

# LAYAC Basketball Rules

## **Eligibility**

The league is open to area school age boys and girls from kindergarten through eighth grade. Students must sign up, tryout, and be assigned to a team which represents the school district that they live in and/or attend. If there are too few participants from a school to field a team, participation with the next closest school association is allowed.

Teams are based on grades. Kindergarten is alone and is coed. From first grade on up, teams will be made up of solely of girls or boys. The stated intention is that boys in grades 1 through 6 will play with only their grade (1<sup>st</sup> grade, 2<sup>nd</sup> grade, etc), and boys in grades 7 and 8 will combine on a team. Girls in grades 1 through 8 will be combined in two-grade sets (i.e. 1-2, 3-4, 5-6). If numbers in a grade do not permit the individual format, a player may age up to the next grade level. No child is allowed to play down a grade.

## **General Rules**

This is a recreational basketball league. The following rules are set up specifically for promoting and teaching good sportsmanship, fundamentals of the game, and for the equal participation for all kids. The Official High School Rules will be used with the exceptions as described below.

- 1) **SPORTSMANSHIP:** Good sportsmanship is expected at all times. Any unsportsmanlike act by any player, coach, or spectator will result in action taken by the appropriate league organization ranging from a warning to expulsion for the rest of the season. Two unsportsmanlike conduct technical fouls by a player, a coach or a spectator during a game will result in automatic ejection from the current game and the next game. In addition, if a team receives a combined total (players, coach or spectators) of three unsportsmanlike conduct technical fouls in a single game, then the team also will automatically forfeit the game.
- 2) **INJURY:** Any player or coach who is bleeding must be removed from the game until the bleeding has stopped and a clean uniform is put on.
- 3) **PRACTICES:** At the start of the season, practice schedules will be assigned – generally two one-hour slots per week shared by two teams. Once the schedule is set, a team may move their practice on a case by case basis to accommodate various conflicts, but in no week may they exceed the originally allotted amount of practice time. Violations of this rule will result in a 1 game suspension for the head coach per offense. Each team shall have a minimum of three practices before their first game. Coaches should use their discretion to withhold players from games who do not make it to practices.
- 4) **GAME SCHEDULE:** Players must be warmed up and ready to start at the designated starting time. By design, there will generally be ten or more minutes scheduled from the end of one game to the start of another. The referee will use his judgment with respect to starting games on time. The game will be divided into four quarters. See each grade division for specific length of period. Half time will be 1 minute.
- 5) **TIMEOUTS:** A coach or player may call a timeout. Each team will have three (3) 30-second timeouts per game but no more than two (2) may be used per half.

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- 6) **ALTERNATING POSSESSION:** To start the game, a jump at center court will be used. From that possession, the alternating possession arrow will be used to decide who receives the ball to start the second half, any overtime periods, or to resolve any jump ball situations. The team who has possession of the ball at the end of a quarter (or half-quarter mark) will retain possession when play resumes. If a team shoots to close a quarter (or half-quarter), it will be assumed the defensive team received possession as time expires. These changeovers do not constitute a reversal of the alternating possession arrow.
- 7) **OVERTIME:** No game shall end in a tie. One additional overtime period will be played to its completion and the team with the highest score will win the game. The overtime period will be played at half that grade brackets typical quarter. Example: Boys 7/8 grade play 8-minute quarters so the overtime period would be 4 minutes. Any additional overtimes will be played at half of the first overtime length or in this example, 2-minutes. Each team will get one (1) 1-minute timeout in the first overtime and none in any additional overtimes. Unused timeouts from regulation do not carry to overtime and unused timeouts during overtime play do not carry forward to successive overtimes.
- 8) **DEFENSIVE BOUNDARIES:** As players offensive skills typically take longer to progress than defensive skills, there are certain defensive rules established at each of the grade brackets to help the offense get started without interference from the defense.
  - a) Where a defensive boundary is defined in a grade level set of rules, the understanding is that the team transitioning from offense to defense must move directly down court and into the defensive boundary before beginning to play any defense. The purpose of this rule is to allow the offense a chance to organize and proceed down court.
  - b) The 10 second count, described below, is designed to prevent this defensive boundary from being used as a stall tool.
  - c) Defensive players must keep their feet inside this boundary at all times when defending a player or a pass. Reaching across the boundary is acceptable and if the player makes contact with the ball, they may chase the ball outside the boundary until one team gains control. Similarly, if a rebound carries outside the boundary, both teams may pursue it equally until it is established who has possession.
  - d) If an offensive player is in the act of shooting from outside the defensive boundary, then a defensive player (the one closest player to the ball) may make a move to defend the shot and is not required back in the defensive boundary until and unless the offense regains possession on the rebound.
- 9) **ROSTERS:** Prior to the start of league play, coaches must turn back into their league organization the uniform number assignments for their players. Each league organization (those groups who are part of LAYAC at start of current year's season) must then provide a full roster of teams and players to each of the other league organizations. Each organization is responsible to see that the score keepers at their facilities have the full list of teams and players for all potential game parings.

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10) PARTICIPATION RULE: As this is a recreational league it is the policy of LAYAC that all players participate in each game. Each player must play a minimum of one half of the game and each player must sit out a minimum of one quarter. The only exception is if a player becomes hurt or sick during the game and cannot continue. If a coach determines a player who arrived at the game cannot play due to sickness or injury but wants to sit on the bench with their teammates, then the coach must make an ineligibility request to the referee before the game starts so the referee, scorekeeper, and the other coach know that player will not be participating in that game.

Exception during overtime: The player participation rule is required for the normal game time only. The coach can play who they wish during any overtime periods.

11) SUBSTITUTIONS: Players can enter the game only at predetermined intervals: start of each quarter and the half mark of each quarter. The clock keepers will stop the clock and the horn will blow. The only exception is a sub can replace an injured player at any time during the game. See each age group specific rules for more details, but the following generally applies to the various groups of grades:

a) Kindergarten: there is no set substitution policy since a clock is not used; coaches move players in and out during the walk-through games, keeping in mind the goal is to play each player an equal amount of time but recognizing that at this age “stage fright” often results in some children not wanting to participate at all.

b) Grades 1-8: At every substitution point (4 mid quarter stoppages and 3 between quarter stoppages), the coach MUST put every player who is on the bench at that time into the game.

*1<sup>st</sup> Quarter 4:00 Mark:* All players on the bench must come into the game

*End of 1<sup>st</sup> Quarter:* All players on the bench must come into the game

*2<sup>nd</sup> Quarter 4:00 Mark:* All players on the bench must come into the game

*End of 2<sup>nd</sup> Quarter:* All players on the bench must come into the game

*3<sup>rd</sup> Quarter 4:00 Mark:* All players on the bench must come into the game

*End of 3<sup>rd</sup> Quarter:* All players on the bench must come into the game

*4<sup>th</sup> Quarter 4:00 Mark:* Coach’s discretion

- Coach can select any 5 players to play
- Free substitution during this time – coach can substitute players at any point during this time via the scorekeeper’s table, during dead balls (timeout, fouls, etc.).

c) This alone will satisfy the requirement for a minimum playing time of one half as described above. Which players are left in the game during these substitutions is at the coach’s discretion so long as each player meets the requirement to have sat one full quarter by the end of regulation

d) Teams will have 30 seconds to make their substitutions between quarters. The horn will sound at 20 seconds as a warning and again at the 30-second mark with the ball being put in play at that time even if your team is not on the floor. This is not a timeout; the players should remain on the court until they are relieved by a sub, same as a traditional dead ball substitution situation.

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- e) Failure to comply with the participation and substitution rules will result in a forfeit of the game.
- 12) **GAME CLOCK:** The clock will continue to run during the course of each quarter (regular play & overtime) and stopped only for personal fouls. The clock will be stopped for the calling of and the penalty enforcement of (free throws & possession changes) all personal fouls. The clock remains stopped until the ball is brought into play by the offense. Minor infractions such as, but not limited to, traveling, double dribble, over & back, 3 seconds, etc. will not stop the clock.
- 13) **10-SECOND COUNT:** The offensive team cannot stall the ball outside of the defensive zone for more than 10 seconds. The ball must break the plane of the defensive line by the 10 second count or the ball will be turned over to the other team.

## **Mission – Reminder!**

Please keep in mind that we are out here to teach the kids about basketball and sportsmanship. Fun is number one. Winning is secondary. This is a recreational league. We have made a strategic decision to position ourselves (beyond the kindergarten introduction) above the purely instruction level, but below the purely competitive level (such as AAU). The least skilled child on the team needs to enjoy it as much as the most skilled. It is our challenge to preserve that atmosphere while still providing the appropriate growth opportunity as the children progress through the grade brackets. Coaches and fans yelling at referees do not set a good example for our kids. Please understand that the referees are generally doing the best they can, and if we disagree with a call, let us please do so in a manner that sets a good example for the kids.

## **Coach Selection**

Any adult wishing to coach a team; either head or assistant will go through a process determined by the individual organizations. Only one head coach and one assistant coach are allowed per team. The coordinator for the particular grade league will select coaches based on those having been approved by the individual board. This process must be complete before any coach participates in any practice or game.

## **Team Selection**

This will be determined by individual organization's drafting processes.

## **Game Day**

- Any rules, such as “no food or drink in the gym”, established by the school who's facility is being used, must be followed; with respect to these rules, they may vary from facility to facility and coaches should be aware of those variations.
- Admission to the games is free, referees, scorekeepers and other support are paid for from the registration fees
- Only coaches, players, and other authorized league officials (coordinators, referees, scorekeepers, etc) may be on the gym floor, including between games and at halftime or other breaks; parents, siblings and other guests must not be on the floor at any

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time.

- Only the acting head coach and assistant coach may sit on the bench with the team.
- Teams having post-game meetings (handing out snacks or awards, planning next practice, etc) should choose a location far enough removed from the playing area so as to not interfere with the preparations (warm up, unpacking, etc) of the next game.

## **Kindergarten**

Kindergarten is coed and instructional. The general premise of this age is introduction to basketball, the practice/game sessions are generally one hour, with the first thirty minutes being devoted purely to skills and the second thirty minutes being a coach-assisted walkthrough game.

1. 8' goals
2. 27.0" sized basketball
3. free throws at a distance of 6'
4. no pressing at any time
5. no fast break at any time
6. defensive zone to be the 12' x 19' box directly in front of each goal defined as the "free throw lane" (see diagram)
7. no clock; coaches will decide when to start the walk-through and when to close practice
8. no score board, emphasis on the kids learning where to go and how to transition from one segment of the game to the next
9. the spirit of the general rules from above applies, but no specific rules are actually enforced

## **Grade 1-2**

All rules apply to both girl's teams and boy's teams unless otherwise noted.

1. 8' goals
2. 27.0" sized basketball
3. free throws at a distance of 6'
4. the regulation 3-point arc is used as the defensive boundary (see diagram)
5. the game will consist of four 8-minute quarters (each stopped at the 4:00 mark)
6. timeouts are not permitted
7. For the first two games of the regular season, one coach from each team will be allowed to walk the length of the court, to the outer edge of the playing area to help direct players to the proper assignments. They may not touch the players or the ball or interfere in the natural flow. From the third game forward, this option is revoked and coaches are restricted to the area in front of their bench – out of the playing area.
8. no fast breaks on offense
9. man to man defense is to be played (no zone)
10. double teaming and help defense are allowed in the lane only

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## Grades 3-4

All rules apply to both girl's teams and boy's teams unless otherwise noted.

1. goals: 9' for 3<sup>rd</sup> grade boys and 3-4 girls; 10' for 4<sup>th</sup> grade boys
2. 28.5" sized basketball
3. free throws at a distance of 12'
4. 3 point goals are allowed
5. defensive boundary will be the volleyball 10' line (see diagram)
6. the game will consist of four 8-minute quarters (each stopped at the 4:00 mark)
7. no pressing until the final two minutes of the game; at this point, pressing is allowed unless your team is ahead by ten or more points, then no pressing for the leading team only
8. fast breaks are permitted, the defensive player may keep pace with the offensive player, but may not try to impede their progress until having entered the defensive boundary
9. man to man defense is to be played (no zone)
10. double teaming and help defense are allowed in the lane only

## Grades 5-6

All rules apply to both girl's teams and boy's teams unless otherwise noted.

1. 10' goals
2. 28.5" sized basketball
3. girls shoot free throws from a distance of 12'
4. boys shoot free throws from the regulation 15' line
5. 3 point goals are allowed
6. defensive boundary will be the half court line
7. the game will consist of four 8-minute quarters (each stopped at the 4:00 mark)
8. no pressing until the final two minutes of the game; at this point, pressing is allowed unless your team is ahead by ten or more points, then no pressing for the leading team only
9. fast breaks are permitted, the defensive player may keep pace with the offensive player, but may not try to impede their progress until having entered the defensive boundary

## Grades 7-8

All rules apply to both girl's teams and boy's teams unless otherwise noted.

1. 10' goals
2. 28.5" sized basketball for girls
3. 30.0" sized basketball for boys
4. the game will consist of four 8-minute quarters (each stopped at the 4:00 mark)
5. no defensive boundary
6. throws from the regulation 15' line
7. 3 point goals are allowed

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