

# Lafayette/Moraga Youth Association

# Official Basketball Rules

## 3rd-8<sup>th</sup> grade

***Current High School Basketball Rules apply except for the following modifications:***

1. **CLOCK:** Grades 3rd-8th will play four 10-minute quarters with a running clock. The clock will run during mid-quarter substitution changes. Only during the last 2 minutes of the game will a stopped clock be used.
2. **PLAYER PARTICIPATION:** Players must play at least half or 5 minutes of every quarter. A player's total minutes per game must adhere to the following guidelines based on the total number of players in attendance. For example, in a 10-minute running clock game:
  - With 5 Players: 5 will play a minimum of 40 minutes per game.
  - With 6 Players: 2 will play a minimum of 30 minutes and 4 will play a maximum of 35 minutes per game.
  - With 7 Players: 2 will play a minimum of 25 minutes and 5 will play a maximum of 30 minutes per game.
  - With 8 Players: 8 will play a minimum of 25 minutes per game.
  - With 9 Players: 5 will play a minimum of 20 minutes and 4 will play a maximum of 25 minutes per game.

In the event of an injury or if a player fouls out of the game, their remaining playing minutes must be divided up equally amongst the remaining players. No player is allowed to play a maximum of 10 minutes more than any other player on their team. Failure to follow the Player Participation Guidelines (see separate sheet) will result in a game forfeiture for the offending team. At the discretion of the LMYA Basketball Commissioner, a coach committing multiple participation infractions will be removed from the team. ALL PLAYERS MUST CHECK IN AT THE SCOREKEEPERS TABLE BEFORE EACH QUARTER OR WHEN ENTERING A GAME. Tracking sheets will be distributed for your convenience.

3. **THE NUMBER OF PLAYERS:** Each team is allowed five players on the court at a time; however a team may play with only four players. Teams may also drop down to 3 players.
4. **UNIFORMS:** Players must wear the LMYA provided uniform. Coaches are expected to wear LMYA coaches' shirts so they can be quickly be identified on the court.
5. **GAME TIME AND LOCATION:** May not be changed under any circumstances except by the league to make up a game that was postponed, by the league or canceled due to gym time being preempted.
6. **GAME BALL:** The official Women's or Intermediate ball (28.5") will be used for all other games, regardless of gender; except for boys' 7<sup>th</sup>/8<sup>th</sup> grade, where the regulation men's ball (29.5") will be used.
7. **BLOW-OUT PROTEST:** If a team loses a game by more than 20 points, the losing coach has the right to protest the game. The commissioner will review the game and determine if any action should be taken. Actions could include issuing a forfeit of the game and/or assigning the offending coach a technical foul.
8. **LENGTH OF GAME:** All teams play four 10-minute running quarters. The clock will continue to run, except for timeouts and the final 2 minutes of the game (when the clock will stop on all dead balls and free throws). Games should finish about 50 minutes after their scheduled start time. **It is important that games start on time.**
9. **TIME-OUTS:** Each team is allowed a maximum of two (2) time-outs per half (i.e. 2 quarters) and one time-out per overtime period. Time-outs are one (1) minute. Time-outs may be *requested* by the team in possession of the ball or by either team during a dead ball or free throw situation. Only a referee can *grant* a time-out. Coaches or players may call time-outs. Time-outs are **not** carried over into overtime.

- 10. SUBSTITUTIONS:** Substitutions can ONLY be made at the beginning of each quarter and at half quarter break. All players must check in with the scoring table at the beginning of each quarter and at the half quarter break. Coaches are not permitted to use Time Outs as a means of substituting new players into the game. In the event of an injury or a player fouling out, a time out may be used to bring in a new player, only if that player meets the player participation requirements. Failure to adhere to this rule will result in a technical foul
- 11. SCORING:** All regular baskets made from the field shall score two (2) points. In 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grade divisions, a basket completely shot from beyond the 3-point line shall count for three (3) points, when indicated by the referee. If a gym does not have a 3-point line, all field baskets shall count as two (2) points. A free throw is worth 1 point.
- 12. OVERTIME:** If the score is tied at the end of regulation play, the game goes into an overtime period of 3 minutes (running clock), and is started with a jump ball. If the score is still tied after the first overtime period, the game goes into a “sudden death overtime period of 3 additional minutes (running clock). The first team to score in sudden death overtime wins the game and the game is over at that point. If at the end of the “sudden death” 3-minute period neither team has scored, the game is over and is recorded as a tie.
- 13. STARTING PLAY AND JUMP BALLS:** The jump ball will only be used to start each game and any overtime period. The winner of the first jump ball establishes the initial possession and from then on, possession for in-bounding the ball alternates. The possession arrow located at the scorekeeper’s table is reversed immediately after the throw-in. To start the second, third and fourth quarters, and the ball is in-bounded at the division line opposite the table.
- 14. VIOLATIONS:** The following list of violations result in the ball being awarded to the opponent out-of-bounds at the nearest spot where the violation occurred:
- Double dribble
  - Traveling
  - Palming the ball (permitting the ball to come to rest in one hand while dribbling)
  - Kicking the ball
  - Stepping out of bounds
  - Causing the ball to go out of bounds
  - Excessively swing his/her arms or elbows
  - Dribbling for 5 seconds anywhere in the front court while being closely guarded
  - Remaining in the key more than 3 seconds in the key for 4<sup>th</sup> through 8<sup>th</sup> grade age groups. To commit a violation, an offensive player must be in the key for three (five) continuous seconds while his/her team is in continuous control of the ball in their frontcourt. Any shot that hits the rim “resets” the three-second count.
- The violations governing the throw-in (other than off of a scored basket) will also result in the ball being turned over to the opposite team. The thrower shall **not**:
- A. Leave the designated throw-in-spot, although he/she may back away.
  - B. Fail to pass the ball directly into the court so it touches or is touched by another player on the court before going out-of-bounds.
  - C. Consume 5 seconds from the time the throw-in starts until the ball is released on a pass directly onto the court.
  - D. Carry the ball onto the court.
  - E. Throw the ball so it enters the basket before it touches another player.
  - F. Replace the thrower or be out-of-bounds after a designated spot throw-in begins.
  - G. Be out-of-bounds when he or she touches or is touched by another player.
  - H. The opponents(s) of the thrower shall not have any part of his/her person over the inside plane of the boundary line until the ball has been released on a throw-in-pass.

**15. FOUL RULES:**

All personal fouls, such as blocking, charging, hacking, holding, pushing or tripping results in one foul being charged to the offender.

- A. All fouls including a technical foul will be counted as team fouls.
- B. Any player committing five personal fouls must leave the game.
- C. Technical fouls can be assessed against players, coaches and spectators. **A technical foul will result in an automatic two (2) points for the opposing team and possession of the ball.** If a player or parent receives a second technical foul during the game, that individual **must leave** the gym or the game is forfeited. If players, parents, or the coaching staff receive two technicals, the game is automatically forfeited, and the offending player, parent, or coach will be suspended for the following two games.

**16. SHOOTING FOULS:**

Most shooting fouls will result in automatic points awarded to the player/team being fouled.

- A. No foul shots except shooting fouls will be shot until the 7<sup>th</sup> team foul in a half. The fouled player will shoot a one-and-one or appropriate shooting foul. At the 10<sup>th</sup> team foul the fouled player will get one point and shoot one shot or appropriate shooting foul.
- B. All shooting fouls will be one automatic point and one shot if the goal was not scored. If the fouled player made his shot, then one additional point will be automatically awarded.
- C. In any other 2-shot foul situation (i.e. a flagrant or intentional foul), the fouled player/team will get one automatic point and shoot one shot.

- 17. FREETHROWS:** The distance will be shortened by three (3) feet for the 3<sup>rd</sup> Grade boys' & Girls divisions and 4<sup>th</sup>, 5<sup>th</sup> Grade Girls' divisions. 4<sup>th</sup>/5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> 8<sup>th</sup> grade boys' age groups and 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> girls' divisions must start their free throw behind the free throw line. An infraction will not be called in 4<sup>th</sup> and 5<sup>th</sup> grade age groups, if the shooter's momentum carries them over the line before the ball hits the rim. In all other age groups, the shooter must wait until the ball hits the rim and/or backboard before entering the key. In all divisions the players standing on either side of the key may not cross the line until the ball hits the rim or backboard. If the ball fails to strike the rim or backboard it is turned over to the opposing team for an in-bounds pass.

- 18. FULLCOURT PRESS:** Full court press is not allowed in 4<sup>th</sup> and 5<sup>th</sup> grade girls and boys games. In all 4<sup>th</sup>, and 5<sup>th</sup> grade games, all defensive players must return to a position behind the defensive three-point arc upon change of possession. **For 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade girl's defense cannot begin until the 3 point line, except for the last 2 minutes of the game.**

- 19. TEN (10) POINT LEAD RULE:** This rule applies to divisions that play backcourt press. If a team is ahead by 10 points or more, they must pull back the full-court press to half-court press. If the point span drops back to 9 points or below, then the leading team may full-court press again.

- 20. OVER-AND-BACK VIOLATIONS:** Taking more than 10 seconds to cross the center line from the back to the front court is a violation that results in the ball being awarded to the opponent, out-of-bounds, at the spot nearest where the violation occurred. Once in the frontcourt, the ball may not be returned to the backcourt of the team in control. This violation results in the ball being awarded to the opponent, out-of-bounds, at the spot nearest where the violation occurred.

- 21. FAST BREAK LAY-UP FOULS:** In order to discourage a potentially dangerous intentional foul situation and to provide a safer playing environment for all age groups, any defensive player who initiates contact (defined as a shove, hold or trip) with an opposing player attempting a fast break lay-up will be charged with a technical foul. A defensive player may grab or knock the ball away as long as contact is with the ball and not the opposing player.

- 22. DEFENSES:** In 4<sup>th</sup> grade and above, man-to-man defense may be used. LMYA encourages the use of man-to-man defense where appropriate in games and practices.

- 23. SAFETY ISSUES:** No player may participate in any LMYA basketball game while wearing ANY jewelry or a hard or soft cast. Earrings must be REMOVED, not taped. Any bleeding must be stopped, and any open wound must be covered, before a player takes the court. If there is an excessive amount of blood on the uniform it must be changed. An injured player MUST be removed from the game if the coach goes on to the court, or the official beckons the coach to attend to an injured player. Exception: a player required to leave the game may remain in the game if the team calls a time out and the situation can be remedied before the end of the time out. Injured players must never be moved or put back in a game until it is safe to do so. Note: coaches must have the Parental Permission and Authorization forms for all players available at all times.
- 24. OFFICIALS:** The officials have full responsibility for the game. They decide whether the ball is in play or dead. They blow the whistle when any of the following occurs: held ball, violation, foul, time-out or suspension of play for any reason. They have the power to order time-out or time-in and give players permission to leave or enter the court. Officials may also suspend/forfeit a game based on an inappropriate behavior on the part of players, coaches, parents, and spectators deemed a possible threat to the safety of all participants.
- 25. HAVE FUN!**

### **FACILITIES RULES**

- **Never bring food or drink into the gyms.** Team snacks and drink bottles must be left outside the gym and served outside the gym. That includes parents & coffee.
- **If it is raining, please leave dripping umbrellas outside or in the foyer**
- **Keep the gyms and bathrooms clean.** Do not let children play in the restrooms.

### **EMERGENCY INFORMATION**

- **Medical Emergency from a cell phone, call 911**