

# Lafayette/Moraga Youth Association

## Official Basketball Rules

### 3<sup>rd</sup> Grade Girls 2024-25

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

1. **CLOCK:** 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 can substitute freely with any stoppage of play. Checking in at a scorer's table is NOT necessary. Games will be 3v3 format with or without a substitute.
3. **THE NUMBER OF PLAYERS:** Each team is allowed three players on the court at a time; however, a team may play with only two players. When only two players are available, games will be 2v2 instead of 3v3. Forfeiture for small teams will not occur.
4. **UNIFORMS:** Players must wear the LMYA provided uniform.
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 games
7. **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.**
8. **TIME-OUTS:** Each team is allowed one time-out per game. Clock will not stop with a time out. 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 except when a referee is not present. Coaches or players may call time-outs.
9. **SUBSTITUTIONS:** Substitutions can be made with any dead ball. Checking in at the scorer's table is not necessary.
10. **SCORING:** All regular baskets made from the field shall score two (2) points. 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.
11. **OVERTIME:** There is no overtime. If scores are tied when time expires, the final result will be a tie.
12. **STARTING PLAY:** One team will be designated to shoot from foul line. If this player makes the shot, their team will start with the ball at top of the key. Must "check" ball to defender. Must pass the ball to a team mate to begin play.
13. **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 5 seconds for 3<sup>rd</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. No “three in the key” violation for 1-2<sup>nd</sup> graders.

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 at the top of the key, although he/she may back away.
- B. Dribble before passing the ball.
- C. Consume 5 seconds from the time the throw-in starts until the ball is released on a pass directly onto the court. Not enforced for 1<sup>st</sup> and 2<sup>nd</sup> grade.
- D. Throw the ball so it enters the basket before it touches another player.

#### 14. **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. 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 technical fouls, the game is automatically forfeited, and the offending player, parent, or coach will be suspended for the following two games.

#### 15. **SHOOTING FOULS:**

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

- A. 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.
- B. 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.
- C. No foul shooting for 1<sup>st</sup>-2<sup>nd</sup> grade.

16. **FREETHROWS:** The distance will be shortened by three (3) feet for the 3<sup>rd</sup> Grade division. An infraction will not be called in 3<sup>rd</sup> grade age group if the shooter’s momentum carries them over the line before the ball hits the rim. 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.

17. **FULLCOURT PRESS:** Full court press is not allowed

18. **OVER-AND-BACK VIOLATIONS:** N/A

19. **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.

20. **DEFENSES:** Man-2-Man 3v3 preferred.

21. **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. For safety reasons, in 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> grade games, quick whistles will follow all dual possession situations. 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.

**22. 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.

**23. 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**