

# Elementary School Basketball League Rules

## **Teams**

- Teams will have only five players on the court during play. More than five will be a technical foul. Two points and the ball will be awarded to the opposing team.
- A team can play with a minimum of four players. Three players and below will be an automatic forfeit.

## **Timing**

- The game is divided into four quarters, 8 minutes each quarter
- The clock continuously runs during quarters (even free-throws) except for the last two minutes of the 2nd and 4th quarters.
- Approximately 1 minute between quarters and 3 minutes for halftime.
- Timeouts: Each coach has two time-outs per half. Time-outs do not carry over from half to half or into overtime. One time-out per team is given for overtime period. Time-outs are approximately 45 seconds.
- Overtime: In the result of a tie at the completion of four quarters a 2-minute overtime period will be played. If the game remains tied after the 2 minutes have expired, the game ends in a tie.
- Substitutions: All players substituting into the game must check in with the score table. Players should not run directly from the bench onto the court to sub into the game.
- In 2nd & 3rd grade ONLY, on dead balls in the last one minute of the 4th quarter the game clock will not start until the ball reaches half court. (Games that have a 10-point difference or more will not abide by this rule).
- Teams only have ten seconds to advance the ball past half court.

## **Scoring**

- Any basket from the floor scores two points (no three-pointers). One free-throw counts as one point.
- The team that is ahead at the end of the game is declared the winner.
- Technical fouls will score two automatic points and ball possession for the opposing team.
- If a team is ahead by more than 15 points, the score will be kept on paper only and the score board will only show a maximum of 15-point difference.

## **Putting the ball into play**

- Jump ball in the center jump circle will start the game.
- Throughout the game, the alternating possession rule will be used when the ball is tied up between two opposing players, or when an out of bounds ball possession is uncertain.
- After each successful basket or free throw, the ball is put into play at the end of the court by the team against whom the score was made.
- PRESSING:
- 2nd and 3rd grade levels are NOT allowed to full-court press at all during the game.

- 4th – 6th grade levels can only full-court press during the last two minutes of the fourth quarter and any overtime period.
- If a team has a lead of 10 points or more by the last two minutes of the fourth quarter, then the team with the lead CANNOT press during this time.
- If a team has a lead of 10 points or more during anytime of play, coaches must call off any half-court press or trap defense.
- Violations of these pressing rules will result in a technical foul on the Coach.

### **Violations**

The penalty for a violation will be the awarding of the ball to the opponents at the nearest out of bounds point. The following are violations.

- Traveling – taking more than one step with the ball without passing, dribbling, or shooting
- Stepping out of bounds with the ball, last touching the ball which goes out of bounds.
- Double Dribble – a second series of dribbling without another player handling the ball, palming (not clearly batting) the ball or dribbling the ball with both hands at once.
- Stepping out or over a restraining line during a jump ball or free-throw.
- Intentionally kicking the ball.
- Remaining in the key more than three seconds by the offensive team under their offensive basket (Three seconds start once the ball crosses half court).

### **Personal Fouls**

- Personal fouls are things like holding, pushing, hacking, tripping, charging, blocking, and unnecessary roughness.
- The following acts are a foul when committed against a ball handler/dribbler:
- Placing two hands on the player
- Placing an extended arm bar on the player
- Placing and keeping a hand on the player
- Contacting the player more than once with the same hand or alternating hands
- When a foul is called, the referee will signal the number of the player who committed the foul to the scores table.
- If the foul was committed on the ground, then the ball will be awarded on the sideline.
- If the foul was committed while shooting, then two free-throws will be awarded (unless basket was made then only one free-throw will be awarded).
- All fouls committed in the last two minutes of the 2nd and 4th quarters are automatic free throws including offensive fouls.
- Each player only gets 5 personal fouls called against him/her. Once the fifth foul is called, that player is disqualified and cannot play the rest of the game.

## **Technical Fouls**

- Include failure to report substitution, delay of game, unsportsmanlike or disrespectful conduct (players, coaches, and fans).
- Any technical foul is an automatic two points for opposing team.
- Technical fouls and personal fouls are combined.
- An unsportsmanlike technical foul results in immediate expulsion for the remainder of the half. Depending on the severity, an unsportsmanlike technical foul may result in immediate expulsion for the remainder of the game (decided by the referee and coordinator).
- A technical foul may accompany a personal foul. If the personal foul warrants free throw(s), the fouled player will take shots without players on the free throw lanes. The ball is then awarded out-of-bounds at half court to the team who was fouled.
- Coaches' technical fouls will be given after the official first warns the offender to stop directing unnecessary, rude, and uncalled for comments to the officials. If a coach fails to comply, a technical can be called on the offending coach. No coach will yell at or make rude comments to an official.

•

## **Officials**

- Officials will be assigned to all games by the Recreation & Park District and will have complete charge of the games.
- They have the power to banish any player, coach, fan from the game or gym for misconduct delaying the game, or any other reason deemed necessary for the good of the game.
- Remember this is a RECREATION league (not competitive) please always be respectful to officials. If you have a concern about an official, please talk to the league coordinator.
- Continuous disrespectful behavior by a coach will result in a request to step-down as coach for the remainder of the season.