

HSE/Fishers Boy's Youth Basketball League Rules

2011 – 2012

Updated 10/15/11

- **Basketball Rules:** All grades will follow standard IHSAA basketball rules except as modified by these rules.

- **Start Times:** All games must start at scheduled times. A minimum period of three (3) minutes is allowed between games for teams to warm-up. Have your team arrive fifteen (15) minutes before game time but keep them under control and be respectful of the players and spectators for the games in progress. Coaches are to make sure that players keep off the court and hold their basketballs.

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:** No game may exceed sixty (60) minutes in length, regardless of how much time is left on the clock.

2nd, 3rd & 4th Grades: Each game consists of four (4) quarters, each lasting eight (8) minutes.

5th & 6th Grades: Each game consists of four (4) quarters, each lasting six (6) minutes.

- **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 gym coordinators at the end of each day.

- **Running Clock:** **2nd, 3rd & 4th Grades:** The game clock starts with the opening tip-off and runs the entire game, stopping only for (i) time outs, (ii) during the four (4) minute mark of each quarter for substitutions, and (iii) during the last two (2) minutes of the second and fourth quarters or overtimes for out of bounds and player infractions (normal IHSAA rules). During the last 60 seconds of the game (including overtime(s)), the clock will not start until the ball is advanced across the time line.
5th & 6th Grades: The clock stops for timeouts, out of bounds, and player infractions (normal IHSAA rules).

- **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 per overtime period with no timeouts carrying over from regulation or previous overtime periods.

- **Officiating:** The league will provide a referee(s) for each 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, just like referees do at the high school, college, and professional level. They have no interest in helping or hurting a team to the detriment of any other. **DO NOT ARGUE WITH REFEREES OVER CALLS MADE OR NOT MADE IN A GAME.** The referees must be treated with the utmost respect. Calls made by a referee are **FINAL**. It is not a coach’s role to argue or debate with a referee. 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. In the event a referee does not show for the game, each coach is to mutually agree on someone to officiate the game. Please begin the game promptly with the agreed upon referee.

- **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. Any player, coach, or spectator who is cited by a referee for un-sportsmanlike conduct may be given a warning, removed from the game, or asked to leave the facility. Failure of a coach to comply with a referee’s decision may result in the forfeiture of the game. Failure of a parent to comply with a referee’s decision may result in the removal of that parent’s child from the game. Decisions by a referee on these matters are **FINAL**.

- **Playing Time:** **All players are expected to have equal playing time as much as possible during the regular season and playoffs.**

- **Substitutions:** **2nd, 3rd & 4th Grades:** Substitutions may only be made between quarters except (i) if a player is injured, (ii) if a player fouls out, or (iii) **at the four (4) minute 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 four (4) minute mark in the quarter). If the injured player is injured during the last four 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.

5th & 6th Grades: Coaches may substitute as desired while the clock is stopped. As much as possible, playing time should be equal across all players during the regular season and playoffs.

- **Basketball Size:** All grades are required to use the "intermediate" (28.5") size basketball.
- **Score Keeping:** A running total score will remain on the scoreboard for all four (4) quarters and overtime(s).
- **Individual Player Scoring:**

2nd Grade: 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.

3rd, 4th, 5th & 6th Grades: There are no scoring restrictions.
- **Goal Height:**

2nd Grade: Goals will be set to a height of nine (9) feet.

3rd, 4th, 5th & 6th Grades: Goals will be set at the standard height of ten (10) feet.
- **Lane Violations:**

2nd Grade: Players are permitted to remain in the lane for five (5) seconds, instead of the usual three (3) second rule.

3rd, 4th, 5th & 6th Grades: Players must observe the standard three (3) second rule.
- **Shooting Foul Shots:**

2nd and 3rd Grades: 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 overtimes. 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.

4th, 5th & 6th Grades: Foul shots will occur like a normal high school game.

2nd & 3rd Grade: Players shoot free throws from a distance of 13 feet from the basket (two (2) feet in front of the standard foul line).

4th, 5th & 6th Grades: Players shoot from 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:** **2nd, 3rd & 4th Grades:** All 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.

5th & 6th Grades: All defenses are allowed including double teaming, traps and zone.
- **Stealing the Ball:** **2nd Grade:** 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.

3rd, 4th, 5th & 6th Grades: Players may steal the ball off of either the pass or the dribble.
- **Pressure Defense:** **2nd, 3rd, and 4th Grades:** 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. **5th & 6th Grades:** All defenses are allowed including double teaming, traps and zone.
- **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.
- **Overtimes:** Overtime periods will last two (2) minutes. Due to limited gym time and availability, overtimes will be limited to one (1) per regular season game. The game will end in a tie if there is no winner at the end of the overtime. During the playoffs, overtimes will be played until a winner is determined. Each team will be given one timeout per overtime period with no timeouts carrying over from regulation or previous overtime periods.
- **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/team meeting 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 game and/or practice.

➤ **General:**

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

Teams will only practice 1 time per week.