

# **CDAА OFFICIAL BASKETBALL RULES**

## **4<sup>th</sup>-5<sup>th</sup> Grade (10' League)**

**Basket Height:** 10 Feet

**Ball Size:** Boys/Girls: 28.5

**Game Length:** Games will be divided into 8 periods with “half time” after the 4<sup>th</sup> period. Each period will be 4 minutes, running time, in length, except the last two minutes of each half, where the clock will stop on all whistles. The clock will also be stopped for all free throws, unless it is determined by the referees that the running time during free throws outside of the last two minutes is needed to keep the games on schedule. A 60-minute time limit applies to regular season games only. At the end of the game, if there is 15 seconds or less left on the clock, the ball must be thrown in from the middle of the front court and cannot be passed into the backcourt. This rule is in effect to stop game delays. If stalling occurs, the referee will award possession to the opposing team.

**Overtimes:** If any regulation game ends in a tie, there will be a two-minute rest period after which a three-minute overtime will be played. During the regular season, at the end of overtime if the game is still tied and the refs determine there is enough time, a second ‘sudden death’ overtime of three minutes will be played until a point is scored by one of the teams. If the game is tied, it will be recorded as a tie. In tournaments, the sudden death overtime will be played until a point is scored regardless of time constraints. **Note: You must continue to keep playing time equal.**

**Rest Periods:** There will be 30 second break between periods and a three-minute rest period at half time. These may be shortened to keep the games on schedule.

**Players:** If any team fails to have four players and a coach or a designated adult substitute coach available within five minutes after the scheduled starting time, the referee will declare the game forfeited. The teams will then split up the players that are there and scrimmage.

**Equipment:** All players must wear tennis shoes. No jewelry of any kind can be worn. If jewelry cannot be removed it must be taped over so that it will not get pulled out.

**Timekeeper/Scorekeeper:** Visiting team will be responsible for operating the clock and will wear their jerseys with the white side out. Home team will be responsible for the scorebook and will wear their jerseys with the blue side out. No kids will be allowed to be responsible for the scorebook or clock.

**Reporting Scores:** Scorebooks will be available at each gym and will be used to record and report scores. The Director(s) will be responsible for taking the scorebooks after the final game of the day.

**Time Outs:** Two time-outs per half, per team, will be allowed. No carry-over is allowed. One time-out per team will be allowed during the first overtime period. No time-outs will be allowed during ‘sudden death’.

**Beverages:** Only water bottles with screw top lids--there are to be no other beverages of any kind inside the gyms. Also, if your shoes are wet, dry them off before entering the gyms. Ensure your bench area is clean after each game.

**FRED MOORE:** Please have your team and spectators access the back gym via the locker room to avoid interrupting games or getting the floor wet. Only players and coaches can utilize the bleachers at floor level-spectators are NOT allowed.

**Substitutions:** Substitutions will take place at the end of every 4-minute period, allowing for eight separate playing periods. Between every period, coaches are allowed 30 seconds for substitutions. The alternate possession rule decides which team receives the ball to start each subsequent period after the initial jump ball. Coaches may substitute players at their own discretion, keeping in mind that at the end of the game, no player will play more than one period more than any other player on the team. NOTE: The substitution break is NOT a timeout—the check-in process begins immediately after the whistle.

Substitutions within a four-minute playing period are allowed only if:

1. A player fouls out.
2. A player is injured.
3. A player is ill or exhausted.
4. A player needs to be disciplined.

If 2 through 4 occur, a notation must be made in the official scorebook. If the substitute player has been in for more than 1 minute playing time, the substitute player is to be recoded as playing the whole period.

**ALL PLAYERS MUST HAVE EQUAL PLAYING TIME.** No player will play more than one period more than any other player on that team in any one game. Any team that plays a player two periods more than another player on their team will forfeit the game. NO EXCEPTIONS. If a coach needs to use reduced playing time for disciplinary purposes, they must notify the league director, in advance, for approval and advise the opposing coach in advance. If the need arises during the game, they must notify the referee and opposing coach immediately, and notify the league director as soon as possible. As noted, this also applies to overtime games. NOTE: Players that show up late/leave early—they are only required to play half of the time they are present.

Substitution Guidelines:

- . 11 Players = All play three periods, 7 will play four
- . 10 players = All play four periods
- . 9 players = All play four periods, 4 will play five
- . 8 players = All play five periods
- . 7 players = All play five periods, 5 will play six
- . 6 players = All play six periods, 4 will play seven

**Type of Defense:** Person-to-person defense only. Must be actively engaged in a defensive position (that means to stay between him/her and the basket at all times, always knowing where they are and be close enough to guard). Pressing is allowed starting with the 4<sup>th</sup> game of the season (**GIRLS only:** Press only allowed in 2<sup>nd</sup> half). Only person-to-person press is allowed until a team has a 10-point lead. If a team has a 10-point lead the players of that team must not press. Double-teaming will be allowed only inside the 3-point line as noted below

**NO ZONES:** A player can double team in the front court only inside the 3-point line. Also, the team's center can't hang around in the lane and play a match-up zone defense. All players must stay engaged in a defensive position with the person they are covering.

**Fast Breaks:** Teams are allowed to do fast breaks at the Jackson Rebels gym, but are not allowed at Dayton Elementary or Oxbow Creek Elementary. Once a team is ahead by 10 points, they are no longer allowed to do fast breaks.

**Jump Balls:** After the initial jump ball at the start of the game, all jump ball situations will be resolved using the alternate possession rule. The alternate possession rule also decides which team receives the ball to start each subsequent period. A jump ball will start overtime.

**3-Point Shot:** The 3-point shot will be used at any gyms as long as the gyms are marked for it.

**Foul Rules:** Teams will begin shooting two free throws when the opposing team has committed its 9th Team Foul. Until the 9th Team Foul, only shooting fouls will result in free throws. Players foul out of the game when they commit their 5th personal foul. Fouls committed/recorded in the second half of the game will carry over into overtime play.

A team will be allowed to play with 4 players, if other players have fouled out of the game. The remaining 4 players will continue play without substitution and will not foul out of the game. However, anytime one of those players commits more than a fifth individual foul, it will result in two free throws plus the ball out of bounds at mid-court for the other team. Other players on the bench, who fouled out of the game, may not re-enter the game, including any overtime. A player committing a foul will raise his/her hand for recognition by the official scorekeeper.

**Foul Shots:**

Boys: Foul shots will be shot from the free throw line.

Girls: Foul shots will be shot from one step inside the foul line.

**Technical Fouls:** Technical fouls count as team fouls and as a personal foul against a player. All technical fouls will be non-shooting fouls. However, the two points will be automatically awarded. Plus, the opposing team will get possession of the ball out of bounds. This applies for player, coach, or fan technical fouls, as well as "flagrant" fouls. Two Technical Fouls in one game will lead to ejection from the game.

ANY COACH OR PLAYER BEING EJECTED FROM A GAME WILL RESULT IN A ONE GAME SUSPENSION, unless the director overrules.

Examples of Technical Fouls:

- Fighting (automatic ejection)
- Arguing/yelling at the referee
- Foul/abusive language
- Flagrant Fouls (intentional tackling/aggressively fouling-automatic ejection)
- Pushing another player-especially after the whistle

**Conduct:** The officials are in charge of the game. The volunteer Scorekeeper/Timekeeper is part of the officiating crew and should remain as neutral as possible. Players, coaches and spectators are expected to show proper respect for the officials and the opposing team. The only person allowed to converse with the referee about a situation is the Head Coach. If there is a problem, the Head Coach must communicate with the referee in an appropriate manner. If the situation is handled any other way or by any other person, a Technical Foul will be called against the team. The League Directors and referees have the right to dismiss any spectator, player and/or coaches.

Other than these rules stated above, High School rules would apply.

*Updated 11/2008*