

Elementary Basketball Playing Rules

1. First possession will be determined by jump ball. Each quarter will alternate.
2. Time Limits: Eight-minute quarters. The clock will stop at time-outs/injuries/free throws. The clock will stop at all whistles during the last minute of the game if the score is within 5 points. The clock will not stop until the official has signaled for a free throw. Games will be played in time allotted. You cannot play extra if your time is up.
3. Breaks: A one-minute break between quarters; a three-minute break between halves.
4. Time-outs: Each team will be awarded four time-outs per game; two time-outs per half. A coach and/or player may call a time-out.
5. Fouls: A player is allowed five fouls before ejection from the game, or 1 technical foul.
6. Bonus penalty: In effect on the 7th team foul for each half. Shoot two free throws on the 10th team foul.
7. Technical Fouls: To be given at the discretion of the official. It will be a two-shot free-throw for player/coach/bench technical. Players receiving a technical foul for unsportsmanlike conduct must sit out remainder of game. Coaches receiving second technical foul will be required to leave the gym.
8. Substitutions: Not limited yet substitutions are only allowed during a dead-ball situation and must report to the scorer's table. Ref's may call for a substitution after a basket.
9. Equipment/uniform: Players may not wear any jewelry – i.e. watches, rings, earrings, friend ship bracelets, etc. Earrings that are taped are not allowed!!!
10. Volunteers: Help is required from each team to assist with scorekeeping and timing of the game.
11. Offense
 - a. Free Throws – 5th-6th will use the regulation lane-marking for free throws and not be allowed to cross the line at any time. 3rd and 4th is up to the discretion of the coaches and officials.
 - b. Lane Violations - Players will use the 3-second lane violation rule.
 - c. 10-seconds - The ball must be brought into the forecourt within ten seconds.
 - d. Over-and-Back - Rule does apply.
 - e. Fast Break – 4th-6th cannot fast break when they are 10 or more points ahead. Defense must be allowed to establish defensive position in the forecourt. Once defense is established, any type of basket is allowed. 3rd cannot not fast break at any time.
 - f. **3rd-4th Grades – No stalling during any point of game. Ball will go to the other team. Discretion of the officials.**
12. Defense:
 - a. Press – 5th-6th full-court presses are allowed up to 10 points differential. Half-court presses are allowed at any time. If there is more than 10 point differential, as soon as the defense gets the ball, offense must go down court to become defense.
 - b. Press – 3rd-4th cannot press at anytime. Players are encouraged to advance the ball down the court at all times.
 - c. 4th Grades may not play defense beyond the 10 ft. volleyball court line unless the opposing team attempts to shoot.
 - d. 3rd Grades may not play defense beyond the 3-point line unless the opposing team attempts to shoot. If players start shooting 3-point shots, defense may play beyond the 3-point line. This will be at the discretion of the official.
13. Three point shot is counted as three for 4th-6th grades. Three point shot is only counted as two for 3rd grade.
14. 3rd grade boys and girls and 4th grade girls will use lower rims.
15. 5th and 6th grades will use a women's size ball, 28.5". 3rd and 4th grades will use a youth ball, 27.5".
16. A coach from each team and a referee shall meet prior to the start of each game.
17. Coaches are encouraged to have equal playing time amongst all players. This is a recreational league with the main goal of helping players develop skills.
18. Towns are encouraged to have at least one adult official.
19. IMPORTANT - Coaches and parents are reminded that they are setting an example with the players. Please use good sportsmanship at all times!
20. Players from other grades are only allowed if there are not enough from the grade playing.