

Game Length
Games will consist of 4 eight minute quarters. The clock will only stop on the referee whistles, extended delays & at the four minute mark of each quarter to allow for substitutions (Substitutions are not a time-out, get your players in & out). The team with possession of the ball at the four minute mark of each quarter will retain possession of the ball when play continues. If the end of a period comes during a shooting foul situation, the free throws will be attempted with the rebound determining possession. The start of each new quarter will be determined by the possession arrow. A five minute break will occur at the half of each game if actual time allows. Games without overtime should end at least 10 minutes before the top of the hour. Depending upon completion of previous game, warm up time may be minimal.
Play Clock
A continuous play clock will be used with the clock stopping for the following: injury, personal fouls, and time outs. On a non-shooting foul, the clock will resume when the ball is put into play. On a shooting foul, the clock will resume with rim contact of the first attempt (1 and 1) or second attempt (2 shots). Also, the clock will stop on all whistles during the last minute of each half.
Time-outs
2 time-outs are permitted per game. 1 additional time-out per team if game goes to overtime.
Rim Height
Rim height will be 8-foot for K-1st grade.
Ball Size
27.5 inch basketball will be used.
Team Shirts
Players must wear team shirts in order to play.
Jewelry
No watches or jewelry of any kind will be allowed on the court.
Wrist Bands
Since the primary defensive goal of this league is to teach man-to-man defense, wrist bands must be worn on both wrists to enforce this policy. The host facility will provide a set of five different colored wrist bands (10 total wrist bands) for every game. Prior to the start of the game, coaches should meet to determine the color sequence based of ability & height. Coaches will monitor wrist band placement and will make changes, if necessary, please follow the honor system. Because of the wrist band rule, open switching of any kind is not allowed.

# of Players
A team should have 5 players to start the game but may finish with less than 5 in the event of an ejection, foul outs, injuries, etc. In the event of one team playing with less than 5 players, coaches will decide if they want to match up with the same number of players for the remaining game.
Player Minutes
Because the intent of this program is one of instruction, an equal play rule will be enforced. No player can play more than 1 four minute period than any other player & a strong effort should be made by coaches to rotate all players through all the various playing positions. Player substitutions (outside of the normal four minute mark of each quarter) are allowed only in the event of an injury, but this partial period does not count towards the replacement player's total number of periods played. A player not present or ready to play at the start of the game must sit the remainder of the eight minute quarter they arrived in. Player may play in the following eight minute quarter provided that player is ready & is entered into the officials score book.
Possession Violations
Initially, possession changing violations (e.g. traveling, double-dribble, etc.) will not result in a possession change. The coaches may stop play and communicate to the player the violation, with a goal of continuous learning. Upon this stoppage, the offensive team will get the ball back at half court. After 3-4 games, the coaches may decide to waive this and begin regular turnover rules, however both Teams must agree. If an agreement cannot be made, then the rule will default to a "no possession change" for double-dribble or traveling. Remember this is an instructional league, the intent is to teach the fundamentals and for the kids to have fun.
One Pass Rule
We are doing away with the one pass rule this year. It causes too much confusion on fast breaks. We will not be enforcing the one pass rule, but instead will leave it up to the coaches to make sure your team is distributing the ball and getting everyone involved throughout the game. Coaches should have different players bringing the ball up the court throughout the game.
Scoring
Team scores may be displayed during each game, but win/loss standings will not be maintained.
3 Second Rule
Lane violations will not be called. The coaches should encourage the player(s) to move in/out of the lane during play.
Screens/Picks
Double screens are not allowed on or off the ball. A defensive player must be allowed to work thru or around a screen set by the offensive player. A violation of this rule will result in the ball being awarded to the defensive team. Single, staggered screens are allowed.

<b>Free Throws</b>
Free throws will be shot from 2 feet in front of the regulation line. However, the shooter may not go after the rebound before it hits the rim. Coaches can determine/agree if a closer distance is warranted, from player to player.
<b>Defense</b>
Defenders may not initiate man-to-man defense until the offensive player has crossed the "defensive line" (volleyball line). Follow the "fall back rule". Defenders are required to fall back beyond the defensive line after a defensive rebound, made basket, or when the ball changes possession (possession is defined in this example as controlling the ball).
<b>Man-to-Man Defense</b>
<p>In general, coaches should use their best judgement here. Focus more on the concept of man-to-man defense, and coach along the way. Fundamentals and understanding is the goal here, not strict enforcement.</p> <p>*When a pick is set, the defensive player guarding the screener is allowed to hedge / temporarily switch who they are guarding until the original defender can recover. Once the original defender recovers, the defensive player who switched must return to guarding the player with the matching wristband. No double teamed is allowed in this situation unless the ballhandler is in the lane.</p>
<b>Double Teaming</b>
Double-teaming and guarding a player with a different colored wristband is only allowed when the offensive player controlling the ball is in the lane. After each team violation of double-teaming outside of the lane, play will be stopped & the offensive team will maintain possession of the ball at half court.
<b>Stealing</b>
A defensive player is not allowed to steal the ball from the offensive player who is dribbling the ball. Stealing a pass is allowed.
<b>Conduct</b>
<p>Short story, be a good human and set a good example for the kids.</p> <p>Technical fouls can be assessed by the coaches if needed. A technical foul will result in the ball being awarded to the opposing team at half court. A coach receiving a technical foul must remain in their chair on the bench the remainder of the game. A player receiving a technical foul must sit out the remaining time in the half. A coach or player receiving 2 technical fouls will be automatically removed from the game &amp; will be subject to review. Any unsportsmanlike conduct by players, coaches, or spectators will result in that individual being removed from the current game; such conduct to be determined by the referees and/or facility supervisor. The first removal from a game for technical fouls or unsportsmanlike conduct by a player, coach, or spectator will result in a 2-game minimum suspension. A second violation will require the individual to a Board review which could lead to the removal of the individual from the program with no refund of fees.</p>

<b>Coach Referee Calls</b>
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All calls or decisions made by the coaches during the course of the game are final. Disputes regarding rules interpretation will first be directed to the facility supervisor & then to the League Director. If needed, the League Director will consult with the Board President. Unless otherwise noted in this document, normal “IESA” rules regarding game play will apply.

Coaches

Coaches are allowed to stand at each end of the court, or moving up and down the court with the team, to help instruct their team and maintain order.

Youth Basketball Rules

Unless otherwise noted in this document, normal “IESA” rules regarding game play will apply.