

BIG 10 Youth Basketball

2018/2019

League Rules Grades 4th – 6th

1. Each team will play with 5 players on a side. You may start with 4 players. If a team does not have 4 players 5 minutes after the scheduled start time, the game will be forfeited. You may not continue with less than 4 players. If one team only has 4 players, both teams will play with 4 players.
2. Game Ball
 - a. All levels will use an official women's size 28.5" ball
3. Jump Ball
 - a. Jump ball to start the game and any overtime periods. After that, the throw-in possession will alternate with each held ball.
4. The game will consist of
 - a. Two 14 minute halves with the clock stopping on all whistles.
 - b. If a team is up by 20 points or more the clock will continue to run in the 2nd half of the game only. Once a team has gotten the score back under 20, the clock will stop on all whistles once again.
 - c. There will be a 5 minute break at half-time.
 - d. **There will be a 5 minute warm up prior to each game.**
5. Overtime
 - a. In case of a tie, one overtime period of two minutes will be played.
 - b. In case of 2nd overtime, the first team to score wins
 - b. Each team will receive one additional timeout per overtime.
6. Time Outs
 - a. Each team will be allowed two time outs per half. Unused time outs do not carry over to the second half or to overtime.
 - b. Each time out will be 45 seconds in length.
7. Team Fouls and Free Throws
 - a. Six team fouls are allowed per half. Both offensive & defensive fouls will be counted as a team foul.
 - b. Bonus free throws will take effect on the 7th team foul of each half. The double bonus (2 shots) will take effect on the 10th team foul and each foul from that point on in that half.
 - c. Each player can get up to 5 personal fouls and then they will be fouled out of the game.
 - d. Free throw shooters must start with both feet behind the free throw line. They may jump two feet over the line while shooting the ball but they cannot rush the basket until the ball hits the rim or backboard.
8. Technical Fouls
 - a. All technical fouls will carry a penalty of two point award (no free throws shot) and the ball out-of-bounds for a throw-in at the division line. Any player receiving 2 technical fouls in one game must sit out the remainder of that game and the next game he/she is present for.
9. Playing Time and Substitution
 - a. It is strongly encouraged that all players get equal playing time. **This includes tournament play.**
 - b. Substitutions will be made only on dead balls, between quarters and at the time outs.

10. Defensive Positioning Rule
 - a. The defense cannot guard the offensive player until that player reaches the top of the key extended to both sidelines. On fast breaks, rebounds, and steals, players can advance the ball but cannot be challenged until they reach the top of the key extended. First violation of this rule is a warning and subsequent violations could result in a technical foul. Officials will preventatively tell players to get back. Defenders must have their feet on or behind the three point line extended when they begin to guard the offense.
 - b. Once the offense has crossed this line (the top of the key extended) the defense may come out past this line to cover their player.
 - c. Absolutely no zone defenses either formal or informal (i.e. sagging back inside the 3 point arch so it becomes unclear who the defensive player is guarding) are allowed at any time. Violation of this rule will be one team warning and subsequent violations could result in a technical foul for the bench.
 - d. Double-teaming is not allowed unless the offensive player comes to the defense and the defense does not initiate the double team (i.e. half court trap); a team will be allowed to provide help defense in the lane provided it is not construed to be a zone by the officials.
 - e. Half court pressing is allowed for the last 2 minutes of the game when the score is within 10 points. **Full court pressing is allowed for the last 30 seconds of the game when the score is within 10 points.** If the score difference is greater than 10 points, the team with fewer points is allowed to press, but the team that is leading by 10 points is not allowed to press.
11. Ten Second Rule
 - a. The ball must be brought into the forecourt within 10 seconds.
 - b. Once the ball crosses half court the offense has 10 seconds to engage the defense by passing or dribbling the ball inside the three point line extended. After 10 seconds the referees will allow the defense to extend past the three point line extended.
12. Lane Violations
 - a. Lane violations will be 4 seconds rather than 3 seconds.
13. Five Second Rule
 - a. The 5 second closely guarded rule will be in effect.
14. In-Bounds time: 5 seconds
15. The host sites will provide basketballs for each team to warm up with prior to the games each week. Please do not bring basketballs with you to games.
16. All jewelry must be removed when possible. Rings & earrings that cannot be removed must be covered with tape.
17. All coaches, players, and spectators are expected to promote good sportsmanship and there will be a zero tolerance policy for harassment, taunting, profanity or racial comments directed towards coaches, players, officials, timers/scorers, or spectators. Referees have the authority to assess technical fouls on coaches, players, AND spectators. Coaches are expected to assist game officials with players and spectators that are violating these rules.
18. All coaches **must** remain seated while the ball is in play during the game. 1st infraction will result in a verbal warning, subsequent infractions will result in a technical foul. **Any coach that receives 2 unsportsmanlike technical fouls in one game will be removed from the gym for the rest of that game and suspended for the next scheduled game. If a coach would receive 2 unsportsmanlike technical fouls in a second game during the season, that coach will be removed from the league for the rest of the season.**
19. All other rules not covered will adhere to WIAA basketball rules.