

The Hoopers Basketball League follows OSAA High School rules unless stated.

No Jewelry Permitted

For the safety of all players, any and all jewelry must be removed prior to the game. The removal of jewelry includes, but is not limited to: watches, rings, earrings, and facial piercings. If an earring cannot be removed, it must be taped. No hoop earring of any size is permitted.

Only One Coach Standing

Only one coach on each team (game manager) is allowed to stand. The other should remain seated. This helps both the referee and players better determine who to listen to and reduces the intensity of the game. The officials can also instruct the standing coach to sit.

Equal Play Time

Each player will have equal playing time with the exception of an injury/illness. Refer to Equal Play Time Chart.

Timekeeper and Scorekeeper

VISITING team provides volunteer timekeeper. HOME TEAM provides volunteer scorekeeper. There is no scorekeeping until 3rd grade.

Disqualifications

For 3rd grade and above, players are disqualified at their 5th personal foul or 2nd technical foul.

Warm-ups

Warm-up between games is no more than 10 minutes, no less than 5 minutes.

Game Rules Quick Reference Table

Grade:	K	1	2	3	4	5/6	7/8	9-12
Dribble Stealing					Y	Y	Y	Y
Disqualifications				Y	Y	Y	Y	Y
Overtime					Y	Y	Y	Y
Player to Player Defense Only	Y	Y	Y	Y	Y	Y		
Back-Court Defense						Q4 only unless 10 pt gap	Y unless 10 pt gap	Y unless 15 pt gap

Game Setup Quick Reference Table

Grade:	K	1	2	3	4	5/6	B 7/8	G 7/8	9-12
Basket Height	8 ft	8 ft	8 ft	9 ft	10 ft	10 ft	10 ft	10 ft	10 ft
Basketball Size	27"	27"	27"	27"	27"	28.5"	29.5"	G 28.5" B 29.5"	29.5"
Game Length	(8) 4 min	(8) 4 min	(8) 4 min	(4) 10 min	(4) 10 min	(4) 10 min	(4) 12 min	(4) 12 min	(4) 12 min
Timeouts	0	0	0	(2) 30 sec per half	(2) 30 sec per half	(2) 30 sec per half	(2) 30 sec per half	(2) 30 sec per half	(3) 30 sec per game
Halftime	2-3 min	2-3 min	2-3 min	5 min	5 min	5 min	5 min	5 min	3 min

Kindergarten Coed

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***Kindergarten's first two weeks are practices. Each week after, games immediately follow shortened practices to stay within 1 hour time-frame each Sunday.*

GAME MANAGEMENT

BASKET HEIGHT	BASKETBALL SIZE	GAME LENGTH	TIMEOUTS	HALFTIME
8 feet	25.5"	8, 4-minute segments	0	2-3 minutes

SCOREKEEPING: There will be neither scorebooks nor scorekeepers.

GAME LENGTH: Games will be eight (8) 4-minute segments with Running Clock.

REFEREES: One coach from each team will serve as the referees.

PLAY

COIN TOSS: Games will start with a coin toss then will play alternating possession (no jump balls).

4-ON-4: Teams will play 4-on-4, on the full court.

FOULS: Fouls will not be recorded.

- On all fouls, the team that has been fouled will be given the ball out of bounds.
- Free throws will not be shot; the ball will be taken out of bounds when a shooting foul occurs.

DEFENSE:

- Teams will play "Player-to-Player" defense only. Zone defense should not be taught or played. Players should match-up with player on other team to guard. Referee & coaches should help players match-up at beginning of quarters and on substitutions.
- The defensive player must stay within 4 feet of the player she/he is guarding. When an offensive player enters the key with the ball, weak side defense may step in to help guard.
- No back-court defense. Defensive team must wait for offensive player to cross half-court.

STEALING: Stealing is allowed on passes only. Stealing off the dribble is not allowed.

POST-GAME SPORTSMANSHIP: At end of the game, teams should give each other a cheer, shake hands, and quickly clear the court to allow next teams to begin on time.

JEWELRY: No jewelry (i.e. rings, earrings, etc.) is allowed.

DISQUALIFICATIONS: Players will not foul-out/be disqualified; progressive enforcement of game rules (aggressive play, double teaming, double dribbling, traveling, etc.) will occur in this manner:

VERBAL ENFORCEMENT

- When violations occur, the official will blow the whistle, briefly explain (teach) violation to the player, and hand the ball back to the player committing the violation. The offensive team will not lose possession of the ball.
- The ball will be given back to the player at the spot to the violation. The ball will not be taken out of bounds.
- Game clock will run during this time.

Grades 1 Girls & Boys

League follows OSAA High School rules unless stated.

***The first two weeks are practices. Then games immediately follow shortened practices to stay within 75-minute time frame each Sunday.*

GAME MANAGEMENT

BASKET HEIGHT	BASKETBALL SIZE	GAME LENGTH	TIMEOUTS	HALFTIME
8 feet	27"	8, 4-minute segments	0	2-3 minutes

SCOREKEEPING: There will be neither scorebooks nor scorekeepers.

GAME LENGTH: Games will be eight (8) 4-minute segments with Running Clock.

REFEREES: One coach from each team will serve as the referees.

PLAY

JUMP BALL: Games will start with a jump ball then will play alternating possession.

5-ON-5: Teams will play 5-on-5.

FOULS: Fouls will not be recorded.

- On all fouls, the team that has been fouled will be given the ball out of bounds.
- Free throws will not be shot; the ball will be taken out of bounds when a shooting foul occurs.

DEFENSE:

- Teams will play "Player-to-Player" defense only. Zone defense should not be taught or played. Players should match-up with player on other team to guard. Referee & coaches should help players match-up at beginning of quarters and on substitutions.
- The defensive player must stay within 4 feet of the player she/he is guarding. When an offensive player enters the key with the ball, weak side defense may step in to help guard.
- No back-court defense. Defensive team must wait for offensive player to cross half-court.

STEALING: Stealing is allowed on passes only. Stealing off the dribble is not allowed.

POST-GAME SPORTSMANSHIP: At end of the game, teams should give each other a cheer, shake hands, and quickly clear the court to allow next game to get started on time.

JEWELRY: No jewelry (i.e. rings, earrings, etc.) is allowed.

DISQUALIFICATIONS: Players will not foul out/be disqualified; Progressive enforcement of game rules (aggressive play, double teaming, double dribbling, traveling, etc.) will occur in this manner:

FIRST 3 GAMES

- When violations occur, the official will blow the whistle, briefly explain (teach) violation to the player, and hand the ball back to the player committing the violation. The offensive team will not lose possession of the ball.
- The ball will be given back to the player at the spot to the violation. The ball will not be taken out of bounds.
- Game clock will run during this time.

REMAINING GAMES

- Violations will be whistled by the referee, who will explain the violation to the players. The offensive team will lose possession, and the ball will be given to the opposing team out of bounds.
- Game clock will run during this time.

Grade 2 Girls & Boys

League follows OSAA High School rules unless stated.

***The first two weeks are practices. Then games immediately follow shortened practices to stay within 75-minute time frame each Sunday.*

GAME MANAGEMENT

BASKET HEIGHT	BASKETBALL SIZE	GAME LENGTH	TIMEOUTS	HALFTIME
8 feet	27"	8, 4-minute segments	0	2-3 minutes

SCOREKEEPING: There will be neither scorebooks nor scorekeepers.

GAME LENGTH: Games will be eight (8) 4-minute segments with Running Clock.

REFEREES: One coach from each team will serve as the referees.

PLAY

JUMP BALL: Games will start with a jump ball then will play alternating possession.

5-ON-5: Teams will play 5-on-5.

FOULS: Fouls will not be recorded.

- On all fouls, the team that has been fouled will be given the ball out of bounds.
- Free throws will not be shot; the ball will be taken out of bounds when a shooting foul occurs.

DEFENSE:

- Teams will play "Player-to-Player" defense only. Zone defense should not be taught or played. Players should match-up with player on other team to guard. Referee & coaches should help players match-up at beginning of quarters and on substitutions.
- The defensive player must stay within 4 feet of the player she/he is guarding. When an offensive player enters the key with the ball, weak side defense may step in to help guard.
- No back-court defense. Defensive team must wait for offensive player to cross half-court.

STEALING: Stealing is allowed on passes only. Stealing off the dribble is not allowed.

POST-GAME SPORTSMANSHIP: At end of the game, teams should give each other a cheer, shake hands, and quickly clear the court to allow next game to get started on time.

JEWELRY: No jewelry (i.e. rings, earrings, etc.) is allowed.

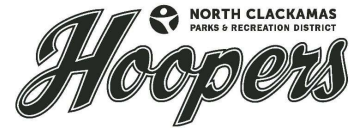
DISQUALIFICATIONS: Players will not foul out/be disqualified; Progressive enforcement of game rules (aggressive play, double teaming, double dribbling, traveling, etc.) will occur in this manner:

VIOLATION ENFORCEMENT

- First six 4-minute segments: Referees will provide verbal cues when a violation has occurred. The offensive team will retain possession and reset from the spot of the violation.
- Last two 4-minute segments: Violations will be whistled by the referee, who will explain the violation to the players. The offensive team will lose possession, and the ball will be given to the opposing team out of bounds.
- Game clock will run during this time.

Grade 3 Girls & Boys

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GAME MANAGEMENT

BASKET HEIGHT	BASKETBALL SIZE	GAME LENGTH	TIMEOUTS	HALFTIME
9 feet	27"	4, 10-minute quarters	Two (2) 30-second timeouts per half	5 minutes

GAME LENGTH

Four (4) 10-minute quarters. Equal playing time with Running Clock rules:

- Clock will stop only for timeouts, injuries, or referee instructed time.
- Game will stop at the halfway point of each period for substitutions. Clock will stop, but Referee shall allow continuation of a fast break and/or completion of an imminent shot attempt before whistling play to stop. Clock re-starts when ball is in-bounded after substitutions have been made.

NO OVERTIMES

PLAY

JUMP BALL

Game will begin with a jump ball at center court determining the first possession, and use the alternate possession for the remainder of the game.

FREE THROWS

Free throws will be shot from 10 feet.

DEFENSE

- Player-to-Player defense only – no Zone defense allowed.
Players should match-up with player on other team to guard. Referee & coaches should help players match-up at beginning of quarters and on substitutions.
- The defensive player must stay within 4 feet of the player she/he is guarding. When an offensive player enters the key with the ball, weak side defense may step in to help guard.
- No defensive double-teaming outside of the key.
- No backcourt defense is allowed.

OFFENSE

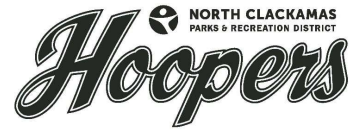
Offensive plays designed to isolate the ball handler for a one-on-one clear out are not permitted.

STEALING

Stealing is allowed on passes only. Stealing off the dribble is not allowed.

Grade 4 Girls & Boys

League follows OSAA High School rules unless stated.



GAME MANAGEMENT

BASKET HEIGHT	BASKETBALL SIZE	GAME LENGTH	TIMEOUTS	HALFTIME
10 feet	27"	4, 10-minute quarters	Two (2) 30-second timeouts per half	5 minutes

LAST 2 MINUTES

- Last 2 minutes of the 4th quarter is Stop Clock if the score differential is 6 points or less.
- If the full Stop Clock rule is initiated at the 2-minute mark and the spread increases beyond 6 points, then the game will still progress with Stop Clock rules.

GAME LENGTH: Four (4) 10-minute quarters. Equal playing time with Running Clock rules:

- Clock will stop only for timeouts, injuries, or referee instructed time.
- Game will stop at the halfway point of each period (including OTs) for substitutions. Clock will stop, but Referee shall allow continuation of a fast break and/or completion of an imminent shot attempt before whistling play to stop. Clock re-starts when ball is in-bounded after substitutions have been made.

OVERTIME:

- Overtime period is 2 minutes of Stop Clock. Equal playing time rules still apply during OT – there will be a break at the 1 minute mark for substitutions.
- No 2nd Overtime, game will end in a tie.

PLAY

JUMP BALL

Game will begin with a jump ball at center court determining the first possession, and use the alternate possession for the remainder of the game.

FREE THROWS

Free throws will be shot from 12 feet.

SCORING

- All shots made will be recorded for 2 points with the exception of free throws.
- Free throws made will be recorded as one point.
- Shots made from behind the 3 point line will be recorded for 2 points.

DEFENSE

- Player-to-Player defense only – no Zone defense allowed.
Players should match-up with player on other team to guard. Referee & coaches should help players match-up at beginning of quarters and on substitutions.
- The defensive player must stay within 4 feet of the player she/he is guarding. When an offensive player enters the key with the ball, weak side defense may step in to help guard.
- No defensive double-teaming outside of the key.
- No backcourt defense is allowed.

OFFENSE

Offensive plays designed to isolate the ball handler for a one-on-one clear out are not permitted.

STEALING

Stealing is now allowed off of the dribble and passes.

Grades 5/6 Girls & Boys

League follows OSAA High School rules unless stated.



GAME MANAGEMENT

BASKET HEIGHT	BASKETBALL SIZE	GAME LENGTH	TIMEOUTS	HALFTIME
10 feet	28.5"	4, 10-minute quarters	Two (2) 30-second timeouts per half	5 minutes

GAME TIMING: Equal playing time with Running Clock rules:

- Clock will stop only for timeouts, injuries, or referee instructed time.
- Game will stop at the halfway point of each period (including OTs) for substitutions. Clock will stop, but Referee shall allow continuation of a fast break and/or completion of an imminent shot attempt before whistling play to stop. Clock re-starts when ball is in-bounded after substitutions have been made.

LAST 2 MINUTE STOP CLOCK

- Last 2 minutes of the 4th quarter is Stop Clock if the score differential is 6 points or less.
- If the full Stop Clock rule is initiated at the 2-minute mark and the spread increases beyond 6 points, then the game will still progress with Stop Clock rules.

OVERTIME:

- All overtime periods are 2 minutes of Stop Clock. Equal playing time rules still apply during OT – there will be a break at the 1 minute mark for substitutions.
- For regular season games: if still tied after 2nd OT, game will end in a tie.

TIMEOUTS:

- A team may use only one (1) timeout in the last 2 minutes of the game.
- Each team may take one (1) 30-second timeout per OT period – timeouts are not carried over into OT.

PLAY

JUMP BALL: Game will begin with a jump ball at center court determining the first possession, and use the alternate possession for the remainder of the game.

FREE THROWS: Free throws will be shot from 12 feet.

SCORING

- Free throws made will be recorded as 1 point.
- All shots made will be recorded as 2 points.
- Shots made from behind the 3 point line will be recorded as 2 points.

DEFENSE

- Player-to-Player defense only – no Zone defense allowed.
Players should match-up with player on other team to guard. Referee & coaches should help players match-up at beginning of quarters and on substitutions.
- The defensive player must stay within 4 feet of the player she/he is guarding. When an offensive player enters the key with the ball, weak side defense may step in to help guard.
- No defensive double-teaming outside of the key.
- Player-to-Player backcourt defense is allowed in 4th Quarter only; except by team ahead by 10 or more points.

OFFENSE

Offensive plays designed to isolate the ball handler for a one-on-one clear out are not permitted.

STEALING: Stealing is allowed off the dribble and passes.

Grades 7/8 Girls & Boys

League follows OSAA High School rules unless stated.



GAME MANAGEMENT

BASKET HEIGHT	BASKETBALL SIZE	GAME LENGTH	TIMEOUTS	HALFTIME
10 feet	Girls 28.5" Boys 29.5"	4, 12 minute quarters	Two (2) 30-second timeouts per half	5 minutes

GAME LENGTH

Equal playing time with Running Clock rules:

- Clock will stop only for timeouts, injuries, or referee instructed time.
- Subs will check in at score table and wait for referee to wave them on.

WARM-UP

Warm-up between games is no more than 10 minutes, minimum is 5 minutes.

LAST 2 MINUTE STOP CLOCK

- Last 2 minutes of the 4th quarter is Stop Clock if the score differential is 6 points or less.
- If the full Stop Clock rule is initiated at the 2-minute mark and the spread increases beyond 6 points, then the game will still progress with Stop Clock rules.

OVERTIMES

- 1st OT is 2 minutes Stop Clock. Equal playing time rules still apply.
- 2nd OT is un-timed: first team to score 3 points wins.

TIMEOUTS:

- A team may use only one (1) timeout in the last 2 minutes of the game.
- Each team may take one (1) 30-second timeout per OT – timeouts are not carried over into OT.

PLAY

SUBSTITUTIONS

Coach will determine substitution pattern.

DEFENSE

- Zone defense is allowed.
- No trapping/double-teaming outside of the 3-point line.
- Player-to- Player backcourt defense is allowed except by team ahead by 10 or more points.

OFFENSE

Offensive plays designed to isolate the ball handler for a one-on-one clear out are not permitted.

Grades 9-12

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CHECK IN/GAME PREPARATION:

- Players must check-in with Photo ID to NCPRD Staff prior to practice and game. Forms of ID include Current Driver License, State ID or Current School ID. Players found not to have a proper ID or not listed on the roster will not be eligible to practice/play.
- Uniform is required to participate.
- At the scheduled start 5 players are needed to begin play. If at game time a team does not have 5 players a 5 minute grace period will begin. The referee will place 5 minutes on the clock. If a player arrives before time expires then the game will begin as scheduled. If a player does not arrive before time expires a forfeit will be issued. At this time, we encourage teams to borrow players and participate in a scrimmage.

GAME MANAGEMENT

BASKET HEIGHT	BASKETBALL SIZE	GAME LENGTH	TIMEOUTS	HALFTIME
10 feet	29.5"	4, 12 minute quarters	Three (3) 30-second timeouts during regulation time	3 minutes

TIMEOUTS:

- A team may use only one (1) timeout in the last 2 minutes of the game.
- Each team may take one (1) 30-second timeout per OT – timeouts are not carried over into OT.

GAME LENGTH: Four (4) 12-minute quarters; equal playing time with Running Clock rules:

- Clock will stop only for timeouts, injuries, or referee instructed time.
- Subs will check in at score table and wait for referee to wave them on.

LAST 2 MINUTE STOP CLOCK:

- Last 2 minutes of the 2nd half is Stop Clock if the score differential is 6 points or less.
- If the full Stop Clock rule is initiated at the 2-minute mark and the spread increases beyond 6 points, then the game will still progress with Stop Clock rules.

OVERTIMES:

- 1st OT is 2 minutes Stop Clock.
- Equal playing time rules still apply. 2nd OT is un-timed: First team to score 3 points wins.

PLAY

SUBSTITUTIONS: Coach will determine substitution pattern.

EQUAL PLAYING TIME:

- Each player will have equal playing time with the exception of an injury/illness.
- Each player must appear at least once in each quarter
- No player may play more than 9 minutes per quarter
- Exceptions made for foul trouble, injuries, and teams with less than 7 players

DEFENSE: No defensive restrictions except: No backcourt pressure by a team that is ahead by 15 points or more.

TECHNICAL FOULS

- Any Technical Foul issued during a game will be reported to the league and the head coach will be required to provide an explanation to the coach coordinator.
- Two Technical Fouls issued to a player or a coach in one game will result in immediate ejection and automatic suspension for the remainder of the day as well as the next weekend.