

## Article IV) House League Rules / Drafting

### Section C) Massena Basketball Association Rules 4<sup>th</sup> - 5<sup>th</sup> & 6<sup>th</sup> Grades Girls / Boys Mixed

#### General Overview:

1. **Grade/Age:** Grades 4<sup>th</sup> - 5<sup>th</sup> – 6<sup>th</sup> / 9-12 years old.
2. **Drafting:** All players will be drafted after a fundamental practice band 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.
  - Full court press is allowed during the 4<sup>th</sup> and 9<sup>th</sup> periods only.
  - Having to pass the ball once before shot or after crossing half court RULE DOES NOT APPLY.
  - 5-dribble rule DOES NOT APPLY.
  - **Fast Breaks will be allowed but rough play will not be tolerated**
  - (8)-Five-minute player rotation periods and (1)-five minute player free substitution period.
  - Player substitution will be at each 5-minute periods. 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. (1 minute max.)
  - The basket will be set (9) feet above the floor.
  - Foul line is to be set at 12-foot - (3 feet in from the normal free throw line).
  - On a player's 5<sup>th</sup> foul, he/she will be removed from play for the remaining game.
  - Time will only be stopped for shooting fouls shots, injuries and/or at the discretion of the referees.
  - No zone defense is allowed.
  - 10-second rule is in effect for bringing the ball across mid-court.

- "Three second" rule will be in effect to ensure players do not "camp" under the basket.
  - "Over and back" across the centerline will result in loss of possession.
  - At Jefferson and Madison schools, the end walls are out-of-bounds. The end lines will be used to enter the ball into play.
5. **Practice:** Tuesday night at Madison and Jefferson gyms. They will be 60 to 80 minutes in length 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 Thursday nights (2 games per gym / night). A play-off will be played at the end of the season.
  7. **Referees:** Coaches **or other responsible adults** are REQUIRED to referee their own game. This will give them the ability to provide additional instruction to the players during the game as required.
  8. **Teams:** 4 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;
  - (8)-Five-minute player rotation periods and (1)-five minute player free substitution period.
    - Coach will immediately substitute his/her players into the next rotation between periods and will only have 1 minute to talk to their players before play resumes.
    - Half time will not be more than 4 minutes.
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 the 9<sup>th</sup> period; therefore, free substitution is allowed.

### **Clock:**

1. Running time will be used throughout the game. Time will be stopped for shooting fouls, injuries, 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.)

### **Timeouts:**

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 be in effect for bringing the ball across mid-court. Violation results in loss of possession.
4. "Three second" rule will be in effect to ensure players do not "camp" under the basket.
5. "Over and back" across the centerline will result in loss of possession.
6. ALL Technical fouls shall result in 2 free throws and possession of ball at mid-court.
7. 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.
8. The basket will be set at 9 feet high.

### **Foul Shot Rules / Conduct:**

1. Foul line is to be set at 12-foot - (3 feet in from the normal free throw line).
2. 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. (Note: OT is considered an extension of the 2<sup>nd</sup> half)
3. On a player's 5<sup>th</sup> foul, he/she will be removed from play for the remaining game.

4. The shooter and all other players cannot enter the lane until the ball hits the rim.
5. 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/alternate position.
  - 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 absence if they contact the coach prior to the practice with a good excuse.
2. Coaches will **balance the rotational lineups by ensuring at least (1) - 4<sup>th</sup>, (1) - 5<sup>th</sup> and (1) - 6<sup>th</sup> grader is on each lineup. The number 4 player can be either a 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> grader. See Attachment: 4-5-6 Division Player Rotation**
3. Coaches 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
4. 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.

5. Boys & girls combined equally **by grade** (as possible) throughout all rotations.
6. All players shall play in a rotation system for the first 8 periods. Only the 9<sup>th</sup> and OT periods are 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.
7. 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.
8. Each coach must fill in rotation sheet in the scorebook prior to game time.
9. Home team is responsible for scorekeeper and timekeeper

### **Defensive Play:**

1. No zone defense; first offense is a warning, second and all others are a two shot technical foul.
2. No Zone 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. However, 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 an open lane to the basket, the defensive players do 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.
3. Full court press is allowed only during periods 4, 8, and overtime. Full court press is not allowed, if the pressing team is ahead by ten or more points.

4. Double-teaming players with or without the ball is **not** allowed. This is also in effect during overtime. 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 an open lane to the basket, the defensive player does **not** have to stay with his/her player and may allow more distance between his/her player to prevent this condition.)
5. Once a Defensive 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.

### **Offensive Play:**

1. "Ten second" rule will be in effect for bringing the ball across mid-court. Violation results in loss of possession.
2. "Three second" rule will be in effect to ensure players do not "camp" under the basket.
3. "Over and back" across the centerline will result in loss of possession.

## **Attachment: 4-5-6 Division Player Rotation**

Coaches will agree prior to the game to implement one of the following two rotations. In the event that the coaches are unable to agree then the home team coach will choose.

### **Rotation A:**

A player from each grade level must be in the rotation and the fourth player can be on any grade.

1. 4<sup>th</sup> Grade Player
2. 5<sup>th</sup> Grade Player
3. 6<sup>th</sup> Grade Player
4. 4<sup>th</sup> 5<sup>th</sup> or 6<sup>th</sup> Grade Player

### **Rotation B:**

Two Players from same grade level along with two players from a different but same grade level.

1. 4<sup>th</sup> Grade Player
2. 4<sup>th</sup> Grade Player
3. 5<sup>th</sup> Grade Player
4. 5<sup>th</sup> Grade Player

Or

1. 4<sup>th</sup> Grade Player
2. 4<sup>th</sup> Grade Player
3. 6<sup>th</sup> Grade Player
4. 6<sup>th</sup> Grade Player

Or

1. 5<sup>th</sup> Grade Player
2. 5<sup>th</sup> Grade Player
3. 5<sup>th</sup> Grade Player
4. 6<sup>th</sup> Grade Player

In the event that a team is short players and player rotation guidelines cannot be met, a coach must make every effort to balance the competitive nature of the game. For example, a coach should NOT put an above average 6<sup>th</sup> grade player in a rotation if it creates an imbalance in the skill and talent level for that rotation.