

Basketball (WCSU Elementary Schools & Rec.)

2018-2019

The season (including tournament play) will start after Thanksgiving break and will continue through February. The Program will follow the rules of basketball as defined by the National Federation of High Schools (NFHS), with exceptions outlined below.

Overall Rules

Grade	Basketball Size	Length of Game	Practice/Game Recommendations	Stopped Clock
Pre k – 2	5	N/A	2 per week	N/A
3 – 4	5	6 min. qrts.	3 per week 10 game season -includes tournament(s)	Yes
5 – 6	6	6 min. qrts.	3 per week 12 game season - includes tournament(s)	Yes

Games may begin after two weeks of practice. All games and scrimmages are included in the total allowable number of games. We encourage at least one practice between games. These are suggested guidelines; however, each school/rec. may set stricter limitations on practice/games per week.

Equipment / Uniforms

- **Jerseys:** Must be same general color with unique numbers. Temporary number assignments may be made with tape.
 - **Mouth guard:** Recommended but not mandatory (*can reduce mouth and tooth injury if worn*).
 - **Hair Length:** Hair beyond shoulder length must be tied back with elastic or other soft material. Plastic or metal barrettes or other hard hair pieces are not allowed.
 - **Sneakers:** Must be dry and clean of debris on tread (pebbles, dirt, and mud).
- Gum:** Is NOT permitted

Home Team Requirements

- **Medical Kit:** (fully stocked and in sight during games and practice)

- **Practice Balls:** Provide for opposing team
- **Game Ball:** Provide game ball
- **Provide Referees:** 2 would be ideal, 1 is usually reality. Strongly recommended that all referees have participated in referee training.

Clock:

- Starts when a player touches ball (not when ref hands player the ball on sideline)
Stops at whistle
- Look for sub when whistle is blown or if clock table blows horn

COURT & EQUIPMENT

- **Court Size:** Nonstandard court dimensions allowed as most games played at elementary school gym.
- **Side Lines:** Three feet of space is required for inbound passes. On courts where there is 3 feet of unobstructed space out-of-bounds, defenders may guard at the sideline. On courts where there is not 3 feet of unobstructed space out-of-bounds, players must allow 3 feet of inbound space. It is recommended that courts be marked with tape or paint accordingly.
- **Three Point Line:** No 3 point line
- **Free Throw Line:** Grades 5-6 shoot from standard 15 foot line. Grades 3-4 shoot from 12 foot line (mark with tape).

DEFENSE REGULATIONS

- **Man to Man Defense:** Each defenseman guards a specific player (***Played by all schools within WCSU***)
- **Zone Defense:** Each defenseman guards an area of the court rather than a player. Zone defense is not allowed for 3/4 or 5/6 levels. ***Not permitted for home games within WCSU.*** Some schools outside of WCSU play zone; advise both team's coaches prior to start of game that defense is man to man only.
- **Backcourt Defense:** Not allowed
- **Hands up defense:** Is legal so long as they are out wide or straight up
- **Double teaming:** Double teaming is not allowed. At **3/4 level** blow whistle and talk to coach. Have them use a time out to coach their players about double teaming. Give possession back to offending team and use as a coaching opportunity. **5/6 level** call it only when calculated. Help defense is allowed.
- **Guarding:** Defensive player must attempt to remain within 6 feet of the player they are guarding.
- **Full Court Press:** NO full court press at 3/4 or 5/6 levels.

- **Fouling Out: 3-6 level**, player disqualified after 5 personal fouls in one game. *Referee and coaches should talk with players to prevent fouling from occurring.*

OFFENSE REGULATIONS

- **3 Seconds: 3/4 level**, offensive player cannot remain in the key for more than 5 seconds. **5/6 level**, time limit is 3 seconds. Referee should use discretion on this call. If obvious player is intentionally “camping out”, make the call. Otherwise use as coaching opportunity. Talk to players and have them move rather than a whistle each time. Remind coaches.

Foul Shots:

- If foul is made, do not let players leave court until after foul has been reported
- When foul made announce color then the jersey #
- 10 second limit for foul shot (ref should count off silently, 10 seconds by using hand motion at their side)
- Remind player they have only 10 seconds to shoot foul shot
- If player goes over 10 seconds possession is given to opposing team at sideline
- Once player releases foul shot, other players on the block can move into the paint. The shooter and players above the three-point line cannot cross the line until the ball hits the rim.
- If foul shot is an air ball, blow whistle and give possession to opposing team at the side line. (3/4 level can give player a second attempt)
- No Tech fouls at this age group (speak with player and speak with coach so he can coach and discuss with his player. Let coach decide how to handle individual player and incident. If not addressed or action repeated, you may sit the player.

Score:

- 5 seconds to throw in ball after opposing team scores
- Team can run base line (5 seconds) after opposing team scores

Backcourt:

- Once player has both feet and ball over $\frac{1}{2}$ court, their team can move forward only. Going back would be considered backcourt and other team gains possession at sideline. If agreed upon by both coaches in smaller gyms, the backcourt line can be extended. No backcourt defense

Jump Ball:

- On jump ball possession alternates. Arrow is set when game begins with jump ball. When one team gains control for first possession, the other team gets the arrow and the arrow should be at the table pointing at the basket the team is shooting at. Then

every jump ball arrow gets changed. Whistle should be blown when it's clear two or more players have possession of the ball.

- 2 players on the ground – jump ball
- 2 players fighting over ball – jump ball

Travel:

- A player can be in sitting position when in possession of ball and it is not traveling offense
- A player can be lying on court and sit up while in possession of the ball and it is not traveling offense
- It is traveling when a player is not dribbling while sitting and then scoots or stands up. Once a player's feet touch the ground they cannot move them.

SCORING & TIMING

- **Timeouts:** Two 60 second timeouts per half, no carry over. *Referee does warning signal with 15 seconds remaining.* Timeout can only be called if team has possession or immediately after a basket, but before the opposing team takes possession. ***Coaches use your timeouts! You can't take them home with you! During a game is your opportunity to really coach and mentor these kids.***
- **Scoring:** **3/4 level**, scorebook optional. **5-6 level**, a scorebook will be kept.
- **Tie Game:** If the score is tied at the end of fourth quarter, both coaches can discuss if they wish to play an overtime. If both agree, a three-minute overtime period will be played. If the game remains tied after overtime coaches can agree to play another overtime or call the game a tie.
- **Competitive Balance Rule:** If one team is ahead by 20 points or more at the end of any quarter, one or more of the following techniques must be used by the team with the lead:
 - a) **Multiple-pass rule:** The team with the lead must pass the ball a minimum of 5 times before attempting a shot.
 - b) **Non-scorer rule:** Only players who have not yet scored any points in that game may attempt to make a basket.
 - c) **Unfamiliar position rule:** Change players positions (i.e. guard vs. forward) so players who do not normally handle the ball get a chance.

Rule will remain in effect until the difference in score becomes less than 20 points. Coaches should begin to implement the rule whenever it becomes apparent that one team will dominate the game; doing so helps preserve the integrity of all players and coaches. Announcements that the rule is in effect should not be made. ***Referee has option to call fouls on lead team whenever options above are not enforced.***