

WHITE BEAR LAKE COMMUNITY SERVICES & RECREATION
YOUTH REC BASKETBALL RULES AND REGULATIONS - GRADES 5-8

These rules apply for the White Bear Lake Community Services and Receptions Departments Recreational basketball leagues for boys and girls in the 5th through 8th grade. The National Federation High School Basketball Rule Book shall serve as our official rulebook except where our Special League Rules will always take precedence over the rulebook.

PURPOSE: The Community Services and Recreation Basketball Program are organized to teach youngsters how to play basketball and to provide them with an opportunity to experience good sportsmanship and enjoyable recreation.

ORGANIZATION: Community Services and Recreation has overall authority and responsibility for the Basketball Program. The program is administered and directed by the Community Services Department.

ELIGIBILITY: To be eligible to participate, the player must either live in the White Bear Lake Area School District or attend a District School. Players in all leagues should be in the corresponding grade during the **current school year**. Players may play up to a higher grade league, but will not be placed on a team by the Community Services Department. Traveling League players not allowed.

Roster	5 players minimum to 15 players maximum. A player may play only for his / her assigned team.
Players	Games will be played five (5) on five (5). Both teams must Have five (5) players to start the game.
Home & Visiting Team Duties	The bottom team listed on the score sheet. Both teams should provide one person to enter the information in the "Official Score sheet".
Game Length	Four 10 – minute running time periods. The last two (2) minutes of the 2nd and 4th quarters shall be stop time. The clock will stop during time-outs that are called by either coach or the officials and during free-throws attempts. * Clock does not stop during last two minutes of the 4th quarter if a team is ahead by 15 points or more. If team cuts lead to 10 points or less, the clock will stop. *Every effort will be made to stop the clock at the five (5) minute point of each quarter to allow for substitutions.
Half - Time	There will be a three (3) minute break between periods 2 and 3 unless the officials decide to cut it short in order to get back on schedule.
Time Outs	Each team will be allowed three (3) timeouts per game during regulation time. Each team will be allowed one (1) timeout per overtime period. NOTE: Any unused timeouts from regulation time will not be carried over into overtime. <i>If a coach calls timeout without having any timeouts, a technical foul will be issued-- The opposing team will get one free throw shot and the possession of the ball.</i>
Overtime	1st overtime period will be two (2) minutes stop time. 2nd overtime period will be sudden death.

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Period If you decide to play five (5) players only in the first overtime, please keep in mind if a second overtime occurs a different group of players must play that overtime. You do have the option of switching players in the first overtime if you prefer.

Playing Time For each game, every team member that is present must play at least the minimum time in EACH HALF, except injured players or players being disciplined. If a coach plans to use a player only briefly for reasons of health or discipline, the coach should so inform the officials and the opposing coach so his/her intentions are clarified.

Infractions that shall lead to disciplinary loss of playing time should be clearly defined by the coach at the start of the season so that players and their parents are aware of the team rules. When disciplinary action is taken, the coach must communicate with the player involved, and ideally with his/her parents, so that the infraction and disciplinary action are clearly understood by all parties.

Violations of the Playing Time Rule can result in the game being forfeited by the offending team. Officials and the Official Scorekeeper will enforce this rule to the best of their ability. Coaches suspecting a team of violating this rule (it is difficult for the officials to monitor) should politely point it out to the game official and let it go at that until after the game at which time the coach should contact Community Services and Recreation at **(651) 407-7506**. We, in turn will make every effort to monitor the games of the accused team.

NOTE:

- **In the event that a team has more than 10 players**, each player should play a minimum of 40% of the game.
- **If a team has 9 players**, no one player can play over 5/8 of the game. Keep in mind we divide each quarter in half, so we have 8 parts in a game -- so 5/8 of a game is 2 ½ quarters.
- **If you have fewer than 9 players**, please do your best to play everyone as equally as possible.

Once a player is on the court, the coach may not substitute during that period, with the following exceptions: ***Injury or illness or Blood rule***

During these special situations, a coach must substitute a player of “comparable ability” that is sitting on the bench. Sportsmanship should be your guide, not winning! The playing time of the substitute will not be recorded against their normal rotation. A player removed for injury or blood rule should return as soon as they are able. Coaches may not modify their normal rotation to make up for the removed player’s lost time. No other substitutions are allowed.

Substitutions When players must be replaced during a period due to injury, illness, blood rule or foul trouble, substitutes must report to the scorer’s table and be waved in by the official. Substitutions will be allowed only during normal stoppages of play after the whistle has been blown. You do not have to use a timeout when substituting players. 3

Size of Ball **5th & 6th Grade:** 28.5 Women’s Regulation-size
7th & 8th Grade Girls: 28.5 Women’s Regulation-size

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7th & 8th Grade Boys: 29.5 Men's Regulation size

Height of Rim	This league will use a ten (10) foot basket.
Officiating Personnel	Two officials will be assigned to each game. The officials shall have final authority on any scorekeeping disputes
Jump Balls	The only time a jump ball will occur will be at the beginning of the game and the beginning of all overtime periods. For all other jump ball situations, alternate possession will be used including the start of quarters and the second half.
Free Throws	<p>A player fouled in the act of shooting shall be awarded points as follows:</p> <ul style="list-style-type: none">● If the field goal was made, the field goal will count and the offended player will be awarded one (1) free throw attempt.● If a two or three point field goal was not successful, the offended player will be awarded two (2) or three (3) free throw attempts. <p>Free throw attempts will be shot from the regulation free throw line. A violation will be called if the player crosses the line on the attempt.</p>
Bonus Rule	The bonus shot will be awarded on the team's seventh (7) team foul in a half. Please make sure the scorekeeper keeps track of team fouls in addition to personal fouls. The double bonus shot will be awarded on the team's tenth (10) team foul in a half. All fouls will carry over into the overtime period(s).
Fouling Out	<p>Players will foul out of the game after receiving their fifth personal foul.</p> <p>*Exception: A team may play with a player who has 5 fouls, provided the team has no additional players available. The fifth player will be the last player to foul out, <u>NOT</u> a player who has previously fouled out. Any additional fouls on that player will result in an automatic two (2) points for the opposing team and the ball is given to the opposing team at half court.</p>
Scoring	Two points will be awarded for field goals and one point per free throw. Three points will be awarded for field goals when the floors are clearly marked with a three point arc.
Technical Fouls	The offended team will be given an automatic 2 points (no shots) and the ball at mid court. Note: If a coach, the bench or a fan is given a technical foul, the offended team will be given an automatic 2 points (no shots) and the ball at half court.
Lane Violation	A three (3) second lane violation will be enforced
Mercy Rule	We will allow coaches involved in a game where the point differential is 35 points or more at half time to come to a mutual decision for the second half. We want the coaches to discuss and implement a solution that works for all involved.
Unsportsman-like Conduct	<p>Any player or coach removed from a game by an official for unsportsmanlike conduct will be ineligible to participate in their team's next game. The officials shall be in complete charge of the gym during the game. Players, coaches, and spectators may be ordered by the officials to leave the building. Failure to comply with any order by the officials shall result in a forfeit of the game by the team represented by the offender.</p> <p>If a coach becomes unruly using abusive or profane signs or language, the officials will issue a technical foul. The coach will then be removed from the game and must leave school grounds. The game will not continue until the</p>

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offending coach has left the school grounds. If the coach refuses to leave, it results in their team forfeiting the game.

Defensive Restrictions for Grades 5-6

Person to Person Defense: Only person-to-person defense will be allowed for grades 5 and 6. Person-to-person defense means guarding a minimum of an arm's length to a maximum of eight (8) feet from the player.

Zone Defenses Zone defenses are not allowed. The officials will penalize as follows:

- **First Offense** – warning to coach and players.
- **Second and subsequent Offenses** – A technical foul will be assessed and the offensive team will be awarded an automatic two (2) points and the ball at half court.

*Please Note: A loose or sagging person-to-person defense or defensive players who do not know who they are supposed to be guarding is not considered a zone defense.

Defensive Pressure A team will be on defense when it loses possession of the ball in either of two ways:

1. When a team shoots the ball and the other team gets the rebound and clears the ball, the team that shot is on defense and must drop back. A rebound taken within the key shall be cleared by dribbling or passing successfully out of the key. A rebound taken outside of the key shall be cleared when the rebounding player dribbles or passes successfully to a teammate.
2. When a team loses possession of the ball without taking a shot, it is on defense and must drop back as soon as the opposing player dribbles or successfully passes the ball to a teammate.

Full Court Pressing Teams may only full court press in the fourth (4) quarter and any overtime periods when they are down by ten points or more. Once the score is tied the teams can no longer press. Teams can only apply a person to person press. No zone presses or zone traps are allowed.

Pressing No pressing defenses will be permitted.

Illegal Defense When an illegal defense infraction is called, the referee's will follow these procedures:

Step 1: The offending coach and bench will be advised of the infraction. This will constitute the first warning. This will be the only warning a team will receive for the entire game.

Step 2: Second and all subsequent violations will result in an illegal defense foul assessed against the offending team. Each violation after the first warning will result in the offended team receiving an automatic two (2) points and the ball out of bounds at midcourt.

Defensive Restrictions for Grades 7-8

Types of Defenses Allowed All forms of defenses are allowed. Example: person to person, zone, combination of person to person and zone etc.

Double / Triple Teaming & Trapping Double/triple-teaming and trapping is permitted anywhere on the floor when full-court pressing is allowed. Double/triple teaming and trapping is permitted anywhere in the front court at any time.

No Press Rule A team will not be allowed to full court press if it is ahead by 15 points or more.