



3rd - 8th GRADE BASKETBALL RULES

- Clock will run throughout each game and will stop only for time-outs.** Each team will receive one time-out per half. Game will be played in four quarters with **3rd 4th 5th** and **6th 7th 8th** teams playing 8 minute quarters.
- Each player must play at least two full quarters per game (adhere to this rule as best as you can.) Substitution at end of quarter only- unless there is an injury.
- Referees will enforce back court rule (10 seconds) and foul lane rule (3 seconds) in **6th 7th 8th** grade games.
*Referees will enforce the foul lane rule (5 seconds) and no back court will be called in **3rd 4th 5th** grade games.*
- Foul lines will be 12 feet for **6th 7th 8th** grade games
10 feet for **3rd 4th 5th** grade games.
- Foul shots will be taken only on shooting fouls (2 shots). On any other foul, opposing team will receive the ball out of bounds.
- Referee will enforce (within reason) “double dribble” and “walking with ball” rules. Coaches should teach proper pivot technique when players not dribbling the ball. Players should be taught proper screen and pick techniques “Standing still with arms in.”
- There will be no intentional screening** for the player in possession of the basketball (ball screening). Ball screening encourages the isolation of the one or two best offensive players, while weaker players are stationed away from the play. This runs counter to our philosophy of teaching all players to exercise fundamentals, share the ball, and have important roles. **If a player sets an intentional screen for a player with a live dribble, the penalty will be a turnover.** Coaches should instead emphasize basket cutting and screening away from the basketball.
- Please control your team prior to games. No dribbling of basketballs around hallways/gym areas is permitted. During games, all basketballs should be collected and placed in a net or storage area.



9. Both leagues will be 5 vs. 5. A team must field at least 5 players at game time to avoid a forfeit! No game will be played with less than the appropriate number of players (unless coaches agree to play with present number of players.)
10. **6th 7th 8th** teams must utilize man to man only. Full court presses allowed only with less than a 10 point lead. Full court press allowed only in 2nd and 4th quarters. Press defense must be man to man.

3rd 4th 5th grade teams must play a man to man defense; no zone or specialty defenses are to be used. No double-teaming is allowed. (if a double team is called, the team in possession will be given the ball out of bounds). There will be no full court presses allowed and players may pick up their man at half court after a basket is made or a turnover occurs.

It is not double teaming the man with the ball if the second player is going across the lane or down to the ball to help a teammate. A double team that you should not allow is when a player leaves their person to go up to double the person with the ball.

A second point is that any player on defense that is not one direct pass away from the ball should be allowed and encourage to be off their man and to help their teammates on defense.

11. HELP-SIDE DEFENSE will be allowed and could be played while playing man-to-man defense.

If the ball is on one side of the court and the player you are guarding is on the other side of the court, that player does not have to be closely guarded.

Definition of help-side defense :

*There will be a six (6) foot rule to playing man-to-man defense. If offensive player is INSIDE the 3-point arc, the defensive player must be within six (6) feet of him/her.

* When offensive player is OUTSIDE the 3-point arc, the six (6) foot rule does not apply and defensive player may play off his/her man, but must still “shadow” the movement of the offensive player they are guarding.

For example, if the offensive player is outside the 3-point arc between wing and top of key, the defensive player could not camp out under basket or along baseline of opposite side of the court unless double teaming. Defensive player must be in a position to recover should the offensive player they are guarding receive the ball or move inside 3-point arc.

- This rule is at the discretion of the officials. In the opinion of the officials, should it look as though the defensive player:
 - 1) stops “shadowing” offensive player he/she is guarding who is outside 3-point arc,

2) does not recover in a reasonable amount of time to the offensive player (moving from outside the 3-point arc to inside the 3-point arc) he/she is guarding in order to be within the six (6) foot rule, or

3) Appears to be playing a zone defense (guarding an area and not a person) rather than being in a help-side defensive position, illegal defense will be called by the officials. Each team will receive one warning for illegal defense followed by a technical foul for subsequent violations.

10. Any player with excessive fouls may be asked to sit out for a 2 minute period. This will be determined by the official.
12. Coaches should encourage good sportsmanship at all times---both teams should shake hands at end of each competition. This includes the coaching staff. Please remember we are all Palmyra players and the kids you're playing against today may very well be on your team next year!

Please be a positive example and a role model to your players when dealing with our officials. This is a recreational league for learning and fun, not the NBA. If you're in it to win, you're taking the wrong coaching job.

FACILITY RULES

1. All participants / non-participants should remain in the gym at all times.
2. No running through school hallways / playing with SACC or school equipment..
3. NO FOOD or DRINKS [water only] IN GYM AREA!
4. Do not prop outside door open; have volunteer wait by door for player arrivals. This is a school district requirement for everyone's safety.
5. All equipment including basketballs/pinnies will be stored in mesh bags.
6. LAST TEAM to practice should make sure that:
 - a) Baskets are put back **against wall @ Forge**, **against wall @ Northside**
 - b) All basketballs/pinnies are collected and put back NEATLY in proper storage.
 - **Forge**– right back side of stage **Northside**–right back side of the stage
 - **Lingle** – Rec storage closet **Pine** – Rec storage closet
 - c) All drink bottles, trash, clothing are removed from gym area at end of practice / game.

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