

Article IV) House League Rules / Drafting

Section B) Massena Basketball Association Rules 3rd & 4th Grade Girls / Boys Mixed

General Overview:

1. **Grade/Ages:** Grades 3rd – 4th / 8-10 years old.
2. **Drafting:** All players will be drafted after a fundamental practice and coaches' evaluation period. (See Draft Rules)
3. **Ball Size:** will be 28.5 inches.
4. **Rapid Reference of General Game Rules are as follows:**
 - Player rotation is the same as the order listed on the score sheet
 - 4 players from each team will play the game at any given time. This rule is to reduce congestion on the court due to the gym's small size.
 - Boys & girls combined equally (as possible) throughout all rotations
 - No zone defense is allowed.
 - No press defense is allowed.
 - Players are **REQUIRED** to pass the ball once after crossing half court.
 - 5-dribble rule is in affect only if an offensive advantage is gained.
 - **Fast Breaks will NOT be allowed.**
 - The game will consist of (10) - four-minute periods
 - Player substitution will be at the 4-minute quarter mark. Players will be ready (at the time clock) to be substituted and immediately entered into the game without the traditional timeout and coaching at center court.
 - The basket will be set at (8) feet above floor level.
 - Foul line is at the bottom of the circle.
 - Time will stop for shooting fouls, injuries and/or at the discretion of the referees.
 - 10-second rule is **NOT** in effect for bringing the ball across mid-court.
 - "Three second" rule **will NOT** be in effect. Coaches and referees should teach players to not "camp" under the basket.
 - "Over and back" across the centerline will result in loss of possession.

5. **Practice:** Monday night at Madison and Jefferson gyms. They will be 60 to 80 minutes per team. During the second half of the season, games may replace practice times to provide additional game experience.
6. **Games:** Games will be played at Madison and Jefferson Schools on Wednesday night for the first half of the season and on Monday and Wednesday for the second half of the season. (2 games per school per night). No playoff will be played in this league.
7. **Referees:** Coaches will referee the own game. This will give the coaches the ability to provide additional instruction to the players during the game as required.
8. **Teams:** 6 to 8 teams are typically formed with approximately 9 to 12 players on a team. Maximum team numbers are dictated by gym availability.

Length of Game:

1. Each game will consist of:
 - A maximum of 10 minute warm-up;
 - (10), Four-minute game periods;
 - Coach will immediately substitute his/her players into the next rotation between periods.
 - There will be 5 periods per half. (No quarter breaks)
 - Half time will not be more than 4 minutes.
 - Rotation will continue throughout the game. No free substitutions of players will be allowed.
2. If a game ends in a tie, then a three minute overtime period(s) will be played. The overtime periods are considered an extension of normal play; therefore the next rotation will enter the game.

Clock:

1. Running time will be used throughout the game. Time will be stopped for shooting fouls or at the discretion of the referee.
2. The referee can also stop the clock for any special reason. (i.e. tying a shoe; instructing a player; etc.

Time-outs:

1. Each team will be allotted (2) 1-minute time-outs per game.
2. One additional time out will be awarded per overtime period.

General Rules of Play:

1. Teams will change ends at beginning of each half. Do not change for overtime.
2. The game will begin with center jump ball, then alternate possession rule thereafter. Overtime(s) starts with a jump ball.
3. "Ten second" rule **will NOT** be in effect for bringing the ball across mid-court. Coaches should instruct and encourage players bringing down the ball, to dribble through the half court line. The defensive team should not guard the offensive team in a manner to discourage or prevent the movement of the ball over the mid-court line ("The Old Steel Curtain Trick"). Referees need to ensure **teams Do NOT** use this rule to their advantage to stall or use up time at the end of the game. If in the judgment of the referee a team is doing this:
 - First warning = takes ball out on the other side of center court.
 - Second warning = loss of ball.
4. "Three second" rule will NOT be in effect. Coaches and referees should teach players to not "camp" under the basket.
5. "Over and back" across the centerline will result in loss of possession.
6. Free throws (foul shots) will be taken from the bottom of the circle and not the regulation foul line. The player will shoot 1-on-1 when the 7th foul of that half has been committed and 2 shoots on and after the 10th foul.
7. ALL Technical fouls shall result in 2 free throws and possession of ball at mid-court.
8. Scorekeepers will record all fouls in the scorebook. (scoresheet)

9. If a player commits a 5th foul, that player shall be removed from the game. The last player in the previous rotation shall replace him / her.
10. The basket will be set at 8 feet high.
11. Fast breaks are **NOT** allowed.
12. Full court press is **NOT** allowed.

➤ **Foul Shot Rules / Conduct:**

1. Fouls will be taken from the bottom of the circle located inside the paint.
2. Teams will shoot one and one on the (7th) team foul per half.
3. The shooter and all other players cannot enter the lane until the ball hits the rim.
4. Consequences for players entering the lane before the ball hits the rim:
 - If a shooter or offensive player enters the lane before the ball hits the rim, the shot is automatically no good. The ball will be awarded to the defensive team if it is the last foul shot to be taken.
 - If a defensive player enters the lane too soon, the shooter will be given another shot if their shot is missed.
 - If a player from each team enters the lane too soon, regardless of who was first, it's a double violation and a jump ball.
 - If on the last foul shot taken, the ball doesn't hit the rim, is the ball is awarded to the other team.

➤ **Player Eligibility and Rotation:**

1. In order to ensure all players develop team-playing skills, players must be at practice to qualify to play in the next game. Each player will be given 1 excused absences if they contact the coach prior to the practice with a good excuse.

2. The coach will list all players at the start of the game on the Official Score Sheet, and will follow this order when substituting players. Any player arriving late will be inserted at the end of the lineup, and may enter the game when the spot comes due in the rotation. In case of an injury, or player disqualification, the coach will insert the number (4) player from the previous rotation. In case of minor injury, the injured player may return on a dead ball as long as it is within the same rotation
3. 4 players from each team will play the game at any given time. This rule is to reduce congestion on the court due to the gym's small size.
4. Boys & girls combined equally (as possible) throughout all rotations
5. All players shall play in a rotation system. There are NO free substitution periods. For example: if a team has 11 players for the game; Period one will have players 1, 2, 3, and 4 play the first period. Period two will have players 5, 6, 7, and 8. Period three will have players 9, 10, 11 and 1 play. Period four will have players 2, 3, 4, , and 5; and so on. In case of injury, fouling out, etc., the last eligible player from the previous rotation shall be inserted.
6. Penalty for underplaying / overplaying players will be an automatic two shot technical foul and insertion of the proper players to correct the rotation. Scorekeepers will track each player's periods played and advise the referee of any violations.
7. Each coach must fill in rotation sheet in the scorebook prior to game time.
8. Home team is responsible for scorekeeper and timekeeper.

➤ **Defensive Play:**

1. When an Offensive team first brings the ball down court and is outside their extended foul line (15-foot line), the Defense cannot grab or hit the ball while any Offensive player is dribbling, passing or standing still to gain possession.
 - The Defensive team must be in position to guard the Offensive player, but must do so from **behind** the Offensive player.
 - This will provide an open avenue for the Offensive team to setup a play and pass the ball without interference from the Defensive team.

- The Defensive team cannot guard the Offense by stepping in front and preventing a pass from being thrown.
 - If this happens, the referee will stop play and instruct the defensive team accordingly. If this continues, a Technical Foul will be called on the Defensive Team.
 - As soon as the ball crosses the extended foul line, the Defensive players can guard the Offense to prevent passes and steal or tie up the ball if the opportunity presents itself.
 - This new rule is being introduced to allow less experienced players to handle the ball. The offensive team will not be allowed to use this rule to delay the game. If, in the opinion of the referees, the Offensive team is intentionally delaying the game to gain an advantage, the ball will be turned over to the Defense.
2. A defensive player can block a shot anywhere on the court, including in front of the Extended Foul Line and in the process, gain control of the loose ball.
 3. No zone defense; first offense is a warning, second and all others are a two shot technical foul.
 4. No Press Defense. The Defense will be man to man only, with no double-teaming. The defense should be within 5 feet of his/her man at all times. Helping out if a defender gets beat is allowed as long as the defender does not camp in the 3-second area. (Note: If the Offense spreads to the sidelines to provide a “one-on-one” situation and a open lane to the basket, the defensive players does **not** have to stay with his/her player and may allow more distance between his/her player to prevent this condition.)
 - The intent of ‘Man to Man’ defense is to have each player defend his/her own opponent and not take advantage of weaker offensive players by **not** defending them and double teaming the better players.
 5. The defense should work on guarding the offense, boxing out and rebounding the ball, after a shot is taken.
 6. Defenders must stay in their own backcourt. It's up to the coaches to instruct players to follow this rule.

➤ **Offensive Play:**

1. The offense must pass the ball at least once, after the ball has crossed mid-court. If the offense shoots, without passing, they will lose the ball, and the basket will not count if made.
2. When the Offense brings the ball up the court, they can pass the ball, without fear of it being intercepted, between the Center Line and the Extended Foul Line until the ball crosses the Extended Foul Line. Once the ball crosses the Extended Foul Line, the Defense has the right to intercept / steal the ball away from the Offensive player. (See Defense Play #1)
Note: This includes the first pass by the Offense if it chooses to throw inside the Extended Foul Line.
3. If an offensive player holds the ball for 5 seconds while being guarded by the defense, the ball will be taken out on the sideline without loss of the ball. If the offense continues to hold the ball, after it was taken out and before a shot, the ball will be turned over to the defense
4. The (5) dribble rule will be in effect. The five-dribble rule applies to the player after he/she has crossed mid-court. The penalty for dribbling more than 5 times is loss of the ball. The ref's need to be a little lenient on this. Base it on if an advantage is gained by dribbling more than 5 times. (If a player dribbles 6 times and gains no advantage, ignore the last dribble). The intent of the rule is to prevent 1 or 2 players from dominating a game - Let's let all the kids participate equally.
5. After a rebound, there are no fast break allowed and the rebounding team must allow the defending team to get back to the other side of mid-court before they bring the ball down. Once a player has a rebound, the ref should tell the other team to get back. The ball cannot be stolen when a player has control of the rebound in his/her backcourt.

All other aspects of the game will be governed by the National Federation Rules.

Please remember.....The game is for the KIDS!!!!!!