following grade level divisions
- **Lakes Region rule modifications are outlined below for each grade level division**

- **Notes for Coaches:**

- Keep within the 4 minute time frame, no kid is sits more than twice, line-ups are fair
- Make sure substitutions are done correctly
- Playing time **MUST** be fair and equal
- Utilize Player Substitution Grid as a tool
- Any disputes should be brought to the Gym Supervisor present at game
- This is for the kids! Main focus should be developing skills and having fun

Lakes Region League Rules 2023/2024

Ashford, Bolton, Coventry, Hebron,
Mansfield, Willington

3rd & 4th Grade

• Equipment/Basics:

- Use 28.5 basketball
- Hoops at 10 ft.
- 2-16 minute halves running clock with a 3 minute halftime
 - clock will only stop on timeouts, foul shots, substitutions, and injury.
 - The last minute of each game will be stop time (the last minute of the first half is running time unless a timeout is taken)
- Overtime will start immediately after the game lasting 3 minutes
 - Overtime will be running time with stoppage in the last minute of overtime and for foul shots, and injury
 - Teams will lineup at the start of overtime for matchups. Coaches can set any lineup for overtime as equal play should have been exhausted in the regular period. Substitutions should only be for injury
 - Team fouls from the second half will carry over into overtime
 - Teams allowed one 30-second timeout in overtime (prior timeout do not carry over)
- Game will end as a tie if still tied at the end of the OT.

• Defense:

- No backcourt defense
- Man to Man half-court defense. After a turnover, defense cannot pick up until the halfcourt
- When a team is up by 20 or more points the defense needs to stay inside the 3 point line.
- No double team unless the offensive player with the ball goes inside the paint.
- **Point of emphasis** - Double team will not occur when a screen is performed. (Coaches must instruct how to switch)

• Substitutions:

- **Mandatory substitutions made close to every 4 minutes without having an impact on the game.** The scorer should sound the horn on a dead ball or after a turnover in the back court (every 4 mins) to alert referee of substitution break. Teams are lined up for match ups. Coaches this is NOT a Timeout. First offence is a warning, while second warning is a technical foul.
- Coaches are strongly encouraged to maintain and equal playing time grid for all games. A grid is required for all tournament games.
- **Substitutions: No child should be sitting more than twice in a row/for two substitutions**

• Time-Outs:

- 2 (30 second) and 1 (60 second) time out's

• Fouls:

- Shooting fouls and common fouls will be called. Players will shoot 1-1 at 7 team fouls and 2 shots when they have reached 10 team fouls.
- Players are allowed to move in 2ft from the foul line to shoot.
- Individual players foul out at 5 fouls

Lakes Region League Rules 2023/2024

Ashford, Bolton, Coventry, Hebron,
Mansfield, Willington

5th and 6th Grade

• Equipment/Basics:

- Girls use 28.5 size ball, Boys use 28.5
- 2-16 minute halves running clock with a 3 minute halftime
 - Clock will only stop on timeouts, foul shots, substitutions, and injury.
 - The last minute of each game will be stop time (the last minute of the first half is running time unless a timeout is taken).
- Overtime will start immediately after the game lasting 3 minutes
 - Overtime will be running time with stoppage in the last minute of overtime and for foul shots, and injury
 - Teams will lineup at the start of overtime for matchups. Coaches can set any lineup for overtime as equal play should have been exhausted in the regular period. Substitutions should only be for injury
 - Team fouls from the second half will carry over into overtime
 - Teams allowed one 30-second timeout in overtime (prior timeout do not carry over)

• Defense:

- Man to Man half-court defense. After a turnover, defense cannot pick up until the halfcourt
- 2-3 zone MAY be played- picking up at the 3 pt. line, **only in the last four minutes of the first half and first 4 minutes of the second half**. This is monitored by the coaches.
- No double team unless the offensive player with the ball goes inside the paint. Double team will not occur when a screen is performed.(Coaches must instruct how to switch)
- When a team is up by 20 or more points the defense needs to stay inside the 3 point line.

• Substitutions:

- **Mandatory substitutions made close to every 4 minutes without having an impact on the game.** Coaches this is NOT a Timeout. First offence is a warning, while second warning is a technical foul.
- The scorer should sound the horn on a dead ball or after a turnover in the back court after the four-minute increment to alert referee of required substitutions
- **Substitutions: No child should be sitting more than twice in a row/for two substitutions**
- Coaches are strongly encouraged to maintain an equal playing time grid for all games. A grid is required for all tournament games.

• Time-Outs:

- 2 (30 second) and 1 (60 second) time outs

• Fouls:

- Shooting fouls and common fouls will be called. Players will shoot 1-1 at 7 team fouls and 2 shots when they have reached 10 team fouls. Players MAY NOT exceed past the foul line or this will be a violation.
- Players are fouled out of the game at 5 individual fouls

Lakes Region League Rules 2023/2024

Ashford, Bolton, Coventry, Hebron,
Mansfield, Willington

7th and 8th Grade

- **Basics:**

- Girls use 28.5 size ball, Boys use 29.5
- 2 - 20 minute halves running clock with a 3 minute halftime
 - Clock will only stop on timeouts, foul shots, substitutions, and injury.
 - The last minute of each game will be stop time (the last minute of the first half is running time unless a timeout is taken).
- Overtime will start immediately after the game lasting 3 minutes
 - Overtime will be running time with stoppage in the last minute of overtime and for foul shots, and injury
 - Teams will lineup at the start of overtime for matchups. Coaches can set any lineup for overtime as equal play should have been exhausted in the regular period. Substitutions should only be for injury
 - Team fouls from the second half will carry over into overtime
 - Teams allowed one 30-second timeout in overtime (prior timeout do not carry over)

- **Defense:**

- Full court press allowed until a team is leading by 15 pts or greater.
- When a team is up by 20 or more points the defense needs to stay inside the 3 point line.

- **Time-Outs:**

- 2 (30 second) and 1 (60 second) time outs

- **Fouls:**

- Shooting fouls and common fouls will be called.
 - Players will shoot 1-1 at 7 team fouls and 2 shots when they have reached 10 team fouls.
 - Players MAY NOT exceed past the foul line or this will be a violation.
- Players are fouled out of the game at 5 individual fouls

- **Substitutions:**

- **Mandatory substitutions made close to every 4 minutes without having an impact on the game.** Substitutions will be made only on dead balls (high school bench check in process)
- Playing time must be equal
- Coaches are strongly encouraged to maintain an equal playing time grid for all games. A grid is required for all tournament games.
- **Substitutions: No child should be sitting more than twice in a row/for two substitutions**