



## 3rd - 6th Grade Basketball Rules

The rules of play for the TRPR Basketball League shall be the current National Federation of High School Rules, except for the following amended below. All rules are in effect for all age divisions unless otherwise noted by each age division.

### Start of Game

- The designated home team wears white jersey.
- Game Ball shall be 27.5' for 3rd/4th grade and 28.5" for 5th/6th grade
- Basket Height shall be 10'
- Free Throw Line shall be 10' (3rd & 4th grade) and 15' (5th & 6th grade)
- The game will start with a jump ball.
- Teams will switch baskets at the half.
- Coaches Box
  - One basketball coach may stand from each team, an assistant is asked to remain seated throughout the ENTIRE game unless:
    - They are calling an official time out.
    - They are greeting their players during a break from play.
    - Providing aid to an injured player.
- Only two coaches are allowed at the bench area during basketball games. A coach may be ejected for any unsportsmanlike act toward anyone, or by receiving two technical fouls or warnings.
- **An ejected coach must leave the facility immediately in addition to being removed from this year AND next year.**

### Jerseys

- All TRPR players shall wear their official team jersey, available through Recreation Departments.
- Do not print names on jerseys
- The designated home team wears white jersey.

### Footwear

- All players must wear athletic shoes. The only types of shoes that may be worn on gym floor surfaces are to be 'soft-sole' rubber athletic shoes.
- **NO HARD SOLE SHOES OR SHOES THAT LEAVE MARKS ARE ALLOWED ON ANY PLAYING OR**

## Timing Rules

### *Forfeit Time*

- Shall be ten minutes after the scheduled game time.
- A team must have at least three (3) players present at forfeit time or the game will be declared a forfeit.
- If either team fails to show, a forfeit shall be declared for both teams.

### *Regulation*

- Game shall be divided into four (4) 10 minute quarters – running clock
- At the 1-minute mark in the 2nd half of a game: if the score is 10 points or less, the clock shall stop when the ball becomes dead for the remainder of the game. If the score is 11 points or more, the clock will continue to run when the ball becomes dead for the remainder of the game. Start of Game: 3rd-6th grade will start the game with a jump ball.

### *Time-Outs/Intermissions*

- The game clock will stop for all time outs.
- Team Time-Out may be requested by a player or a coach of a team.
- 2 time-outs per half
- Time-outs do not carry over from 1st half to 2nd half.
- Time-outs shall be 1-minute for all age divisions.

### *Official's Time-Out*

- Officials may call a time-out due to a player injury or any other reason. This can be as long as necessary and is unrestricted in length.
- The game clock will be stopped on all official's time-outs.

### *Half-Time Intermission*

- 5-minute for all divisions, if games are running long, there will be a reduced half time break.

## Playing Rules

### *Player Participation*

- Every player must participate equally in every game. This includes not having one player stay in the entire game.

### *Players to Finish Game*

- A team must be able to finish the game with at least 3 eligible players.

### *Substitutions*

- Where another player of his/her team replaces a player.
- Players must report to the scorer's table and wait to be motioned in by an official. A horn will be used to notify officials of substitutions.
- Substitutes will go in when the ball is stopped.
- Players should be substituted in and out of the game equally. Players not starting in offensive positions should start in defensive positions. Every player should have the opportunity to play both offensive and defensive positions.

- Players should be in the game and on the bench at the same rate as their teammates. There should be no player on the court for the entirety of the game.

## *Fouls & Player Disqualification*

- All players will be disqualified upon receiving their fifth personal foul.
- All fouls count toward a team's total fouls.
  - When a team has reached 7 team fouls the opposing team will receive 1 bonus free throw.
  - When a team has reached 10 team fouls the opposing team will receive 2 bonus free throws.
- Scorekeepers notify coaches when players get to 3 personal fouls.
- Scorekeepers notify coaches and officials at 7 team fouls.

## *Free Throws*

- Shooting Free Throw-awarded to a player that was fouled in the act of shooting. Bonus Free Throw (1 and 1)-awarded to a player when the opposing team has reached 7th team foul.
- Double Free Throw-awarded to a player when the opposing team has reached its 10th team foul
- Technical Foul Free Throw-awarded to a team after a Technical Foul
- Clock will stop for free throw attempts

## *Scoring*

- Free Throw-1 point
- Field Goal-2 points
- 3-Point Goal-3 points

## *Mercy Rule*

- Scoreboards will be turned off when there is a difference of twenty (20) points within a half. The scoring table will continue to keep the official score in the scorebook.

## *Overtime*

- Overtime will consist of one 2-minute period, jump ball to start overtime. The clock will stop on all dead balls. Each team will receive 1 time out in overtime.
- If the game is still tied after the overtime period, the game will end in a tie.

# **Misconduct**

## *Ejected Player*

- A player may be ejected for an un-sportsmanlike act toward anyone or by committing a flagrant foul against another player. Penalty shall be disqualification +1 game suspension in the next TRPR game.

## *Ejected Coach*

- A coach may be ejected for any un-sportsmanlike act toward anyone or by receiving two technical fouls.
- After the first technical foul, the coach will be asked to sit down for the rest of the game. If a second technical foul occurs the coach will be asked to leave the facility and will be suspended from the next game as well.

# 3rd/4th Grade

## Defense

- Man-to-Man defense only.
  - *\*Man-to-man defense is a defensive formation in which a coach assigns each player on the line-up to a specific offensive player to follow and defend on the court.*
  - During transition defense (made basket, defensive rebound, in-bounds) the defense must drop back past the half court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, after five seconds, the defensive team can legally cross the transition line.
- Full court (Press) where a team guards anywhere on the court. This is only allowed during the last 1-minute of the game and/or any overtime periods and only if the team score is within 10 points of the opponents team score. Both teams involved in a game that is within ten (10) points will be allowed to press. All full court press will be stopped once the score reflects a difference greater than ten (10) and will not be allowed for the remainder of the game. Double Teaming is not allowed.
- Trapping is not allowed
  - Trapping is a defensive tactic where two or more players double-team the ball handler to force them into an uncontrolled dribble.
- **Stealing** - The defensive team takes possession of the ball away from the offensive team when the score is within ten (10) points.
- Blocking a shot attempt- a player stops the shot attempt from the shooting player is allowed **(so long there is no contact with the opposing player).**

## Offense

- Offensive Plays - strategic type of movement for players of a team to score. Fast breaks - a team that has possession of the ball does not hesitate to try to score on an opponent is allowed.
- Lane Violation - a type of violation that **offensive** players commit by standing in the lane of 3 seconds will be called.

# 5th/6th Grade

## Defense

- Man to Man and zone defenses are allowed.
  - **\*Zone defenses - a defensive formation in which a coach assigns each player to cover a specific area of the court.**
  - During transition defense (made basket, defensive rebound, in-bounds) the defense must drop back past the half court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, after five seconds, the defensive team can legally cross the transition line.
- Full court (Press) where a team guards anywhere on the court. This is only allowed during the last 1-minute of the game and/or any overtime periods and only if the team score is within 10 points of the opponents team score. Both teams involved in a game that is within ten (10) points will be allowed to press. All full court press will be stopped once the score reflects a difference greater than ten (10) and will not be allowed for the remainder of the game.
- Double Teaming is not allowed.
- Trapping is not allowed.
- Stealing- Defensive team takes possession of the ball away from the offensive team is allowed.
- Blocking a shot attempt- a player stops the shot attempt from the shooting player is allowed **(so long there is no contact with the opposing player).**

## Offense

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