



PSA Basketball Rules & Procedures Recreational & Select Leagues

PLANO SPORTS AUTHORITY

TRIAL MODIFICATION 6/2024



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GENERAL RULES (ALL LEAGUES)

GAME RULES

All games scheduled by the PSA Basketball Program are played under the National Federation of High School ([NFHS](#)) rules except where modified by the PSA Basketball Rules.

PSA BASKETBALL LEAGUE POLICY

PSA Basketball has select and recreational leagues. Recreational leagues will include Kindergarten to 12th Grade. Select is offered in grades 3rd and above based on the number of teams within each grade. Each season will vary based on demand.

Rec League Policy:

- To keep our Recreational league in its purest form, PSA does not allow any Paid coaches, club programs, any teams that are formed via Tryouts, or that offer additional paid skills training into the Recreational leagues.
- Paid coaches or Club programs are defined by a player on a team providing monetarily IN ANY FORM to the coach or club. This includes but is not limited to paid skills training, paid coaching of any type, membership fees, and/or dues. The coach cannot be paid by the club to coach in that league.
- Paid coaches and Clubs may play in the PSA Select League which now starts at the 3rd grade.
- Absolutely, no Rec Age group will allow teams with paid coaches or a club as defined above.
- If a Paid Select Coach from the Select League also wants to coach a Rec team as a volunteer, then the coach will need to sign a Volunteer Coach Waiver, which allows the Select Coach to coach in the Rec league. In no case, will that team be able to wear the colors or name of the club. We do not anticipate there will be any waivers as they will be difficult to obtain. This is a mandatory requirement and any failure to comply can result in a suspension from all PSA.
- Paid coaches, club programs, any teams that are formed via Tryouts, or that offer additional paid skills training are not allowed in the Rec League in grades KG-12nd. This year's 2nd Grade Select teams will be allowed to play up in the 3rd grade select divisions through August 2018.
- Select will be available for Grades 3 to High School. There will be no Select offering for grades K through 2nd. Our intention is to never offer select in those grades.
- Penalty for those who break the rules of the policy:
First Offense:
 - Coach is suspended until review by Disciplinary Board
 - Immediately move team or teams to select league in current season or remove the team from the PSA Rec league (K-2)Second Offense:
 - Coach Suspended is suspended indefinitely from all PSA sports.



- Teams can be moved to select league or can be removed from the league if they do not have an assistant coach or cannot find another coach.
- Effective Winter 2017/2018

DIVISIONS

- Leagues will offer A, B, and C Divisions based on demand. D division is offered for Select league only
- Advance teams must play in the top division "A"
- Good teams should play in the middle division "B"
- Beginner teams, teams that won 3 games or less in the prior season when playing in C or B divisions, or development teams should play in the bottom division "C"
- The D-Division is solely for Developmental Select/Club teams, who have recently formed with players whom are developing into more competitive players. This D-Division will also be the division for teams previously in Rec, but do not qualify per the new Rec policy.
- Club teams must register in the select league if offered at the team's grade level.
- Teams playing in C or B division in the prior season must move up that have 5 wins or better

ROSTERS

- Teams are limited to 10 players on their roster
- Under special circumstances, teams may petition the Basketball Director to have more than 11 players
- Additional players may be added to the official roster prior to the roster lock date.
- Coaches may request an exception to the roster lock date by emailing the PSA Basketball Director.
- PSA will at times validate rosters during games
- Players must be on the roster to play in the game; no exceptions
- Established teams are recommended to restrict themselves to 8 players and divide the team fee among the 8 players

COACHES/MANAGERS

- Each team is allowed a Head Coach, Manager and/or Assistant Coaches
- One adult, **21 years or older, must be on the roster**
- **Must have a current PSA coaches application renewed regularly based on PSA Policy**
- The Head Coach is responsible for the conduct of all persons connected with their team (Assistant Coach, players, score keepers, parents and fans)
- **In the event that no coach is available, a parent may act as the stand-in Head Coach; the parent must be 21 or older and have a coaches badge**
- **All Coaches and Managers listed on the Roster must have a coaches badge**



PLAYERS

- Only the players listed on the official roster maintained in the PSA Sports Management System are eligible to participate in games
- Guest players are not authorized at any time or under any circumstances
- Spot check of rosters will be done from time to time by officials and if requested by opposing coach
- **A player may only play on one (1) team per grade**
- Players may play in their grade and higher (ex. Player in the 6th grade can play in 6th, 7th and 8th Grades)

The use of an illegal player by any team will result in a forfeit and the suspension of the player and the coach. An illegal player is defined as someone that is not on the current roster or is on 2 rosters in the same grade. This is true even if the 2 teams are in different divisions. It is also when a player is playing on a team lower than their current grade.

MANDATORY PLAYING TIME REQUIREMENTS:

Playing time requirements only apply to the Recreational League for the following grades and divisions.

- **Kindergarten to 2nd Grade – All divisions**
- **3rd Grade to High School – All divisions**

- Coaches are responsible to ensure that all players meet their league specific mandatory playing time requirements
- A coach who has a dispute over playing time must bring the infraction to the attention of the official and opposing coach in time for it to be resolved during the game. If a team does not provide a scorekeeper or notify the referee and opposing coach of an apparent violation, there is no basis for a protest.

- **For kindergarten to 2nd Grade**

The following table provides the playing time requirements for when you have the specific number of players at the game.

Players	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter
4	All Play	All Play	All Play	All Play
5	All Play	All Play	All Play	All Play



6	Players 1-5 Play full Qtr. No substitution	Player 6 plays full Qtr. Players 1-5 can sub	Players 1-3 play full Qtr. Players 4-6 sub	Players 4-6 play full Qtr. Players 1-3 sub
7	Players 1-5 play full Qtr. No substitution	Players 6-7 play full Qtr. Players 1-5 can sub (3)	Players 1-4 play full Qtr. Players 5-7 can sub	Players 5-7 play full Qtr. Players 1-4 can sub
8	Players 1-5 play full Qtr. No substitution	Players 6-8 play full Qtr. Players 1-5 can sub (2)	Players 1-4 play full Qtr. Players 5-8 can sub	Players 5-8 play full Qtr. Players 1-4 can sub
9	Players 1-5 play full Qtr. No substitution	Players 6-9 play full Qtr. Players 1-5 can sub (1)	Players 1-5 play full Qtr. Players 6-9 can sub	Players 6-9 play full Qtr. Players 1-5 can sub
10	Players 1-5 play full Qtr. No substitution	Players 6-10 play full Qtr. No substitution	Players 1-5 play full Qtr. No substitution	Players 6-10 play full Qtr. No substitution
11	Players 1-5 play full Qtr. No substitution	Players 6-9 play full Qtr. Players 10-11 sub for each other.	Players 10-11 play full Qtr. Play 2 more players the full quarter Sub the remaining players	Play 4 players full Qtr. That have not played a full Qtr in the 2 nd half Sub the remaining players

Note: When playing 11 or more players, you should rotate players from game to game to equally play all players during the season.

For 3rd grade and above

The following table provides the playing time requirements for when you have the specific number of players at the game.

- All players will play one full quarter in the first half and should play a minimum of 6 minutes during the second half. It is realized the 6 minutes could be slightly less or more but the intent is for everyone to play the equivalent of 6 minutes or more.

Players	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter
4	All Play	All Play	All Play	All Play
5	All Play	All Play	All Play	All Play
6	Players 1-5 Play full Qtr. No substitution	Player 6 plays full Qtr. Players 1-5 can sub	All players should play minimum of 6 minutes of the 2nd half	
7	Players 1-5 play full Qtr. No substitution	Players 6-7 play full Qtr. Players 1-5 can sub (3)	All players should play minimum of 6 minutes of the 2nd half	
8	Players 1-5 play full Qtr. No substitution	Players 6-8 play full Qtr. Players 1-5 can sub (2)	All players should play minimum of 6 minutes of the 2nd half	
9	Players 1-5 play full Qtr. No substitution	Players 6-9 play full Qtr. Players 1-5 can sub (1)	All players should play minimum of 6 minutes of the 2nd half	
10	Players 1-5 play full Qtr.	Players 6-10 play full Qtr.	All players should play minimum of 6 minutes of the 2nd half	



Players	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter
	No substitution	No substitution		
11	Players 1-5 play full Qtr. No substitution	Players 6-9 play full Qtr. Players 10-11 sub	All players should play minimum of 6 minutes of the 2nd half	

UNIFORMS

- All uniforms shall have numbers on the front (4") and back (6") and no duplicates
- **Numbers may be up to 2 digits (0-5). Reversible uniforms are recommended**
- **PSA must be on the uniforms starting with Winter 2018**
- Uniforms are not included in the registration fee
- The team is responsible to purchase their own uniforms and they can be purchased from the PSA Shop (972-208-3860)
- Home team should be light color and Visitors team dark color
- **In the event of a dispute, the Game Officials have final say on Jersey colors for that particular game**
- Pinnies are available from the PSA front desk – must check them out and return them
- Any viewable jewelry must be removed unless newly pierced ears then they must be covered
- Any loose items must be removed or secured properly; if a wrist band cannot be removed, then it must be covered with a sport band or medical tape
- Any type of cast or device must be approved by the officials
- Failure to comply with uniform requirements will be reviewed by PSA Disciplinary board and the team penalized "up to" one point per incorrect uniform. The game will be played with the discrepancy photographed and sent to PSA Basketball for post-game action

GAME TIME

- **Recreational League**
 - Games are four (4) six-minute quarters **STOPPED** Clock
 - The time clock stops for violations, fouls, timeouts and court issues
- **Select League**
 - Games are two 20 minutes halves **RUNNING** Clock
 - Last 2 minutes in both halves **STOPPED** Clock including substitutions
- Half Time is 3 Minutes
- Teams have five minutes to warm-up and prepare before the game starts
- Games must not start earlier than the scheduled time

TIME OUTS

- Each team is allowed four (4) forty-five (45) second timeouts per game
- One (1) forty-five (45) second time out in overtime



- Time outs do not carry over from regulation into overtime

BENCH

- Only eligible players and coaches (**limit 2**) on the official roster are permitted on the bench
- During the game, coaches are not permitted on the court and must stay within the bench area
- **Officials may require that coaches remain seated**
- Failure to follow the referees' instructions may result in a technical foul and ejection
- **Coaches box extends from his/her side of the score's table to the end of their bench and does NOT extend onto the court**
- Coaches are expected to be seated during most of the game
- Coaches going onto the floor may receive a technical foul
- Coaches must be 7" from opposing player on toss-ins

GAME SHEETS

- PSA game sheets are provided at the time of the game by PSA located on the scorer's table
- Game sheet will list all players and coaches eligible to participate in the game
- Coaches must write down each player's number and exchange the game sheet with the other team
- If the home team elects not to use the PSA provided game sheets, then the visiting team can use them

SCOREKEEPERS

- The home team provides the official scorekeeper
- The first team listed on the schedule is the home team
- If for some reason the home team cannot provide a scorekeeper, then the visiting scorekeeper keeps the official scorebook
- Scorekeepers are required to sit on either side of the timekeeper
- Scorekeepers may not sit in the stands or on the team bench
- The home scorekeeper sits on the left facing the court
- The scorekeeper must list all players on each team by full name and number
- Scorekeepers are required to record overall running score, individual scoring, personal fouls, team fouls, and time-outs
- Player participation should be tracked for games that have playing time requirements
- It is recommended for scorekeepers to compare their scorebook at the end of each quarter to ensure there are no discrepancies
- It is recommended that both teams provide a scorekeeper
- Scorekeepers cannot coach from the scorekeeper table
- Officials may request to have a different scorekeeper

SUBSTITUTIONS

- Prior to entering the game, all players must report to the scorekeeper's table
- Officials will signal the player into the game



POSSESSION

- Games will start with a center jump ball
- For 2nd, 3rd, and 4th quarters, teams will inbound the ball at mid court
- The timekeeper will maintain the possession arrow
- **Teams will start the game shooting at the opposite end of their bench**
- At the beginning of the third quarter, teams will shoot on their own end

TEN SECOND CLOCK

- Teams have ten (10) seconds to get the ball over the half court line
- Timeouts taken prior to crossing the half court line will reset the ten (10) second clock
- **When back court pressure is not allowed, the ten (10) second clock will not be reset**

OVERTIME

RECREATIONAL LEAGUE

Applies to 3rd Grade and Above

- If the game is tied at the end of regulation, a three (3) minute overtime period will be played
- If the game remains tied at the end of the first overtime, a sudden death overtime period will be played. **In the sudden death overtime period, the first team scoring any point whether off a free throw or a basket**
- Overtime periods start with a center jump ball
- Boys 3rd grade and above will play on a 10' basket
- Girls 3rd grade will play on a 9' basket
- Girls 4th grade and up will play on a 10' basket

SELECT LEAGUE

Applies to All Grades

- If the game is tied at the end of regulation, three (3) minute overtime periods will be played until a team wins

FORFEITS

- A team must have a minimum of 4 players and 1 coach in order to start the game



- If a team is unable to field a team (4 players and 1 coach) within 10 minutes of the scheduled game time the game will be forfeited
- Forfeited games will not be rescheduled
- **After 10 minutes, the teams can elect to scrimmage and have the officials officiate the game**
- The scrimmage must end 5 minutes before the other game starts
- The forfeited game will be recorded as 10 to 0
- Please refer to the [Forfeiting Procedure](#) under [PSA Basketball Procedures](#)

FOULS

- Individual Fouls: a player must leave the game after receiving five (5) fouls. This applies to all grades.
- Teams Fouls: every foul counts as a team foul, including offensive and technical fouls. On the seventh (7th) foul, the team will be in the bonus (1 and 1) situation. On the tenth (10th) foul, the team will be in the double bonus (2 shots). An offensive foul results in turning the ball over to the other team (no foul shots).
- Fouls Shots:
 - **A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. All other players may enter the lane when the ball hits the rim.**
- Technical Fouls: a technical foul will result in two (2) free throws and loss of possession. **Two (2) technical fouls against a player or coach will result in ejection from the game.** The player or coach must immediately leave the playing area. Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the team's bench. Officials will fill out an ejection form on the same day.
- Ejection of a coach requires suspension until review by disciplinary board

DISCIPLINARY ACTION

Disciplinary action may be taken against a coach, parent and/or player for violation of the rules or code of conduct. Depending on the severity of the infractions, a recommendation may be made to suspend the individual for the remainder of the season or ban them from all PSA sponsored events. The decision will be made by the PSA Basketball Director and/or the PSA Basketball Board. In some cases, PSA management may review the situation and take action as well. Individuals may meet with the PSA Basketball Board to hear their case with approval of the PSA Basketball Director.

ILLEGAL PLAYERS

- Playing an illegal player could result in suspension of players and/or coaches for the season
- Periodic roster checks will be made by the officials and or if requested by opposing coach



FIGHTING

- Fighting will not be tolerated
- Players or coaches, who fight, start or attempt to instigate a fight, will be expelled from further league play.
- There are no refunds to players expelled from the league

PLAYING TIME

Violation of playing time rules is not tolerated. League coordinators will investigate all suspected playing time violations. If it is determined that a coach violated the playing time requirements, then the coach will be counseled on the rules and given a warning. Any further violation will result in an automatic one (1) game suspension.

A coach, who continues to violate the playing time rules, will be brought to the attention of the Basketball Board for disciplinary action. Disciplinary action may result in additional suspension or immediate replacement of the coach.

TECHNICAL FOULS

Two (2) technical fouls against a player or coach will result in ejection from the game. Any ejection also carries an automatic one (1) game suspension. The suspension will be served in the next scheduled game (regular season, tournament or playoff) and the coach must go before the disciplinary board

CODE OF CONDUCT

- Infractions/violations could result in leaving the game immediately and/or suspended from PSA
- Officials will enforce before, during and after game times
- PSA employees will report any infraction and take the necessary action at the time

PROTESTS

The Basketball Board will only hear protests for ineligible players and mandatory playing time violations. Coaches may not protest a referee's judgment call. During the regular season, all protests must be submitted to the Basketball Director in writing within 48 hours of the game in question. **A protest will not be allowed if the protesting coach did not inform the Referee and opposing coach of the infraction in time for it to be resolved during the game.** During playoffs and tournaments, the time between games does not allow for the normal protest process. The Basketball Director in conjunction with the League Coordinator or other basketball representative will have the authority to rule on the protest.



PSA BASKETBALL PROCEDURES

FORFEITING PROCEDURE

- If a team knows they have to forfeit a PSA Basketball Game more than 4 days in advance:
 - Find a team within the same division to play the game
 - Notify the opposing coach that you are forfeiting the game and that there will be a team from the same division playing instead
 - If a team cannot be found, then contact the opposing coach and your league coordinator or basketball director at least 24 hours before game time
- If for some reason a team must forfeit a game at the last minute (within 24 hours of game time):
 - Contact the opposing coach
 - Send an email to your league coordinator or Basketball director
 - Contact the PSA Customer Service desk at 972-208-5437

Note: The game score will be recorded as 10 to 0 for all forfeited games. All coaches need to contact their league coordinator for a list of teams, coach's names, and emails that are your division from the league coordinator

GAME SWAP PROCEDURE

Schedule Conflicts should be limited to those situations where a team is unable to fill the minimum number of players (4) and would otherwise be forced to forfeit. **In all other cases the games should be played as published.**

Please follow these guidelines for resolving scheduling conflicts.

Step 1: Determine any scheduling conflict well in advance.

- Forfeited games will not be rescheduled.
- If a team is unable to field at least 4 players at game time then they must forfeit the game. Please refer to the [Forfeiting Procedure](#) to forfeit your game

Step 2: Coordinate an opponent or game time swap with another team from within your division.



- Coaches should contact, via e-mail or phone, the other teams in their division. Please coordinate these swaps on your own. Opponent swaps only require the agreement of the two coaches switching games.
- Game time swaps require that all four coaches' agree with the change and are more difficult to accomplish than one team swapping with another.
- Note: *swapping opponents may result in playing a team more than once or not playing a team at all.*
- Coaches must notify their league coordinator or PSA Basketball Director before noon on Thursday.
- In the event that you are unable to arrange a swap and will be forfeiting the game, e-mail the coach you are playing and he/she may attempt to arrange an alternative opponent for the game, in order to avoid both teams losing a game. It will still be counted as a forfeit, but one team gets to play an extra game and the other team gets to play and not just win by forfeit.

DIVISION SWAP REQUEST

A team could be doing really well or not so well playing in a basketball division and is reviewed by PSA to determine if teams should move to a different division. The PSA Basketball Director and the league coordinators will review the standings after second played game to determine if any teams should move up or down. Coaches can request to be moved down or up by send an email to their league coordinator. If a team is a candidate to be moved, then PSA will solicit those teams that need to move based on their standings. In some cases, PSA may force teams to swap based on their standings.

Before a swap is completed, both coaches must review each other's basketball game schedule to identify any conflicts. If there are no conflicts or conflicts that can be resolved, then the swap can take place. Each team will take over each other's schedule.

If a division swap is not possible at the time, then later in the season the standings can be reviewed again for a possible swap.

Process to swap divisions:

- Send an email to your sports grade manager
- Standings will be reviewed to identify possible teams
- Teams will be emailed
- Possible teams will review their schedules for any conflicts
- Two teams agree and assume the other team's schedule

RECREATIONAL GRADES



MINI LEAGUE: KINDERGARTEN, 1ST AND 2ND GRADE SPECIFIC RULES

BASKET HEIGHT

- Eight Feet (8ft)

BALL SIZE

- Junior Ball (27" or 27.5")

MANDATORY PLAYING TIME REQUIREMENTS

Teams with ten (10) or less players: Each player must play at least one (1) full quarter from start to finish in each half.

Teams with more than ten (10) players: Each player must play one (1) full quarter from start to finish in the game and no player may play in more than one (1) quarter in each half.

These rules may be waived under the following circumstances.

- If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
- If a player arrives after the start of the second half, the coach is not obligated to play the player.
- A player can be substituted anytime during the game if a player is ill or injured

BALL HANDLING VIOLATIONS

- All ball handling violations called inside 3pt circle on offensive end for Grade 1st-2nd. For kinder it will be called inside the lane.

DEFENSIVE PRESSURE

- No defensive pressure in the backcourt
- Once ball control has been established on a rebound, the defensive team must release
- Initial defensive pressure is not allowed until the ball passes an imaginary line at the top of the key (the yellow line will be used for games at the PSA 1st Center).



- The team on offense must make a timely (5 seconds) attempt to advance the ball across the line at the top of the key, or the referee will call a closely guarded violation and award the ball to the other team.
- After the initial penetration, defensive pressure is allowed to continue until change of possession
- Defensive pressure violations will result in the ball being given back to the offensive team.

FOUL SHOTS

- Taken from the bottom of the key.

THREE-SECOND LANE VIOLATIONS

- Violations are not called

TECHNICAL FOULS

- Not called on players. They may be called on the coaches.

GAMES

- No Overtime Games

THREE POINT SHOTS

- Shots made behind the three-point line will not count as three points but as two

JUNIOR LEAGUE: 3RD AND 4TH GRADE SPECIFIC RULES

BALL SIZE

- 3rd Grade: Junior Ball (27" or 27.5")
- 4th Grade: Intermediate Ball (28.5")

MANDATORY PLAYING TIME REQUIREMENTS:

- Applies to all divisions
- Each player must play at least one (1) full quarter from start to finish in the first half unless you have more than 10 players. **Players must be substituted in the second half so that they should play approximately 6 minutes. It is impossible to be exact but best effort.**



- To meet the playing time rules, there is no substitution in the first (1st) Quarter as well as the Second (2nd) Quarter when there are Ten (10) players. If less than Ten (10) players, then substitution can happen in the Second (2nd) Quarter. If more than Ten (10) players, then substitution must happen in the Second (2nd) Quarter.
- These rules may be waived under the following circumstances.
 - a. If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
 - b. If a player arrives after the start of the second half, the coach is not obligated to play the player.
 - c. A player can be substituted anytime during the game if a player is ill or injured

DEFENSIVE PRESSURE

- 3rd Grade
 - No defensive pressure in the backcourt
 - Once ball control has been established on a rebound, the defensive team must release
- 4th Grade
 - Full court defensive pressure is permitted only in the second half of the game
 - No back court when up by 15 points
- Defensive Pressure violations will result in the ball being given back to the offensive team
- The third defensive pressure violation results in a technical foul, two (2) free throws
- Ball handling errors will be called after the half-court line in 3rd grade
- Ball handling errors will be called anywhere on the court in 4th grade and up

FOUL SHOTS:

- 3rd Grade Boys & Girls
 - Foul shots are taken halfway between the bottom of the key and the regulation free throw line
- 4th Grade Girls & Boys
 - Foul shots are taken from the regulation free throw line.

THREE-SECOND LANE VIOLATIONS:

- 3rd Grade
 - Three-second lane violations are **not** enforced.



- 4th Grade
 - Three-second lane violations are enforced.

THREE POINT SHOTS

- Shots made behind the three-point line will count as three (3) points.

INTERMEDIATE LEAGUE: 5TH AND 6TH GRADE SPECIFIC RULES

Regular Basketball Rules apply unless specified below

BALL SIZE

- 5th Grade Boys and 5th/6th Grade Girls - Intermediate Ball (28.5")
- 6th Grade Boys – Official Regulation Ball (29.5")

Note: 6th grade boys use the 29.5" ball size in preparation for 7th Grade Middle School Basketball; the 28.5" ball size can be used if both teams play tournaments and/or agree

MANDATORY PLAYING TIME REQUIREMENTS

- Applies to all divisions
- Each player must play at least one (1) full quarter from start to finish in the first half unless you have more than 10 players. **Players should play approximately 6 minutes during the second half.**
- To meet the playing time rules, there is no substitution in the first (1st) Quarter as well as the Second (2nd) Quarter when there are Ten (10) players. If less than Ten (10) players, then substitution can happen in the Second (2nd) Quarter. If more than Ten (10) players, then substitution must happen in the Second (2nd) Quarter.
- These rules may be waived under the following circumstances.
 - a. If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
 - b. If a player arrives after the start of the second half, the coach is not obligated to play the player.
 - c. A player can be substituted anytime during the game if a player is ill or injured

DEFENSIVE PRESSURE



- 5th Grade
 - Full court defensive pressure is permitted only in the second half of the game
 - No back court when up by 15 points
- 6th Grade
 - Full court defensive pressure is permitted for the entire game.
 - No back court when up by 15 points
- Defensive pressure violations will result in the ball being given back to the offensive team
- The third defensive pressure violation results in a team technical foul, two (2) free throws

SENIOR LEAGUE: 7TH THROUGH 12TH GRADE SPECIFIC RULES

BALL SIZE:

- Girls: Intermediate Ball (28.5")
- Boys: Official Regulation Ball (29.5")

MANDATORY PLAYING TIME REQUIREMENTS

- Applies to all divisions
- Each player must play at least one (1) full quarter from start to finish in the first half unless you have more than 10 players. **Players must play in both halves.**
- To meet the playing time rules, there is no substitution in the first (1st) Quarter as well as the Second (2nd) Quarter when there are Ten (10) players. If less than Ten (10) players, then substitution can happen in the Second (2nd) Quarter. If more than Ten (10) players, then substitution must happen in the Second (2nd) Quarter.
- These rules may be waived under the following circumstances.
 - a. If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
 - b. If a player arrives after the start of the second half, the coach is not obligated to play the player.
 - c. A player can be substituted anytime during the game if a player is ill or injured



DEFENSIVE PRESSURE

- 7th Grade and Above
 - Full court defensive pressure is permitted for the entire game.
 - No back court when up by 15 points
- Defensive pressure violations will result in the ball being given back to the offensive team
- The third defensive pressure violation results in a team technical foul, two (2) free throws



SELECT LEAGUE

The select league will have A, B, C and D divisions if there are enough teams within the grade. Teams must play in the highest division that best fits their skill level. Any team that plays in a lower division and wins games by a large margin will be moved to a higher division.

RULES

Regular Basketball Rules apply unless specified below

PLAYING TIME REQUIREMENTS

- No playing time requirements

GAME DURATION

- 2 - 20 Minutes halves – Running Clock
- Stopped clock in last 2 minutes in each half

FREE THROWS

- **A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter.**
- **All other players may enter the lane when the ball hits the rim.**

BALL SIZE

- 4th and 5th Grade Boys
 - Intermediate Ball (28.5")
- 6th to 9th Grade Boys
 - Official Regulation Ball (29.5")

Note: 6th grade boys use the 29.5" ball size in preparation for 7th Grade Middle School Basketball; the 28.5" ball size can be used if both teams play tournaments and/or agree

- 4th – High School Girls
 - Intermediate Ball (28.5")



NFHS RULE CHANGES

2014-2015 RULE CHANGES

4-19-3d: Intentional fouls include but are not limited to: Excessive contact with an opponent while the ball is live or until an airborne shooter returns to the floor.

9-1-4g: A player occupying a marked lane space...may enter the lane on the release of the ball by the free throw shooter.

10-6-12 NEW: The following acts constitute a foul when committed against a ball handler/dribbler:

- a) Placing two hands on the player.
- b) Placing an extended arm bar on the player.
- c) Placing and keeping a hand on the player.
- d) Contacting the player more than once with the same hand or alternating hands.

Summer 2024- Rule Change

All Recreational grades K-12th will follow the National Federation of Basketball High School Rules-

1) On the 5th team foul, player fouled automatically shoots 2 free throws. Players will line up accordingly on the free throw line.

(There will no longer be one-and-one on a team's 7th foul).

Team fouls will reset to zero at the start of each quarter.

2) Recreational league will play four, 9 minute- running clock periods. For quarters 1 and 2, the referee will stop play at or close to the mid-point; four-and-a-half-minute mark for teams to sub players in.

Those players sitting on the bench will sub in.



*The beginning of the 2nd quarter, teams can start any 5 players, and again at the mid-point, players on bench must rotate in.

3) The 3rd and 4th quarters are free substitutions, and the referee will not stop the clock. However, teams should sub players equally giving every player a minimum of 9 minutes to play in the second half.

4) The clock will stop last 2 minutes of the 4th quarter if the game is within 20 points.

For Summer 2024, we will use the running clock as a pilot program and will send a survey out to all coaches for feedback. The coaches feedback will help determine what the future rules will be.