

1st Grade

HSE/Fishers Boy's Youth Basketball League Rules

- **Basketball Rules:** Standard IHSAA basketball rules will be followed except as modified by these rules.
- **Start Times:** All practices must start at scheduled times. Have your team arrive fifteen (15) minutes before practice time but keep them under control and be respectful of the players and spectators for the game in progress. Coaches are to make sure that players keep off the court and hold their basketballs. Games must start on time at 15 minutes or 45 minutes after the hour, depending on the schedule. The scoreboard should be used to track the practice time to insure that the games start on time.

Each team must start the game with five (5) players. If a team does not have five (5) players, the team will have to forfeit the game. However, the league does encourage the teams to go ahead and play four on four even though the team starting without five (5) players is required to forfeit.

- **Time of Play:** Game may not exceed forty-five (45) minutes in length, regardless of how much time is left on the clock. Each game consists of four (4) quarters, each lasting six (6) minutes and one (1) two-(2)-minute overtime, if necessary and if time permits. Half time will consist of three (3) minutes and time between quarters and overtime will be one (1) minute. Coaches must use this time efficiently.
- **Scoreboard and Score Sheets:** Each gym is equipped with a scoreboard. Gym coordinators will set up the scoreboard controls each game day, and put away the scoreboard controls at the end of the day. Simple instructions for running the scoreboard are posted at the "scorer's table" at each site. Score sheets (included in your coaching packet) need to be used for each game to list the player's names and to track individual player scoring and individual fouls. Each team must provide one assistant coach or parent to sit at the scorer's table and either run the clock or keep the score sheet.

Leave the score sheet at the scorer's table to be picked up by the gym coordinator at the end of each day. Scores will be posted on the S.P.O.R.T.S. website.

- **Running Clock:** The game clock starts with the opening tip-off and runs the entire game, stopping only for (i) time outs, (ii) during the three-minute (3:00) mark of each quarter for substitutions, and (iii) during the last two (2) minutes of the second and fourth quarters or overtime for out of bounds and player infractions (normal IHSAA rules). During the last 60 seconds of the game (including overtime), the clock will not start until the ball is advanced across the time line.
- **Time Outs:** Each team is entitled to two (2) time outs per game. Time outs will last no longer than sixty (60) seconds. Both timeouts can be "saved" and used for the second half. Each team will be given one timeout in the overtime period with no timeouts carrying over from regulation.

- **Officiating:** A head coach or assistant coach from each team will referee the game. Their role is to focus on keeping the games fair, instructional, and safe. They will occasionally make a “bad” call or “miss” making a call. **DO NOT ARGUE WITH REFEREES OVER CALLS MADE OR NOT MADE IN A GAME.**

If you have a concern about actions taken by any particular referee, you should ONLY express those concerns to the league commissioner, the gym coordinator, a Basketball Board Member, or S.P.O.R.T.S.

- **Code of Conduct/Sportsmanship:** Un-sportsmanlike conduct, including “trash talking” or any un-sportsman like physical contact by players, coaches, or parents, will not be tolerated. Please report any offensive conduct to the league commissioner, the gym coordinator, a Basketball Board Member, or S.P.O.R.T.S. as soon as possible. Actions by any player, coach, or spectator demonstrating un-sportsmanlike conduct before, during, or after a game or practice will be subject to review by the Basketball Board.

The Basketball Board will have the right to take whatever action it deems appropriate to deal with any type of un-sportsmanlike conduct; including, but not limited to: issuing warnings, suspensions, and/or removal of a player or coach from the league and/or barring a spectator from any league games.

- **Playing Time:** All players are expected to be given equal playing time, as much as possible, during regulation. This will not be enforced during overtime.
- **Substitutions:** Substitutions may only be made between quarters except (i) if a player is injured, (ii) if a player fouls out, or (iii) at the three-minute (3:00) mark in each quarter. If an official time-out is called for a player injury, that player must sit out until a substitution can be made (i.e. between quarters, another player injury, a player fouls out, or at the 3:00 minute mark in the quarter). If the injured player is injured during the last 3 minutes of the game and is required to come out of the game, the injured player may be allowed to be reinserted back into the game for the player that substituted for the injured player during any dead ball. Make sure substitute players are ready to go so that the game isn't delayed.
- **Basketball Size:** First grade is required to use size-5 (27”) basketballs.
- **Score Keeping:** A running total score will remain on the scoreboard for all four (4) quarters and overtime.
- **Individual Player Scoring:** No player is permitted to score more than eight (8) points in a quarter or more than twenty (20) points in a game. Players who score this many points do not need to be removed from the game; they simply are not permitted to shoot the ball.
- **Goal Height:** Goals will be set to a height of eight (8) feet.
- **Lane Violations:** Players are permitted to remain in the lane for five (5) seconds, instead of the usual three (3) second rule.

- **Shooting Foul Shots:** An offensive player who is fouled while shooting will be awarded two (2) free throws during the last two (2) minutes of the second and fourth quarters, and during overtime. If the player makes the basket during these times two points are scored and the player will be awarded one (1) free throw. At all other times, shooting fouls will simply result in the offensive team getting the ball out of bounds either under the basket or on the side, depending on where the foul occurred.

Players shoot free throws from a distance of 13 feet from the basket (two (2) feet in front of the standard foul line).

- **Player Disqualification/Fouling Out:** A player committing five (5) personal fouls during the course of a game will be disqualified. The coach is allowed one (1) minute to substitute for the disqualified player. If the team has no eligible players to sub, the coach can elect to play with four (4) or fewer players or substitute a disqualified player. Any foul committed by such player will result in a technical foul; two (2) free throws and possession of the ball.
- **Defense:** Teams are required to play a “man-to-man” defense the entire game. ZONE DEFENSES ARE NOT PERMITTED. Players may, however, play a “helping” defense, assisting a teammate defensively, as long as the “helping” defender remains within five (5) feet of his designated opponent. This does not mean, however, that defenders are required to pick up their man at half court or far away from the basket if the offensive player is not providing an offensive threat and thus not allowing for any type of help defense.
- **Stealing the Ball:** Players MAY NOT steal the basketball off the dribble EXCEPT when the player dribbling is in the lane. Since players are not permitted to steal the ball off the dribble outside of the lane, players should not be coached to hover at half court, but should let the offensive team advance the ball past the ten (10) second line. Players MAY steal the basketball on a pass.
- **Pressure Defense:** Pressing defense is **NOT** permitted. All defensive players must return behind the ten (10) second line each time the ball changes possession. The ten (10) second rule will be enforced.
- **Five-Second Rule:** To avoid having teams play a “slow-down” offense, the officials will enforce the rule that requires a change of possession if the offensive player with the basketball is closely guarded and does not advance the ball towards the basket or pass the ball within five (5) seconds. Officials will have discretion on giving a warning for a five (5) second violation and on administering the five (5) second count with a slow count, lasting more than five (5) seconds, so that the flow of the game isn't interrupted.
- **Overtime:** Overtime will last two (2) minutes. Due to limited gym time, overtimes will be limited to one (1) per game. The game will end in a tie if there is no winner at the end of the overtime. Each team will be given one timeout in the overtime period with no timeouts carrying over from regulation time. Overtimes should not be started if there is not sufficient time available to complete the overtime in the allotted forty-five (45) minute time period.

- **Drinks and Snacks:** Our league has experienced significant problems with food and drinks being brought onto school property. Our host schools have insisted that we prohibit players, coaches, and spectators from bringing any type of food or drinks into the gymnasiums. Water fountains are available at each facility. No water bottles or sports drinks should be brought into the gymnasiums. No “after game” snacks or drinks are permitted in the gymnasiums.
- **Facilities:** We need to show the utmost care and respect for the school facilities that our leagues utilize. Players, coaches, parents, siblings, and other spectators need to be careful not to damage anything on school property. Coaches need to tell parents to control their children’s activities before and after games. Displays, posters, bulletin boards, chalk and dry erase boards should not be touched, marked on, or tampered with. Players, coaches, parents, and other spectators should not wander around school property. Participants and spectators should get into the gymnasium, stay there until the game or practice is over, and then exit the building leaving it look the same as when they entered.

Stay away from any nets, pads, or other equipment in the gymnasium. Keep away from “stage” areas. Inform parents at your first practice/game that coaches are there to coach the players, not baby-sit for siblings. Encourage parents to help clean up after themselves and after their children following each practice/game.

- **General: WE RUN THE RISK OF LOSING OUR ABILITY TO USE THE SCHOOL GYMS FOR OUR PROGRAM IF WE DON’T TAKE GOOD CARE OF SCHOOL FACILITIES. PLEASE HELP US KEEP SCHOOL PROPERTY CLEAN AND IN GOOD ORDER.**