



## Basketball League Rules and Guidelines 2021-2022

### I. SPORTSMANSHIP

- a. Be like Christ. Read your parents contract online [lexrec.org](http://lexrec.org)

### II. EQUIPMENT

- a. Jerseys will be provided. Black shorts recommended. Players must wear uniforms on game day.
- b. All basketballs will be provided. Do not bring personal basketballs unless you are sure to take them back home with you. Basketball sizes are:

Size 5 (27.5"): Girls and Boys K – 2<sup>nd</sup> Grades

Size 6 (28.5"): Girls 3<sup>rd</sup>-6<sup>th</sup>; Boys 3<sup>rd</sup>-5<sup>th</sup> Grades

Size 7 (29.5"): Boys 6<sup>th</sup>-12<sup>th</sup> Grades

### III. GAME FORMAT

- a. **Team play rule** – Each team member must play time totaling 2 full quarters by the end of the game. Play will not stop for match-ups to be reassigned. *For k-2<sup>nd</sup> sub at end of quarter, 3<sup>rd</sup>-12<sup>th</sup> sub at any time.*
- b. **Starting the game** – All games will start at designated times, providing each team has a minimum of four players and a coach. If there are not enough players each team will either be played one player down, or teams can share players.
- c. **Quarter Lengths by Division:**

Division	Quarter Length	Number of Quarters	Number of Players
Boys K-1st	5 Minutes	4	4 v 4; Half Court
Girls K-2nd   Boys 2nd	6 Minutes	4	4 v 4; Half Court
Girls 3 <sup>rd</sup> -4 <sup>th</sup>   Boys 3rd	7 Minutes	4	5 v 5; Full Court
Girls 5th-6th	7 Minutes	4	5 v 5; Full Court
Boys 4th-5th	7 Minutes	4	5 v 5; Full Court
Boys 6th-12th	16 Minute Halves	2	5 v 5; Full Court

- d. **Rim Height** - For different divisions:

8 feet: Girls K – 2<sup>nd</sup>; Boys K – 1st

8.5 feet: Boys 2<sup>nd</sup>

9 feet: Girls and Boys 3<sup>rd</sup>

10 feet: Girls and Boys 4<sup>th</sup> – 12<sup>th</sup>

- e. **Officials** – The League will provide referees for Boys K-12<sup>th</sup> and Girls K-6<sup>th</sup> Divisions.
- f. **Overtime** – 1 OT period for Boys/Girls 3<sup>rd</sup> -12<sup>th</sup>. If tied after the OT, the game will end in a tie. OT period length – 2 min. Clock will stop the last minute of each OT period and each team will get 1 timeout in OT (timeouts do not carry over). All other divisions end in a tie.
- g. **Breaks/Timeouts** – Teams will get 2 timeouts per half and they do not carry over. There will be a 1-minute break between quarters and a 2-minute half-time break.
- h. **Weather cancellations** - will be made daily at 3pm (Sundays by 12:30pm) and Saturday morning by 8am. We will make an announcement on the Recreation Line 269-2800 x.503 and post a message on the league website ([lexrec.org](http://lexrec.org)) as well. Our email is [IAM3rd@lexchurch.com](mailto:IAM3rd@lexchurch.com).

## VI. RULES

### K-1st Divisions

- a. **Start of the game** - The game begins with home receiving the ball first at half court. After that, possession will alternate and be kept at the scorekeeper's table.
- b. **Clock Stoppage** - The clock will stop the last minute of 2<sup>nd</sup> and 4<sup>th</sup> qtrs. for Girls and Boys K-5<sup>th</sup> Grade divisions.
- c. **Score Reset** - After every quarter, the score will be reset to zero. Each quarter's score will be kept in the scorebook.
- d. **Defense** – Man-to-man required.
  - i. **Wristbands Defense**- Each player will wear a wristband to correlate with the person her or she is defending. When teams meet at mid-court to start the game, coaches need to agree on matchups (if there is a disagreement in the 1<sup>st</sup>-2<sup>nd</sup> the ref has final say on the matchups). Skill levels and positions should be the guide for this process.
  - ii. **Double-teaming** - is not allowed outside the lane (except in divisions that play zone). Play will be stopped, and the players will receive a warning. After the one warning it is up to the Referees discretion when to award the offensive team one free shot and possession of the ball. Wristbands will determine which players are supposed to be guarding one another (switching for help defense is allowed; especially on screens and handoffs). The point is to teach man to man defense, therefore keep the intent of the rule in-mind rather than looking for ways around it or to exploit the rule for your team's benefit.
  - iii. **Full Court Press** - No backcourt defense is allowed in this division.

- iv. **On Ball Defense** - Definition: Any defensive player that is defending the offensive player that is in control of the ball is defined as the “On ball defender.”
  - Rule: When a player becomes the “on ball” defender, he/she can not steal the ball from the offensive player until the ball has left the offensive player’s hands. Examples are when a player attempts a pass, the ball must have left both hands and the ball is traveling towards another player or when the offensive player loses control of the ball and it becomes a loose ball. These are times when a defender can take possession.
- e. **Rules Violations** - a warning will be issued the first half of the season for rule violations (unless otherwise advised by league officials) such as walking, double-dribbling, etc. For Grades 3<sup>rd</sup> - 12<sup>th</sup>, the rules violations will result in a turnover (we will be more lenient with the 3<sup>rd</sup> grade league, but calls will be called more closely than the K-2<sup>nd</sup> Divisions).

## 2nd Grade Division

- f. **Start of the game** - The game begins with home receiving the ball first at half court. After that, possession will alternate and be kept at the scorekeeper’s table.
- g. **Clock Stoppage** - The clock will stop the last minute of 2<sup>nd</sup> and 4<sup>th</sup> qtrs. for Girls and Boys K-5<sup>th</sup> Grade divisions.
- h. **Scoring** - Full game score will be kept in the scorebook. We will only show a team up by 10 points on the scoreboard.
- i. **Free Throws** - A free throw will take place when a player is fouled during a shot attempt. In this case, we will approach the free throw like a “technical foul.” The offensive player that is fouled will step to the free throw line. All other players will back up to the half court line. The fouled player will get one shot. If he/she makes it, it will count as two points. If missed, the possession of the ball will be turned over to the opposing team. The team will pass the ball in under their basket and play will begin.
- j. **Defense** – Man-to-man required.
  - i. **Wristbands Defense**- Each player will wear a wristband to correlate with the person her or she is defending. When teams meet at mid-court to start the game, coaches need to agree on matchups (if there is a disagreement in the 1<sup>st</sup>-2<sup>nd</sup> the ref has final say on the matchups). Skill levels and positions should be the guide for this process.
  - ii. **Double-teaming** - is not allowed outside the lane (except in divisions that play zone). Play will be stopped, and the players will receive a warning. After the one warning it is up to the Referees discretion when to award the offensive team one free shot and possession of the ball. Wristbands will determine which

players are supposed to be guarding one another (switching for help defense is allowed; especially on screens and handoffs). The point is to teach man to man defense, therefore keep the intent of the rule in-mind rather than looking for ways around it or to exploit the rule for your team's benefit.

- iii. **Full Court Press** - No backcourt defense is allowed in this division.
  - iv. **On Ball Defense** - Players are allowed to steal the ball from the ball handler.
- k. **Rules Violations** - a warning will be issued the first half of the season for rule violations (unless otherwise advised by league officials) such as walking, double-dribbling, etc. For Grades 3<sup>rd</sup> - 12<sup>th</sup>, the rules violations will result in a turnover (we will be more lenient with the 3<sup>rd</sup> grade league, but calls will be called more closely than the K-2<sup>nd</sup> Divisions).

### 3rd Grade Division

- a. **Start of the game** - The game begins with a jump ball. After that, possession will alternate and be kept at the scorekeeper's table.
- b. **Clock Stoppage** - The clock will stop the last minute of 2<sup>nd</sup> and 4<sup>th</sup> qtrs. for Girls and Boys K-5<sup>th</sup> Grade divisions. It will stop the last two minutes of each half for all older divisions (2<sup>nd</sup> and 4<sup>th</sup> qtrs.). The clock will also stop on free throws but will start again when the ref hands the ball to the free throw shooter on their second shot.
- c. **Free Throws** - Full free throw set up will take place. Meaning on a shooting foul a player will shoot two free throws with other players lining up in the lane.
- d. **Defense** – Man-to-man defense is required. No other defense may be played.
  - i. **Double-teaming** – is not allowed outside the lane (except in divisions that play zone). Play will be stopped, and the players will receive a warning. After the one warning it is up to the Referees discretion when to award the offensive team one free throw and possession of the ball. Wristbands will determine which players are supposed to be guarding one another (switching for help defense is allowed; especially on screens and handoffs). The point is to teach man to man defense, therefore keep the intent of the rule in-mind rather than looking for ways around it or to exploit the rule for your team's benefit.
  - ii. **Full Court Press** - No backcourt defense is allowed in this division.
- e. **Rules Violations** - For Grades 3<sup>rd</sup> - 12<sup>th</sup>, the rules violations will result in a turnover (we will be more lenient with the 3<sup>rd</sup> grade league, but calls will be called more closely than the K-2<sup>nd</sup> Divisions).

- f. **Disqualification** - A player is disqualified after receiving his/her 5<sup>th</sup> foul, technical fouls are assessed as one personal foul.
- g. **Technical Fouls** – Results in the opposing team receiving two unguarded free throws and position of the ball. A player/coach that receives a technical foul will require a meeting with league staff, with potential to be suspended from next game. A coach ejected from a game will be removed as coach for the entire season.
- h. **Misc. Violation: Backcourt Violation, 3 Seconds in the Lane, 10 Second Violation, 5 Second Violation for Inbounding and Defensive** – For 3rd grade we will enforce the 10 second backcourt violation and the 5 second inbounding violation only!

## 4th and up Divisions

- a. **Start of the game** - The game begins with a jump ball. After that, possession will alternate and be kept at the scorekeeper's table.
- b. **Clock Stoppage** - The clock will stop the last minute of 2<sup>nd</sup> and 4<sup>th</sup> qtrs. for Girls and Boys 4<sup>th</sup>-5<sup>th</sup> Grade divisions. It will stop the last two minutes of each half for all older divisions (2<sup>nd</sup> and 4<sup>th</sup> qtrs.). The clock will also stop on free throws but will start again when the ref hands the ball to the free throw shooter on their second shot.
- c. **Defense** – Girls and Boys 4<sup>th</sup> Grade and up may play any defense.
  - i. **Full Court Press** - only allowed in the 4<sup>th</sup> Quarter for Girls 4<sup>th</sup>-6<sup>th</sup> and Boys 4<sup>th</sup> and 5<sup>th</sup> (unless 20+ pt lead). In the Boys 6<sup>th</sup>-12<sup>th</sup>, pressing is allowed any time (unless 20+ pt lead). Pressing is not allowed for Grades K-3rd.
- d. **Mercy Rule:**

If the winning team is up by 20 or more points, they must drop back to a half court, man to man defense. In addition, the team that is winning may not double team a player unless inside the paint. The clock will run continuously until the score falls under 20 points. The defensive players must keep their feet and arms behind the half court line before actively defending the ball handler. This rule applies only to the team that is winning. The team will remain in this defense until the score is within 20 points. Violators will receive one warning. A two shot penalty plus ball out of bounds will be called for each violation thereafter.

IF a team is up by 20 or more points heading into the fourth quarter, that team will be determined the winner. The fourth quarter will still be played. Score will be reset to zero for both teams. There will be no full court press. The winning team will be encouraged to play their less skilled players throughout the full fourth quarter. **(Only applies in the 4th/5th grade Division)**

- e. **Rules Violations** -In K-2<sup>nd</sup>, a warning will be issued the first half of the season for rule violations (unless otherwise advised by league officials) such as walking, double-dribbling, etc. For Grades 3<sup>rd</sup> - 12<sup>th</sup>, the rules violations will result in a turnover (we will be more lenient with the 3<sup>rd</sup> grade league, but calls will be called more closely than the K-2<sup>nd</sup> Divisions).
- f. **Disqualification** - A player is disqualified after receiving his/her 5<sup>th</sup> foul, technical fouls are assessed as one personal foul (except K-2<sup>nd</sup> divisions).
- g. **Technical Fouls** – Results in the opposing team receiving two unguarded free throws and position of the ball. A player/coach that receives a technical foul will require a meeting with league staff, with potential to be suspended from next game. A coach ejected from a game will be removed as coach for the entire season.
- h. **Misc. Violation: Backcourt Violation, 3 Seconds in the Lane, 10 Second Violation, 5 Second Violation for Inbounding and Defensive** – For Boys and Girls 4<sup>th</sup>-12<sup>th</sup> only.
- i. **Shot Clock (High School ONLY)** - In the high school division (9-12th grade), there will be a 24 second shot clock per offensive possession. However, if the game clock is under 24 seconds and there is either a change in possession or an offensive rebound off a missed shot that hit the rim, the shot clock will be shut off.
  - i. If the shot clock reaches zero and the ball has yet to hit the rim during that time, change of possession occurs and the defensive team will receive the ball.
  - ii. If on an offensive rebound where the ball hits the rim, the offensive team rebounds it, the shot clock will reset to 24 seconds. If the ball does not hit the rim, the current shot clock will not reset.
  - iii. In a jump ball situation, if the offensive team retains possession, the shot clock will not reset. If the defensive team receives possession, the shot clock will reset.
  - iv. Any foul will automatically reset the shot clock to 24 seconds.
  - v. If the offensive or defensive team calls timeout during a possession, the shot clock will not reset.
  - vi. If questioning happens by a coach or a player on whether or not the shot clock should/shouldn't have reset, it will be up to the officials to determine the appropriate action.