# LMYA BASKETBALL | OFFICIAL RULES

**GRADES 3-8**

*Current high school basketball rules apply except for the modifications below.*

## 1. Clock

Grades 3–8 play four 10-minute quarters with a running clock. Four 10-minute running-clock quarters. The clock stops for time-outs and during the final two minutes of the game on dead balls and free throws. Games should finish approximately 50 minutes after their scheduled start.

## 2. Player Participation

LMYA Basketball is committed to providing all players with meaningful and equitable playing time. **Every player must play a minimum of five (5) minutes per quarter.**

Playing time shall be distributed according to the number of players in attendance, based on a 40-minute game:

| Players Available | Required Playing Time |
|---|---|
| **5 Players** | All 5 players play 40 minutes each. |
| **6 Players** | 4 players play 35 minutes; 2 play 30 minutes. |
| **7 Players** | 5 players play 30 minutes; 2 play 25 minutes. |
| **8 Players** | All 8 players play 25 minutes each. |
| **9 Players** | 4 players play 25 minutes; 5 play 20 minutes. |
| **10 Players** | All 10 players play 20 minutes each. |

**Additional Guidelines:**

- Substitutions must follow the league's designated five-minute substitution intervals.
- In the event of an injury or a player fouling out, remaining playing time should be distributed as evenly as possible among eligible players.
- No player may play more than 10 minutes longer than another player on the same team, except when injuries or disqualifications make this unavoidable.
- **Enforcement:** Failure to comply with player participation requirements may result in a game forfeiture.

## 3. Number of Players

Five players are permitted on court per team. A team may play with four players.

## 4. Uniforms

Players must wear LMYA-provided uniforms. Coaches are encouraged to wear LMYA coaches' shirts or team colors so they can be readily identified on the court.

## 5. Game Time and Location

Game times and locations may only be changed by the league to make up postponed or canceled games, including when gym time is preempted.

## 6. Game Ball

The 28.5-inch women's/intermediate basketball is used in all divisions except boys' 7th/8th grade, which uses the 29.5-inch men's ball.

## 7. Blowout Protest

If a team loses by more than 30 points, the losing coach may protest. The commissioner will review the game and determine appropriate action, which may include declaring a forfeit for the winning team. This rule promotes good sportsmanship.

## 8. Time-Outs

Two one-minute time-outs per team per half and one per overtime period. A time-out may be requested by the team in possession or by either team during a dead ball or free throw. Only referees grant time-outs. Unused time-outs do not carry into overtime.

## 9. Substitutions

Substitutions are allowed only at the start of each quarter and at mid-quarter breaks. Players check in at the scoring table. Time-outs may not be used for substitutions except for injury or foul-out, subject to participation requirements. Violations result in a technical foul.

## 10. Scoring

Field goals are worth two points. Three-point field goals count in grades 3–8 where the court has a three-point line and the referee signals it. Free throws count one point.

## 11. Overtime

A tied game proceeds to a three-minute running-clock overtime beginning with a jump ball. If still tied, a three-minute sudden-death period follows; the first team to score wins. If neither scores, the game ends tied.

## 12. Starting Play and Jump Balls

Jump balls begin the game and overtime. Alternating possession governs subsequent held-ball situations and quarter starts, with the possession arrow updated after each throw-in.

## 13. Violations

Violations include double dribble, traveling, palming, kicking, out-of-bounds, excessive swinging of arms/elbows, five-second closely guarded dribbling in the frontcourt, and three seconds in the key for grades 3–8. Throw-in violations include leaving the designated spot, failing to pass into the court, taking over five seconds, carrying the ball onto the court, throwing directly into the basket, replacing the thrower after a designated throw-in begins, and illegal boundary-line contact. The opponent receives the ball for a throw-in.

## 14. Foul Rules

Personal fouls include blocking, charging, hacking, holding, pushing, and tripping. All fouls, including technicals, count toward team fouls. A player fouls out after five personal fouls. Technical fouls may be assessed to players, coaches, or spectators and award two points plus possession to the opposing team. Second technical fouls and team misconduct may result in ejection, forfeiture, and two-game suspension under league rules.

## 15. Shooting Fouls

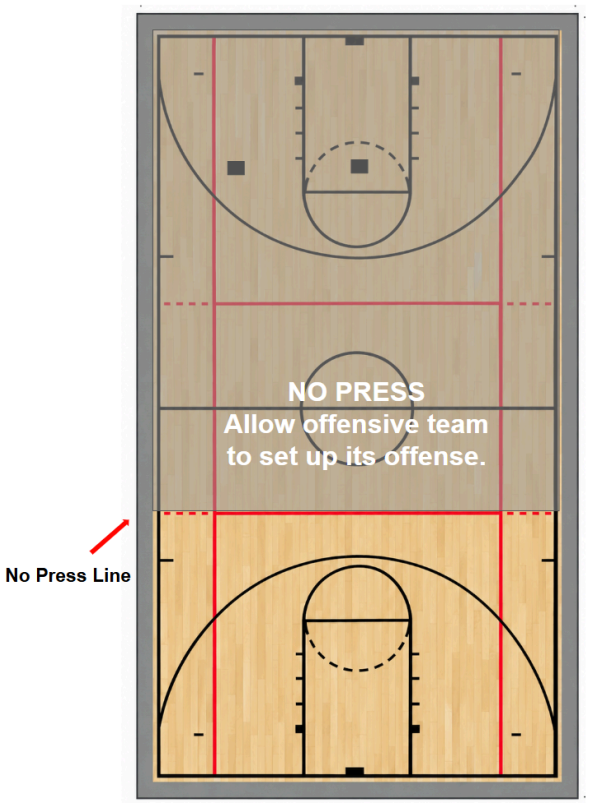
Before the seventh team foul in a half, only shooting fouls produce free throws. From the seventh foul, one-and-one or appropriate shooting foul applies. At the tenth team foul, one automatic point plus one shot (or appropriate shooting foul) applies. Shooting fouls on missed attempts award one automatic point and one shot; a made basket receives one additional automatic point. Other two-shot situations award one automatic point and one shot.

## 16. Free Throws

The free-throw distance is shortened three feet for 3rd-grade boys and girls and 4th/5th-grade girls. Other divisions shoot behind the standard line. In grades 4–5, momentum over the line before rim contact is not penalized. In other grades, the shooter waits for rim/backboard contact before entering the key. Lane players also wait for contact. A shot missing both rim and backboard results in a turnover.

## 17. Full-Court Press

**Full-court pressing is prohibited at every grade level.** Defensive players must retreat behind the red volleyball line to allow the offensive team to set up its offense. Once the offense crosses the red volleyball line, defenders may guard anywhere on the court. Referees will enforce this rule throughout the game.




## 18. Over-and-Back Violations

Teams have ten seconds to advance the ball across midcourt. Once established in the frontcourt, the team in possession may not return the ball to the backcourt. Violations award a throw-in to the opponent.

## 19. Fast-Break Layup Fouls

A defensive player who shoves, holds, or trips an opponent attempting a fast-break layup receives a technical foul. Clean contact with the ball is permitted.

## 20. Defenses

**Zone defenses are prohibited.** LMYA promotes straight-up man-to-man defense to help players develop fundamental basketball skills. Double-teaming and help-side defense are permitted.

## 21. Safety Issues

No jewelry or hard/soft casts are permitted. Earrings must be removed, not taped. Bleeding must be stopped and wounds covered; blood-soaked uniforms must be changed. Injured players must be removed when the coach enters the court or an official requests assistance, except when a time-out resolves the issue safely.

## 22. Officials

Officials control the game and may suspend or forfeit a game for inappropriate behavior posing a safety threat.

## 23. Have Fun!

## Facilities Rules

No food or drinks in gyms; snacks and drink bottles must remain outside. Leave wet umbrellas outside or in the foyer. Keep gyms and bathrooms clean and prevent children from playing in restrooms.

## Emergency Information

For a medical emergency, call 911.