

## HSE/Fishers Girls Rec Basketball Rules & Regulations for 2008 - 2009 Season

### **Drinks and Snacks:**

Our league has experienced significant problems with food and drinks being brought onto school property. Our host schools prohibit any type of food or drinks due to the carpeted floors. Water fountains are available at each facility. If you are caught with food or drinks you will need to immediately remove it from the school building.

The Basketball Board will have the right to take whatever action it deems appropriate to deal with any type of offense or 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.

- **No Food of any kind is permitted in the school**
- **No "after game" snacks or drinks are permitted in the school.  
(even if it's just to hand them out)**
  - **Water bottles will be permitted.**

Parents should help clean up after themselves and after their children following each game and/or practice.

### **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 admonish parents to control their children's activities before and after games.

The Basketball Board will have the right to take whatever action it deems appropriate to deal with any type of offense or 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.

- **Do Not allow children to touch the pay phones (it is unlawful to call 911 if an emergency doesn't exist)**
  - **Do Not allow children to leave the gymnasium unassisted.**
- **Do Not touch, mark on or tamper with displays, posters, bulletin boards, chalk and dry erase boards**
  - **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 leave the building looking the same as when you entered.**
  - **Do Not climb or sit on the top of bleachers that aren't pulled out.**
  - **Stay away from any nets, pads or other equipment in the gymnasium.**
    - **Keep away from "stage" areas.**

- Coaches are there to coach the players, not baby sit for siblings.
- Please help clean up after yourselves and after your children following each game and/or practice.
- If a teacher or other coach is conducting a class or practice, sit quietly along the side and don't enter the court until the previous session is over and the equipment has been removed.

**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.**

**Starting Time:**

All games must start on time as much as possible. A minimum of 5 minutes of warm-up time will be given.

**Game Length:**

Four 8 minute quarters (4 minute half time). No Overtime during regular season. During the season ending tournament there will be a 2:00 overtime period. Subsequent overtime periods will be played until a winner is decided.

**Game Clock:**

Clock runs continuously. Clock will stop during foul shots and during the last two minutes of fourth quarter; last :30 of overtime period and at the referee's discretion.

No regular season game may extend sixty (60) minutes past the scheduled starting time, regardless of how much time is left on the clock

**Score Keeping:**

Normal Scoring is kept throughout the game for all leagues.

**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. Score sheets (included in your coaching packet) need to be used for each game to list the player's names and to track individual playing time, scoring and 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 sheets at the scorer's table to be picked up by gym coordinators at the end of each day.

**Basketball Size:**

**2nd Grade:** Junior Size (27.0")  
**3rd – 6<sup>th</sup> Grade:** Intermediate Size (28.5")

<b>Rim Height:</b>
<b>2nd Grade:</b> 8 feet <b>3rd Grade:</b> 9 feet <b>4th – 6<sup>th</sup> Grade:</b> 10 feet
<b>Playing Time:</b>
All players must play a minimum of two (2) full quarters (16 minutes) and each player must sit out at least one (1) quarter (8minutes). Over the course of the season and as much as possible in each game, all players should receive equal playing time.
<b>Substitutions:</b>
<p>Clock should stop at the 4:00 mark of each quarter to allow substitutions. Substitutions may be made at this time or at the end of the quarter only. Exceptions (i) if a player is injured, (ii) if a player fouls out (3<sup>rd</sup>-6<sup>th</sup> grade). 1<sup>st</sup> and 2<sup>nd</sup> Grades players cannot foul out of a game. Coaches and Referees will use these times as teaching opportunities. Intentional fouling in 1<sup>st</sup> and 2<sup>nd</sup> grade levels will result in the player being substituted.</p> <p>If an official calls a time out 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 fourth quarter). Make sure substitute players are ready to go so that the game isn't delayed.</p>
<b>Foul Shots:</b>
<p><b>1<sup>st</sup>/2<sup>nd</sup> Grade-</b> No fouls will result in free throws. (See officiating below)</p> <p><b>3rd Grade – 6<sup>th</sup> grade:</b> Will shoot Free Throws from 12 feet. Players may not enter the lane to rebound until the ball hits the rim.</p> <p>On shooting fouls (2 shots). All other fouls will result in possession of the ball, out of bounds nearest the spot of infraction. On 7<sup>th</sup> team foul we will shoot 1&amp;1, on 10<sup>th</sup> team foul and thereafter, all fouls will be 2 shots.</p>
<b>Officiating:</b>
<p><b>1<sup>st</sup>/2<sup>nd</sup> Grade:</b> Each team should assign one of its coaches to officiate each game so that there are two (2) people officiating the game. .</p> <p>This is a recreational league with a focus on teaching fundamental basketball skills and rules for all the players Use reasonable judgment so that the game doesn't stop every few seconds, but be consistent and fair to both your team and the opposing team. Use the whistle to stop play and give a brief explanation of the call so that you can instruct all of the players on the court as to what happened. <b>DO NOT ARGUE OR DEBATE WITH YOUR FELLOW REFEREE OVER A CALL MADE OR NOT MADE DURING A GAME.</b> Don't lose control of the game.</p>

**3<sup>rd</sup> -6<sup>th</sup> Grade:** The Basketball Club will supply officials for each game. The official's decision is final. **DO NOT ARGUE OR DEBATE WITH THE REFEREE OVER A CALL MADE OR NOT MADE IN A GAME.**

**Sportsmanship:**

Unsportsmanlike conduct, including "trash talking" or any unsportsmanlike 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 and the Basketball Board will have the right to take whatever action it deems appropriate to deal with any type of unsportsmanlike 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 unsportsmanlike conduct may either be given a warning, removed from the game, or asked to leave the facility. Failure 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 parents child from the game and/or league. Decisions by a referee and/or Board Members on these matters are **FINAL**.

**Time Outs:**

One 60 second time out per half will be allowed.

**Lane Violation:**

Offensive players are permitted to remain in the lane for five (5) seconds instead of the usual three (3) second rule. By rule, the 5-second count can not start until the ball is advanced past half court and will end when the offense shoots the ball. It may begin again when rebounded by the offensive team. There is no 5 second violation for the defense.

This is at the sole discretion of the referee to call.

**Defense:**

Man to Man Defense only. No Zone defense will be allowed. There will be no 5-second closely guarded rule against offensive players in possession of the ball.

It is up to the sole discretion of the official to determine if any of the players are playing a zone. Players at this age lose their assignments and end up double teaming or playing zone. The official will determine if an advantage was created or if the intent was to gain an advantage.

If the official feels players are abusing the zone defense rule, they may discuss it with the coach, explain it to the player, issue a warning for repeated violations and/or call a technical foul for repeated violations which will result in 2 free throws and possession of the ball for inbounds at half court.

No double teaming allowed, except within 15' of the goal and in a helping role on an offensive player with the ball.

If two offensive players are within 6' of each other and a double teaming occurs, the defense will not be called for double teaming.

### **Stealing the Ball:**

**1<sup>st</sup>/2<sup>nd</sup> Grade:** Players may not steal the dribble except when the player dribbling is inside the three-second lane. Players may steal the basketball off a pass anywhere on the floor.

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 half court line.

If a player steals the dribble, stop the game and give the ball back to the offensive team.

**3<sup>rd</sup> Grade: (effective 1/17/09):** There is to be no stealing of the ball (dribbled or held) above the free throw line extended or outside of the white "L" marked on the carpet. (This is roughly 15' from the basket which is where the FT line is at).

Additionally, if a team is ahead by 10 points or more, stealing of the ball (dribbled or held) may only occur when the ball enters the lane (FT line and below, **INSIDE** the lane lines). Once the lead is under 10 points, we will revert back to allowing steals outside the lane but below the FT line extended and inside the L marks.

**Point of clarification:** Our judgment and that of the ref in determining location will be where the ball is at, not a player's feet.

Violations of this nature will result in the official blowing the play dead immediately and giving the ball back to the offended team at the out of bounds spot closest to where the violation occurred.

Furthermore...Any loose ball OR pass, regardless of where it is on the court, may be picked up by either team or stolen. The no guarding in the backcourt rule still applies once possession of the ball is gained.

**4th – 6th Grade:** Players may steal the ball off of either the pass or the dribble.

**Pressing:**

**1<sup>st</sup> & 2<sup>nd</sup> & 3rd Grade:** No full court pressing. The defense can not guard the offense until the offensive player has both feet and the ball past half court. Once the ball changes possession, the defensive team must return to their defensive side of the court before they can defend their player. If the offensive player uses this opportunity to fast break and loses the ball before half court, it will be up to the discretion of the official to determine if the ball was just lost or if the defense purposely caused the turnover. If a lost ball, this is a free ball.

**4<sup>th</sup>-6<sup>th</sup> Grade:** No full court pressing. Pressing will be allowed in final 2:00 of 4<sup>th</sup> quarter and last :30 of overtime period during tournament.

The defense can not guard the offensive player until the player has both feet and the ball past half court.

Players will have 10 seconds to advance the ball past the half court line.

Once the ball changes possession, the defensive team must return to their defensive side of the court before they can defend their player. If the offensive player uses this opportunity to fast break and loses the ball before half court, it will be up to the discretion of the official to determine if the ball was just lost or if the defense purposely caused the turnover.

If a lost ball, this is a free ball.

Only the team that is behind is allowed to press. If the score is tied, then neither team can press.

**Individual Player Scoring:**

No player is permitted to score more than six (6) points in a quarter. Players who score this many points do not need to be removed from the game, they simply are not permitted to shoot the ball. This is an instructional league and scoring by all players should be encouraged by coaches and parents.

In the case where foul shots would cause a player to have the opportunity to score more than 6 points in the quarter. The free throws will be allowed and counted.

Any baskets scored by a player during live play that result in them scoring more than 6 points will be nullified and result in a turnover. The ball should be given to the defensive team for inbounds throw in.

Coaches are expected to monitor this with the scorekeeper. Clock operator and scorekeeper should sound the horn to make coaches aware of this should it happen.

**Conduct Warnings:**

One warning for unsportsmanlike conduct by any player, coach or fan. A second offense will result in removal from the gym. Third offense is removal from the league with board approval.

**General Rules:**

The league will follow all IHSAA rules with the exception of those previously listed. Any questions regarding rules during the season should be presented to your League Commissioner for clarification.

You can purchase the IHSAA rule books for basketball and other sports at:

IHSAA  
9150 N. Meridian St.  
P.O. Box 40650  
Indianapolis, IN 46240-0650  
317-846-6601

[www.ihsaa.org](http://www.ihsaa.org)

Revised: 1/14/2009