

Lindsborg Recreation Basketball Rules

2018-2019

12.06.2018

PLAYERS EQUIPMENT:

1. All players and coaches must wear their team t-shirt for games and it must be tucked in.
2. Players are required to wear athletic shoes with non-marking soles. We ask that shoes be carried into the building and changed into once the player is inside.
3. NO jewelry is allowed. Players shall remove all jewelry before warm up and game time. This is for the child's own safety and the safety of the other players.
4. Only water is allowed in the gym.

DIVISIONS & GAME EQUIPMENT:

	Ball Size	Goal Height	Court Size	Time
Kindergarten / 1 st Grade	25.5	8'6"	Short Court	(4) 8-minute quarters
2 nd Grade / 3 rd Grade	27.5	10 foot	Full Court	(4) 8-minute quarters
4 th – 6 th Grade	28.5	10 foot	Full Court -FT 12"	(4) 9-minute quarters

DIVISIONS & GAME TIME

1. A running clock is used for all divisions. The clock will only stop for time-outs, ref discretion, mid-quarter substitution mark, and injuries.
2. There will be 1 minute between quarters and a 3-minute half time for all divisions.
3. There will be a substitution period at approximately the mid-quarter mark offered to coaches prior to game start. This is limited to substitutions only; therefore, have your subs ready.
4. Each team is allowed (1) 30 second time out per quarter with no carry-over.
5. There will be NO OVERTIME play.

GENERAL RULES FOR ALL DIVISIONS:

Players

1. A team must have at least three players and one coach to start a game.
2. If a team does not have 5 players, the officials and coaches will agree to play the same amount on each team or the team with more than 5 may have players play with the opposing team for a period of time.

Substitutions

1. Coaches may only substitute at the end of quarters and mid-quarter substitution marks. A substitution can be made for an injured player. The clock will not stop for taking the ball out of bounds.
2. All coaches must provide equal playing time for all players. Starting a game should be shared equally with all players. The only exception would be not attending practices for reasons other than religious or scholastic. This will be enforced at the coach's discretion with agreement by the Director prior to the game.

Coaches

1. Coaches should arrive early to the game to prepare the players and bench for the game.
2. Coaches must be documented and wear an approved Coach Shirt for the game. If a coach needs a parent to coach a game, please notify the Director as soon as possible so that we can make the necessary arrangements.
3. Coaches are to remain at the bench during play. One coach may be on the playing court in the K-2nd grade division only.

Referees

1. There will be one or two referees per court. In the case that there is not a referee, coaches should step in and perform the duties of the referee.
2. On occasion, a referee may take a moment to explain a call or a rule. This is to assist in the development or understanding of the player.

Start of Play

1. Teams will warm up if time allows on the goal opposite of their bench.
2. Teams will play offense in the direction opposite of their bench at the beginning of the game and switch ends at the second half.
3. The referees will have a brief pre-game meeting with the coaches and team captains. The referees will remind coaches to make sure all players are properly equipped, highlight rules, answer any questions that the coaches or captains have, and conduct the coin toss.
4. The winner of the coin toss will choose the possession of the ball. Teams will alternate taking the ball out of bounds on what would typically be a "jump ball" situation. The scorekeeper will keep track of all jump ball possessions.

RULES FOR K-1st GRADE DIVISION

1. The score will not be kept.
2. There is no backcourt rule. The ten second rule will not be in effect.
3. There is no five-second in-bounds violation rule.
4. Violations and fouls made by the offense will result in a turnover. If a player continues to make the same foul, the head coach should explain to the player. Extreme cases of a player not complying with the rules will result in sitting out a quarter of the game.
5. Fouls will be called, but they will not count as personal fouls and no player will be disqualified.
6. Free throws will not be shot for a shooting foul. The team fouled against will take possession of the ball with an inbound awarded.
7. Double dribbling, double-hand dribbling, and traveling are violations and will be called more progressively throughout the season.
8. No three second lane violations will be called.
9. No "clear out" or "4 corner" offenses that spread the defense out to create a 1-on-1 situation will be allowed.
10. There will be no fast breaks at this age level. Each team must wait for the defense to get set.
11. No player is allowed to shoot the ball from behind the half-court line.
12. All teams must play a man-to-man defense only. Each player must be within 5 feet of the player he/she is guarding.
13. Double teaming and traps are only allowed in the lane and only on the player who controls the ball. Any defensive player can sink into the lane if the ball handler enters the lane.
14. No full court or half court press will be allowed. When the defensive team establishes possession, the shooting team must retreat beyond the half-court line, within their 3-point line before they can guard their player.
15. Passes are allowed to be stolen only after the offensive player with the ball has crossed the red half court line.
16. Stealing the dribble or reaching in for any reason, including tying up for a jump ball is not allowed.
17. The first illegal defense will cause a warning to be issued to the bench of the offending team.

RULES FOR 2nd/3rd GRADE DIVISION

1. The score will not be kept.
2. The ten second backcourt rule will be in effect.
Back Court & Over and Back
 - It is legal for a throw-in to be deflected, tipped, or batted by an offensive player in the frontcourt to an offensive player in the backcourt and no violation occurs.
 - The offensive team has **ten seconds** to move the ball from the backcourt to the frontcourt area. A ten-second count continues in the backcourt when the defense deflects or bats the ball in the backcourt but does not control the ball. When a dribbler is advancing the ball into the frontcourt, the ball maintains backcourt status until both feet and the ball touch entirely in the frontcourt.
 - When an offensive ball handler approaches the half court line, the ball and both feet need to cross the line before an over and back call can be made. If a ball handler crosses the half court line with the ball and one foot, they are allowed to go into the backcourt to elude the defenders. Basketball rules provide that once the ball and both feet cross the line, then when any foot or if the ball crosses back into the defensive end, then over and back can be called.
3. The five-second in-bounds violation rule will be in effect. Once the offensive player who is inbounding the ball takes control of the ball after a basket or takes control of the ball from the referee, the five second count starts, and ends when the ball leaves the ball handler's hands (not when it is touched inbounds).
4. Violations and fouls made by the offense will result in a turnover. If a player continues to make the same foul, the head coach should explain to the player. Extreme cases of a player not complying with the rules will result in sitting out a quarter of the game.
5. Fouls will be called, but they will not count as personal fouls and no player will be disqualified.
6. Free throws will not be shot for a shooting foul. The team fouled against will take possession of the ball with an inbound awarded.
7. Double dribbling, double-hand dribbling, and traveling are violations and will be called more progressively throughout the season.
8. No three second lane violations will be called.
9. No "clear out" or "4 corner" offenses that spread the defense out to create a 1-on-1 situation will be allowed.
10. There will be no fast breaks at this age level. Each team must wait for the defense to get set.
11. No player is allowed to shoot the ball from behind the half-court line.
12. All teams must play a man-to-man defense only. Each player must be within 5 feet of the player he/she is guarding.
13. Double teaming and traps are only allowed in the lane and only on the player who controls the ball. Any defensive player can sink into the lane if the ball handler enters the lane.
14. No full court or half court press will be allowed. When the defensive team establishes possession, the shooting team must retreat beyond the half-court line, within their 3-point line before they can guard their player.
15. Passes are allowed to be stolen only after the offensive player with the ball has crossed the red half court line.
16. Stealing the dribble or reaching in for any reason, including tying up for a jump ball is not allowed.
17. The first illegal defense will cause a warning to be issued to the bench of the offending team.

RULES FOR 4TH-6TH GRADE DIVISION

1. The score will be kept in the 4th-6th grade division. If a team leads the game by 20 points or more, they must retreat to a quarter court defense (top of the key/3-point line), each team's score will be changed to zero (0), and the official score will no longer be kept. The running clock will be kept for the remainder of the game.
2. The ten second backcourt rule will be in effect.
Back Court & Over and Back
 - It is legal for a throw-in to be deflected, tipped, or batted by an offensive player in the frontcourt to an offensive player in the backcourt and no violation occurs.
 - The offensive team has **ten seconds** to move the ball from the backcourt to the frontcourt area. A ten-second count continues in the backcourt when the defense deflects or bats the ball in the backcourt but does not control the ball. When a dribbler is advancing the ball into the frontcourt, the ball maintains backcourt status until both feet and the ball touch entirely in the frontcourt.
 - When an offensive ball handler approaches the half court line, the ball and both feet need to cross the line before an over and back call can be made. If a ball handler crosses the half court line with the ball and one foot, they are allowed to go into the backcourt to elude the defenders. Basketball rules provide that once the ball and both feet cross the line, then when any foot or if the ball crosses back into the defensive end, then over and back can be called.
3. The Five Second Inbounding rule will be in effect. Once the offensive player who is inbounding the ball takes control of the ball after a basket or takes control of the ball from the referee, the five second count starts, and ends when the ball leaves the ball handler's hands (not when it is touched inbounds).
4. Violations and fouls made by the offense will result in a turnover. If a player continues to make the same foul, the head coach should explain to the player. Extreme cases of a player not complying with the rules will result in sitting out a quarter of the game.
5. Fouls will be called; receiving five fouls in one game will result in being fouled out of a game.
6. Shooting fouls will result in free throw shots taken from a 12' mark.
7. A 1-and-1 bonus situation will be awarded on the seventh team foul of each half. Two free throws will be awarded upon the opponents' tenth team foul and each following per half.
8. Violations will be called in correct form. The idea of the league is to teach the fundamentals of basketball and good sportsmanship while enjoying the excitement and fun of playing league basketball. Calls by the referee are final. Honor the referee's call!
9. The three second lane violation rule is modified to a **five second lane violation** rule for this age division.
10. Coaches must teach players not to make body contact when setting picks, and how to avoid committing illegal screens.
11. Fast Breaks are allowed at this age division.
12. Three-point baskets are allowed.
13. Each team can play a Man-to-Man or Zone Defense. If a team is ahead by 20 points or more, they must retreat to a quarter court defense (top of the key/3-point line).
14. Only a half-court press is allowed at this age division. When the defensive team establishes possession, the shooting team must retreat beyond the half-court line. No defense can be played in the backcourt. The backcourt is defined as the half of court divided by an imaginary vertical plane from the mid-court line opposite a team's offensive basket.
15. Passes are allowed to be stolen only when the basketball passes the half-court line.
16. An illegal defense will result in the offense being awarded possession with an inbounds.
17. No league standings will be kept.
18. A technical foul will result in two foul shots and possession with an inbounds at the midcourt line.
19. Two technical fouls against a player or coach will be an automatic ejection from the game. Each official and coach is responsible to contact the Sports Director should this occur.

IMPORTANT REMINDERS:

1. Players and coaches are encouraged to show up at least 10 minutes prior to game time.
2. Every coach is responsible for his/her own conduct first and foremost, followed by the conduct of his or her players and parents.
3. Two technical fouls against a player or coach will be an automatic ejection from the game and a one game suspension from the next scheduled game. All spectator fouls will count against the coach's technical fouls.
4. Coaches must stay on the bench and may not approach officials on the game floor. Only one coach can be standing at a time. One coach is allowed on the floor K-2nd grade.
5. Our officials will try to do their best to officiate all games in a correct manner. Please do not challenge them during the game. Profanity and other forms of abuse towards referees, coaches, parents or players will not be tolerated.
6. Every coach and team are responsible for assisting in cleaning up the sideline area after each game.
7. After game snacks and drinks may be given out in the front lobby. Only water is allowed in the Salina YMCA gyms.