

# Youth 5v5 Basketball League Rules

## **NFHS Rules of Basketball will apply with the following exceptions:**

### I. Calendar and Eligibility

1. Players grades K-6<sup>th</sup> will be able to participate in league play. Grade is determined by the participant's grade as of September 1st, of the current year. Exceptions may be made at the discretion of Rush Sports Complex Directors.
2. Leagues will run 7 weeks, with each team playing one game per week on Saturday mornings. K-3<sup>rd</sup> grade divisions will play 7 regular season games. 4<sup>th</sup> grade divisions and older will play 6 regular season games, with a playoff tournament played week 7.
3. The league will accept individual and team registrations. Individual players will be divided (to the best of our ability) into evenly split teams based upon grade, ability, and skill level. All player assignments will be the sole discretion of Rush Sports Complex Directors.
4. Practice times are available to all teams that sign up as individuals. Teams registered as a group have the option to practice at Rush Sports as well. All teams opting for practices must choose this option when registering. Each team will have one (1) practice per week. Contact your coach for day & times of your practice.
5. A player may only be listed on one roster per season. A player may choose to play up one age division, but he/she cannot play down an age division.
6. Refunds will NOT be issued after uniforms have been ordered.

### II. Equipment/Uniforms

1. All players on each team must wear jerseys that are matching in color and which have a permanently affixed, non-duplicated number on the front of the jersey. Rush Sports will provide jerseys for all registered individuals.
2. Players must wear shoes that are designed for indoor wood court surfaces. NO "turf shoes" or other black-soled shoes will be allowed. Players may not play barefooted or in stocking feet.
3. Referees may ban any equipment that they deem as unsafe or illegal.
4. Jerseys must be tucked in at all times during games.
5. No jewelry may be worn at any time during the game.

### III. Playing Rules

1. Teams should be present twenty (20) minutes before game time.
2. Playing time per game: Each player is required to play the equivalent of HALF of each game.
3. A starting line-up must be turned into the Official Scorekeeper 5 minutes prior to game time. Line-up must include last name, first name and jersey number.

4. Quarters:
  - K – 3<sup>rd</sup> grade leagues: An official game shall consist of four (4) eight-minute quarters with a running clock. Clock will **only** stop for official substitution, timeouts, injury, and official’s discretion.
  - 4<sup>th</sup> Grade: An official game shall consist of four (4) eight-minute quarters. quarters with a running clock. The clock will stop for timeouts, injury, and under ONE minute in the 2<sup>nd</sup> and 4<sup>th</sup> quarter.
  - 5<sup>th</sup> – 6<sup>th</sup> Grade: An official game shall consist of four (4) eight-minute quarters. Quarters. Clock will stop for normal stoppages (deadballs, timeouts, etc.). A running clock can be used when one team has a 20-point lead or more in the 4th quarter. Once the lead is below 20 points, normal time stoppage will resume.
5. Playing Time:
  - Each player must play 2 full quarters per game, no exceptions. Any team not following this rule will forfeit the game, and the head coach will be suspended for two games. If any team is found not following this rule more than once, the head coach will be suspended from coaching for the rest of the season.
  - Please plan ahead and spread the playing time amongst **all players, not just the best players.**
  - Players are expected to attend all scheduled practices and games. If players are unable to attend a scheduled practice or game, that absence should be communicated to the head coach. Excessive absences should be communicated to the Rush Sports Directors by the head coach.
6. Jump Balls:
  - Kindergarten – 3<sup>rd</sup> Grade: First possession to start with odd/even call by ‘away’ team
  - 4<sup>th</sup> grade and up will start with a normal jump ball at center court
7. Halftime: 3-minutes in length
8. Basketball sizes used:
  - K – 1<sup>st</sup> will use a 25.5 ball.
  - 2<sup>nd</sup>/3<sup>rd</sup> will use a 27.0 ball.
  - 4<sup>th</sup> - 6<sup>th</sup> grades will use a 28.5 ball.
9. Goal sizes used:
  - K – 3<sup>rd</sup> will utilize an 8 foot goal.
  - 3<sup>rd</sup>-4<sup>th</sup> grades will utilize a 9 foot goal.
  - 5<sup>th</sup>-6<sup>th</sup> grades will utilize a 10 foot goal.
10. The “three – second” lane violation rule will be in effect for only 4th grade & older Division Games.
11. Full Court Press:
  - K/1<sup>st</sup> Grade: Pressing is NOT allowed.
  - 2<sup>nd</sup>/3<sup>rd</sup> Grade: Pressing is allowed in the 2nd HALF ONLY.
  - 4<sup>th</sup> Grade & Above: Pressing is allowed ALL game.
  - Mercy Rule:
    - 2<sup>nd</sup> -6<sup>th</sup> Grade: If a team is up by more than 15 points in the 2nd half, that team cannot full court press. They will receive a warning on the first incident and a technical foul on the coach for the 2nd.

12. 5 Second Rule: The 5 second closely guarded violation does NOT apply for grades K - 3<sup>rd</sup>.
13. 10 Second Rule: The ten-second rule for offensive teams to advance the ball past half court will be in effect during all games EXCEPT for K-3<sup>rd</sup> grade Divisions.
14. Three Point Shot: All shots made behind the 3-point arc will be counted as such in divisions 3<sup>rd</sup> grade and older.
15. Timeouts:
  - K – 3<sup>rd</sup> Grade: Teams will receive 1 timeout per half
  - 4<sup>th</sup> Grade & Up: Teams will receive 2 timeouts per half.
16. Players on the court: Teams may start with a minimum of 4 players and can finish with as few as two.
17. Substitutions: All substitutes must check in at the scorer's table and wait for an official to allow them to enter the game.
  - Kindergarten/1<sup>st</sup> : players will lineup at half court at the beginning of each quarter to determine who they are guarding, the league will provide colored wrist bands to help with this.
  - 2<sup>nd</sup>/3<sup>rd</sup> Grade: Substitutes may come in at the 4-minute mark of each quarter, the clock will stop for 30 seconds for this substitution, players will not line up at half court.
  - For 4<sup>th</sup> grade & above, substitutes may come in at the 4-minute mark of each quarter, the clock will stop for 30 seconds for this substitution, players will not line up at half court through the first three quarters. In the 4<sup>th</sup> quarter, coaches may sub players in at any stoppage in play. There will not be an official Substitution Timeout.
18. Defense:
  - K – 3<sup>rd</sup> grade:
    - Man to Man Defense required. All players will be responsible for guarding the player they are assigned to. Player assignments will be determined by both coaches prior to the start of the period.
    - Encourage a 2' halo around players (with the ball or without) outside of the paint (help successful ball movement).
    - Discourage double teaming outside of the paint as much as possible.
    - No stealing the ball of the dribble is permitted. Stealing off the pass **only**.
    - Zone Defense is NOT PERMITTED
  - 4<sup>th</sup> – 6<sup>th</sup> grade:
    - Man to Man Defense and Zone Defense permitted.
19. Coaches:
  - One (1) Coach may stand during the game but must remain on the sideline. All other coaches must remain seated on the sideline during game play, except during substitutions (Exception: In Kindergarten – 1<sup>st</sup> grade divisions, One (1) Coach will be allowed on the game floor with the players, but will not impede game progress).

20. Rush Sports reserves the right to approve/disapprove any team logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.

## 21. Fouls

1. In Kindergarten through 3<sup>rd</sup> grade Divisions, a player may not foul out. In 4<sup>th</sup> grade & above divisions, 5 fouls committed during the game will result in that player having to sit out the remainder of the game.
2. Foul Shots:
  - Kindergarten/1<sup>st</sup> Division: There will be no foul shots. Every foul will result in an out of bounds possession by the team whose player was fouled.
  - 2<sup>nd</sup>/3<sup>rd</sup> Division: There will be no foul shots. Every *non-shooting foul* will result in an out of bounds possession by the team whose player was fouled. *Shooting fouls* will be penalized by awarding the team whose player was fouled with 1 point. The ball will change possession and will be restarted by an out of bounds possession. Coaches have the right to decline the point and maintain possession of the ball on a shooting foul
  - 4<sup>th</sup> -6<sup>th</sup> Grade Division: Foul shots will be taken from the painted foul line, or if needed, at a closer line marked on the floor with tape.
3. Bonuses: Will take effect in 3rd-6th Grade Divisions.
  - After 6 Team Fouls, all fouls will result in a 1-1 shot for the player the foul was committed against. (Player will be given 1 shot, if it is made, they will be granted an additional shot. If the basket is not made, play will resume on the rebound of the shot if possible).
  - After 9 Team Fouls, all fouls will result in an automatic 2 shots for the player the foul was committed against.
  - All Team Fouls will reset at Halftime.
4. Technical Fouls:
  - K-2nd Grade a technical foul by a player or coach results in a change of possession. If a player or coach receives 2 technicals they will be ejected from the game.
  - 3rd Grade and up a technical foul by a player or coach results in 2 shots and possession of the ball. 2 technical fouls by a player or coach will result in an ejection.
  - ANY player or coach ejected from a game will receive a minimum of a 1-game suspension from all league activities (games and practices). The league reserves the right to levy longer suspensions or bans at their discretion.

## V. Overtime

1. No Overtime will be played in Kindergarten – 3rd Grade Divisions. Games can end in a tie.
2. For 4th-6th Grade Divisions, a (1) one-minute overtime will be played at the end of regulation. If there is a tie at the end of the overtime period, the game will go to a sudden death play. Sudden Death will be started with a Jump Ball in Center Court. Game will end after one team makes a basket.
3. For the Overtime Period, Coaches will be given ONE additional time-out.

## VI. Staff Information/Inclement Weather

1. The Home team is responsible for supplying a scorekeeper for each game.
  - o Parent, grandparent, sibling that is old enough to press +2, switch possession at jump balls, quarters, etc.
2. The Away team is responsible for supplying a statistician for each.
3. Contact your coach for information on any cancellations. Also check the Rush Sports Facebook Pages.

## VII. Conduct/Discipline Policy

1. If a coach, player, or spectator, in the opinion of the official, is verbally abusive to that official during the game, the official may first assess a technical foul on that team's bench. If another incident occurs during that game, the official may assess another bench technical and the offending coach, player or spectator, will be asked to leave the gymnasium and will be suspended for 2 games upon review of Rush Sports Directors.
2. Any player, coach, or manager ejected from any league game will be suspended for a minimum of two (2) league games.
3. Players, coaches and managers who have been suspended must leave the facilities and grounds immediately or the team will forfeit the game.
4. Each team coach will be held responsible for the conduct of his or her fans/spectators.
5. Physical violence, especially attacks on a game or league official immediately before, during, or after a game, or fights/confrontations between players/teams will result in a minimum of one (1) year loss of eligibility in all league play or indefinite suspension in all league play; subject to an annual review if requested.
6. The referees/Rush Sports have the authority to remove players, coaches, or spectators from the game and/or forfeit the game due to unsportsmanlike conduct. Unsportsmanlike conduct shall include, but not be limited to, profanity, threats of any kind toward the referees or scorekeeper, fighting (before, during or after the game), or any flagrant foul as determined by the referee.

## VII. Protests

1. Only the head coach may discuss a rule interpretation by an official. Judgment calls made by officials will not be argued. Coaches are expected to treat all officials with dignity and respect. There will be a zero-tolerance level for official abuse.

## VIII. Amendments

Rush Sports reserves the right to add, delete or amend the rules/regulations/policies for the betterment of the program.