

# 4<sup>th</sup> – 5<sup>th</sup> Grade Youth Basketball Rules

## Equipment

1. All participants should wear proper recreational attire. This includes NBA Replica Jerseys, Shorts and athletic closed-toe shoes.
2. Jewelry or sun glasses shall not be worn.
3. Headwear that contains knots, hard or stiff material including billed hats, are prohibited.
4. Team Uniforms will be provided
5. Any hard braces must be covered and padded.
6. Participants wearing casts are prohibited from intramural play.
7. The final determination regarding legal equipment will be made by the Intramural Supervisor present at the game.

## Time Regulations

1. Games will consist of two 18 minute halves with a 3-minute half time.
  - a. The clock will run continuously with the exception of: injuries, referees' time, the final minute of each half, and time-outs.
  - b. In the last minute of the second half, the clock shall stop with every violation, foul, or free throw and will not start again until the ball is touched in-bounds following a throw-in.
  - c. Clock starts when ball is tipped during the jump ball.
2. Time-Outs
  - a. Each team may call 2 timeouts per half. Unused timeouts cannot be carried over to the next half.
  - b. Timeouts are 30 seconds in duration.
  - c. There is 1 time out per overtime quarter. Timeouts left over from regulation do not carry over to overtime
3. Overtime (**ONLY DURING PLAYOFFS**)
  - a. Overtime will consist of a 3-minute period.
  - b. Teams are entitled to one 30 second time-out in the overtime period.
  - c. Time-outs do not carry over.
  - d. There will be no ties in the playoffs.

## Playing Time

1. All players must play at least 50% of each game. All players must play in the first half. The only possible exceptions are:
  - a. Illness/injury

## Minimum Number of Players

1. A team may start with 4 players. If a team has less than 4 players, a game may be declared a forfeit at the time the game is scheduled to begin.

## Substitutions

1. A substitution who desires to enter the game shall report to the scorer's table, giving their number, and the number of the player who is being replaced.
2. A substitute shall remain outside the court boundary until an official beckons them, whereupon the participant shall enter immediately.
3. Substitutions take place during dead ball situations, between periods and time-outs.
4. If a player enters the field of play without notifying the official, a technical foul can be called.

### **Scoring**

1. A basket is made when a live ball enters the basket from above the rim and passes through.
2. 3 points will be awarded for baskets made beyond the three-point arch.
3. 2 points will be awarded for baskets made within the three-point arch.
4. 1 point will be awarded for foul shots.
5. Mercy Rule: If a team is ahead by 30 points at any time in the 2<sup>nd</sup> half, the game will be called.

### **Full Court Press**

Is only permitted:

1. The last 2 minutes of the second half of the game.

### **Jump Ball / Alternate Possession**

1. All games and overtime periods will begin with a jump ball.
2. All other jump ball situations will result in alternating possessions. Teams will alternate taking the ball out-of-bounds, or throw-ins.

### **Live Ball**

The ball becomes live when:

1. On a throw-in, it is at the disposal of the thrower.
2. On a free throw, it is at the disposal of the free thrower. The ball is at the disposal of the free thrower when caught after it is bounced to the free thrower.

### **Dead Ball**

The ball becomes dead, or remains dead, when:

1. A basket is made.
2. It is apparent the free throw will not be successful on a
  - a. Free throw for a technical foul.
  - b. Free throw, which is to be followed by another free throw.
  - c. Free throw, which is to be followed by a throw-in.
3. A held ball occurs, or the ball lodges on the basketball backboard support.
4. A player control foul occurs.
5. An Official's whistle is blown.
6. Time expires.
7. A foul occurs.
8. A violation occurs.

## **Out-of-Bounds**

1. A player is out-of-bounds when a player touches the floor, or any other object other than a player, on or outside a boundary line.
2. The ball is out-of-bounds when it touches:
  - a. A player who is out-of-bounds.
  - b. Any person, the floor, or any object outside a boundary line.
  - c. The ceiling, overhead equipment or backboard supports.
  - d. The supports or back of the backboard or passes over the backboard.

## **Throw-In**

1. The thrower shall release the ball on a pass directly into the court, within 5 seconds after the throw-in starts.
2. The thrower shall not leave the designated throw-in spot until the ball has been released on a throw-in pass.
3. The thrower shall be able to run the baseline only on a throw-in after a basket is made.

## **Free Throw**

1. Free throw(s) for a non-flagrant, personal foul: One opponent of the free thrower shall occupy each of the lane spaces adjacent to the end line. A team of the free thrower will occupy the lane space next to the opponent.
2. Only 4 defensive players and 2 offensive players will occupy the marked lane spaces.
3. No more than one player may occupy any part of a lane space.
4. The offended player shall attempt free throw(s) awarded because of a personal foul. If such player must withdraw because of injury, the player's substitute shall attempt the free throw. If there is no substitute, any teammate may attempt the free throw.
5. Free throw(s) for a technical foul may be attempted by any player of the offended team.
6. No lane space will be occupied during a free throw for a technical foul. All other players will remain behind the half court line.
7. There are no free throws attempted for double fouls.
8. Bonus free throws will be awarded on the 7<sup>th</sup> team foul of each half and all subsequent fouls.
9. On the 10<sup>th</sup> team foul and all additional fouls in the half, the team will be awarded 2 free throws, instead of bonus free throws.
10. The thrower has 10 seconds to attempt a shot; this applies for each throw.
11. Free throws are awarded for defensive fouls only.

## **Violations**

1. 5-Seconds: No player is allowed to remain in the lane for more than 5 seconds while the ball is in the control of their team in the front court. A field goal attempt stops a 5-second count. Violation results in loss of possession.
2. 7-Seconds: No player is allowed to have control of the ball for more than 7 seconds in the front court. The count stops when the player eludes a guard, passes the ball, the guard retreats from the player, or the player attempts a goal. Violation results in loss of possession.
3. 10 seconds Backcourt Violations: A team shall not have control of the ball in their backcourt for more than 10 seconds. Violation results in loss of possession.
4. Over and Back: Once the ball has entered the frontcourt, the team with control of their ball will not be allowed to touch the ball in the backcourt while it is still in the team's control. Violation results in loss of possession.

5. A player shall not run, travel with the ball, kick it, strike it with a fist, or cause it to enter and pass through from below. A violation results in loss of possession.
6. Double Dribble: A player shall not dribble a second time after the first dribble has ended, unless it is after loss of control because of a try for a goal, bat by an opponent, or pass/fumble, which has then been touched by another player. A violation results in loss of possession.
7. A player shall not cause the ball to go out of bounds. A violation results in loss of possession.
8. Throw-In Violations:
  - a. Consume more than 7 seconds from the time the throw-in starts until the ball is released on a pass directly into the court.
  - b. Leave the designated throw-in spot-except on a made basket.
  - c. Carry the ball onto the court.
  - d. Touch the ball in the court before touching another player.
  - e. Throw the ball so that it enters the basket before touching another player.

Violation(s) result in ball being awarded to the opponents for a throw-in at the same spot.

9. A player shall not commit basket interference or goaltending.
  - a. Touch the ball or basket when the ball is on or within either basket.
  - b. Hit the ball when it is touching the cylinder, having the ring as its lower base, or reaching through the basket from below and touching the ball.
  - c. Touch the ball during a field goal while it is in downward flight entirely above the basket and has the possibility of entering the basket in flight, or touch the ball outside the cylinder during a free throw attempt.

**Violation(s) results in:**

- If the violation is at the opponent's basket, the opponent is awarded one point for a free throw try and two points for a field goal try.
- If the violation is at a team's own basket, no points are scored and the ball is awarded to the opponent for a throw-in.
- If the violation results from touching the ball while it is in the basket after entering from below, no points are scored and the ball is awarded to the opponent for a throw-in.
- If there is a violation by both teams, play shall be resumed the team entitled to the alternating possession throw-in at the nearest spot.

**10. Free throw violations:**

- a. The free thrower shall throw within 10 seconds.
- b. The free thrower shall not fake an attempt.
- c. No player shall leave the lane space once the shooter has possession of the ball. Players may enter the lane once the free thrower has released the ball. The shooter may not enter the lane until the ball touches the rim.
- d. No player shall disturb the free thrower.
- e. The free thrower may not step on or over the free throw line until the ball touches the rim.
- f. Players occupying a lane space may not have either foot beyond the vertical plane of any edge of the space designated by a lane space mark, or beyond the vertical edge of the space designated by a neutral zone.

### **Violation(s) results in:**

1. When the violation is by the free thrower, or a teammate, the ball becomes dead when the violation occurs and no points can be scored on the throw.
2. When the violation is by the opponent of the thrower:
  - If the throw is successful, the goal counts and the violation is disregarded.
  - If the throw is unsuccessful, the ball becomes dead when the free throw ends and a substitute throw shall be attempted under the same conditions.

### **Technical Fouls**

1. Unsportsmanlike conduct: using abusive and obscene language, sexual harassment, arguing an official's call, inciting undesirable crowd or opponent reaction, person other than the captain questioning a call, destruction or abuse of City property. Penalty results in 2 free throws and ball at half court.
2. Any player ejected from the game must leave the building.
3. Illegal substitutions: entering game without being beckoned by officials. Penalty results in 2 free throws and ball at half court.
4. Any personnel foul with malicious intent or excessive contact.
5. Delay of game: penalty results in 2 free throws and ball at half court.
6. Requesting a timeout in excess: penalty results in 2 free throws and ball at half court.
7. Hanging on the rim after a dunk: penalty results in 2 free throws and ball at half court. Dunking is allowed, hanging on the rim is not.
8. Dunking during pre-game or half time: penalty results in 2 free throws and ball at half court.
9. Wearing inappropriate dress and uniforms: penalty results in 2 free throws and ball at half court.
10. Excessive swinging of arms and elbows even though contact has not been made: penalty results in 2 free throws and ball at half court.
11. The captain of the team is responsible for the bench and spectator decorum. Any technical fouls assessed to the bench and spectators will be charged to the captain.
12. Two technical fouls against a player will result in player ejection from the game and an additional one-game suspension. Should a participant receive 3 technical fouls throughout the season, that participant will be suspended from the league for a year.
13. A technical foul counts towards the five fouls permitted by each player.

### **Person Fouls**

1. A player shall be allowed six person fouls per game. On the sixth personal foul, that player shall be removed from the game. A person foul is a player foul that involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A player who screens shall not:
  - a. When behind a stationary opponent, take a position closer than a normal step from the player.
  - b. Make contact when assuming a position at the side or in front of a stationary opponent.
  - c. Take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction.

### **Violation(s) results in:**

- One free throw is to be awarded for a foul against a shooter whose try is successful.
- Two free throws are to be awarded for:

- A foul against a shooter whose try is unsuccessful.
- An intentional foul.
- A bonus free throw is awarded for each common foul when the bonus rule is in effect, except for player control fouls.
- No free throws are awarded for:
  - Each common foul before the bonus rule is in effect.
  - A double foul.
  - A double foul, one or both fouls of which are flagrant or intentional.

## Definitions

1. **Personal foul:** A player foul which involves illegal contact with an opponent while the ball is alive or committed by an airborne shooter when the ball is dead.
2. **Common foul:** A personal foul which is neither flagrant nor intentional, nor committed against a player trying for a field goal, nor a part of a double or multiple foul.
3. **Intentional foul:** A personal or technical foul designed to stop or keep the clock away from starting, to neutralize an opponent's obvious advantageous position, contact away from the ball or when not playing the ball. It may or may not be premeditated and is not based on the severity of the act.
4. **Flagrant foul:** May be a personal or technical foul of a violent nature, or a technical non-contact foul, which displays unacceptable conduct. It may or may not be intentional.
5. **Player control foul:** A common foul committed by a player while he or she is in control of the ball, or by an airborne shooter.
6. **Double personal foul:** A situation in which two opponents commit person fouls against each other at approximately the same time.
7. **Double technical foul:** A situation in which two opponents commit technical fouls against each other at approximately the same time.
8. **Multiple foul:** A situation in which two or more teammates commit personal fouls against the same opponent at approximately the same time.
9. **Technical foul:** A foul that is unsportsmanlike and may include contact or non-contact, or both. A technical foul may be committed by a player, a non-player, or both.