



## 2019 Starland Summer Basketball

### League Rules

**Coaches:** Only the coach and up to 3 assistants are allowed on the bench. Everyone else must be a player. Scorers, analysts, or anyone else may not be on the player bench. The game official's may allow more, but ask people to leave the bench area if behavior becomes a concern. Only one coach can stand to coach. The coach's box is the area directly in front of his or her player bench.

**Shot Clock:** A shot clock is NOT used. Instead, the 10-second back court rule is in effect. A team inbounding in the back court shall have 10 seconds to get the ball into the front court.

**Game Length:** Games consist of two 20-minute running halves. Clock will ONLY STOP for the following: Free Throws, Under 1-minute of first half, and under 2-minutes of second half. Halftime is 2 minutes. We ask coaches with a 20 point or more lead to eliminate pressing

**Overtime:** Overtimes shall be 2 minutes in length. Each team will receive 1 time-out per overtime. Timeouts from regulation do not carry over.

**Time-outs:** Each team is allowed 3 Full time-outs per game.

#### Fouls:

1. 1 and 1 shots will be taken on the 7th, 8th and 9th foul of each half.
2. 2 free throws are awarded on the 10th and succeeding fouls of each half.
3. Players on the lane lines may enter on the release, the shooter and players outside the 3 point line may enter on the rim.
4. Second half fouls carry over into overtimes for the purpose of bonus and double bonus.
5. Player technical fouls are counted as a personal foul and a team foul.
7. Any player receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game. Any player involved in a fight will be removed immediately and will face suspension determined by league director
8. Any coach receiving a technical foul must sit for the remainder of the game. 9. Any coach receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game.

**Equipment:** Game balls shall be leather or synthetic leather. The following sizes shall be used: Boys grades 7th & 8th standard men's ball 29.5 inches in circumference. Boy's grades 3th-6th and girls all grades use standard women's ball 28.5 inches in circumference.

**Defense:** Grades 3-5 must play man-to-man defense only. Grades 6 and up can play zone or man.

**Full Court Pressing:** There shall be no full court pressing by a team with a lead of 20 points or more. No pressing is allowed for 4th-5th grade teams except for the last 2 minutes of the 1st half, the last 4 minutes of the 2nd half and any subsequent overtime. NO PRESSING IS ALLOWED for 3<sup>rd</sup> GRADE. Please review pressing rules on the next page.

### **3<sup>rd</sup>-5th Grade Boys and Girls Modified Rules**

**FOUL SHOOTING RULE APPLIES TO 3rd and 4th GRADE BOYS AND GIRLS ONLY** The intent of this new rule is to increase foul shooting percentage and avoid the many other rebounding fouls, aggressive play, and confusion during the foul shooting action at these levels. 1st ALL foul shooters are allowed to start their try 1 step (appx. 3ft) in front of the marked foul line. 2nd They must maintain the same line restrictions as with any other foul shot. The imaginary line for jumping forward or leaving once the ball is airborne is at YOUR discretionary judgement. 3rd If they so desire to start their attempt at the marked line they are allowed to go over it on the follow through but are held to the same rules if they started in front of the line. 4TH MOST IMPORTANT PART AND ADDITION TO THE NEW RULE AS FOLLOWS: Following their try in #2 & 3 THE SHOOTER IS NOT allowed to be the first player to secure control of the ball EVEN if it is tapped/touched by anyone else first. THIS WOULD BE A VIOLATION AND THE BALL IS GIVEN TO THE OTHER TEAM at the point of interruption. NOTE: AT THE END OF A CLOSE GAME IF THE SHOOTER "INTENTIONALLY" MISSES THE TRY SO HE/SHE CAN TIP IT OUT TO A TEAMATE IT IS A VIOLATION AS WELL. 5TH IF the shooter elects to shoot/try at the marked(traditional) line and maintains all NORMAL restrictions(E.G. THE LINE AND WAITING TILL RIM CONTACT) He or She follows the normal free throw shooting rules.

### **MAN TO MAN RULE (Grades 3-5)**

1. Officials must not allow themselves to be overly distracted from reffing normal game conditions/ decisions and management just to adjudicate this one rule.
2. If it is evident that 1 or more defensive players are not attempting to reasonably guard/follow their opponent, but pack it in and intentionally play an area you will have to proceed as follows:
  - A. Issue an informal/pre-emptive warning to the coach you have noticed this "violation" and further violations are followed by:
  - B. A formal warning is put in the book for illegal defense (1 allowed/half)
  - C. Following the formal warning ALL SUBSEQUENT "VIOLATIONS ARE A 1 shot foul shot with the lane cleared and resumption of play is the point of interruption e.g. ball back to the offense etc.
  - D. If you have already issued a formal warning for illegal (zone press or double teaming) you immediately shoot as these are ALL PART OF THE SAME RULE

The reasoning for the 1 shot foul shot (lane cleared, point of interruption etc. is to avoid technicals that can be adversarial in nature and heat things up. At this age level the intent by the league is to encourage teaching etc.

**DOUBLE TEAM RULE** Organized or designed double teaming in the front court are not allowed UNLESS the following conditions exist.

1. The ball is in team control inside the 3 pt arc and the double team occurs a result of the help defense by a defender whose teammate has been beaten by dribble penetration.
2. The ball has been batted away by the defender or offensive player miss handles the ball causing LOSS OF PLAYER CONTROL and two defensive players are around the ball as the offensive player regains team control.
3. The screening by the offense creates a situation where another defender must help/switch for his teammate who is on the ball and the proximity is so close that this is not an intentional double team. This can also be the case when outside the 3 point arc. If two offensive players are too close to each other, and/or a switch occurs which is OK.
4. NOTE: ALL THESE POTENTIAL SITUATIONS MUST OCCUR INSIDE THE 3 POINT ARC TO BE LEGAL DOUBLE TEAMS.  
SOME EXAMPLES OF ILLEGAL DOUBLE