

WEST METRO GIRLS BASKETBALL LEAGUE

2019-2020 Grades 4-5 Basketball Rules

Saturday Games, December 7 – February 22 (No December 21 & 28)

GAME RULES

High school rules will be followed except as specified below:

1. BASKETS

The baskets will be at the following height: 10 feet

2. BALLS

1. Intermediate Ball (28.5)
2. Home Team ball will be used as the game ball.

3. FREE THROW LINE

12 feet

Players can enter the lane upon release.

Shooter and players not in lane can enter the lane once ball hits rim.

4. PLAYERS

5-on-5 at all times. A team cannot start a game with less than the recommended number of players in uniform. If the players are not on the floor ready to play at the start of the scheduled game time, the game shall be forfeited to the opposing team and indicated as 0-1 in the scorebook. The participants present will scrimmage for the time allocated.

5. REFEREE

All communities must provide two qualified referees. The game must not be played if two qualified referees are not present at game time unless the coaches agree to play. The Community Coordinator will be responsible for rescheduling the game if possible. If a game is unable to be rescheduled, the game will be recorded as a forfeit for the home team.

6. FOULS

1. Players will foul out of the game immediately after they commit their 5th foul. If a team has only the minimum number of players present, no player shall foul out of the game. Subsequent fouls on the player will result in the fouled team being awarded 2 points plus receiving the ball out of bounds at mid-court. Rotation is not affected for player subbing in for disqualified player.
2. Starting with the seventh team foul per half, players will shoot a 1-1 free throw attempt per foul.
3. On the tenth team foul, the fouled player will receive a two shot free throw attempt.

7. 3 POINT SHOT

Will only be used when the 3-point line is permanently marked on the gym floor.

8. JUMP BALLS

Alternating possession.

9. LANE VIOLATION

Grade 4: Communicate to the players first, penalize second.

Grade 5: 3 seconds will be enforced.

10. OFFENSE

No offensive stalling.

11. DEFENSE

1. No full court pressure.
2. 4th Grade - All defensive players need to retreat back to the top of the three-point line extended (or volleyball line when applicable), and wait there for the offensive player that they are guarding. Once the ball has crossed half court line, the defensive players may play defense from the top of the three-point line extended (or volleyball line when applicable).
 - a. Beginning January 19th defensive players may play defense from half court.
3. 5th Grade – All defensive players may play defense from half court line.
4. Normal player-to-player defense at all times.
5. No trapping (double teaming) outside the lane. **Players may double team inside the lane as long as the player they are guarding is an arm length away.**
6. Switching is allowed, and is a skill that we should be teaching.
7. Teams will be given two warnings for a double teaming violation. The third and subsequent violations will result in a team foul.

12. PLAYING TIME

The games must be played in approximately one hour.

1. 3 minutes for warm-up.
2. 2 20-minute running time halves. The clock will stop the last 2 minutes of each half for normal whistles etc.
3. 3 minutes between halves.

***Clock is not stopped for: free throws except last 2 minutes of each half, team is ahead by 20 points or game clock has reached substitution time.**

13. REFEREE/COACHES MEETING

A meeting will be held approximately 5 minutes prior to the start of each game.

14. TIME OUTS

1. Each team is allowed 2, one-minute time-outs per half (no carry over).
2. Each team is allowed 1, one-minute time-out per overtime (no carry over).

15. SUBSTITUTION

1. The clock will stop for substitution at 15:00, 10:00, and 5:00 minutes of each half or at a stoppage or slow point in play.
2. All players should be sitting and waiting to go into the game. The stopping of the clock is to be used only for substitutions. – **NOT COACHING**
3. Once a player has entered the game, they may not be replaced until they have participated in the full 5 minutes unless injury, illness, or the player has fouled out.
4. It is the goal of the program that ALL players play as close to equal amount of time as possible per game.
5. **Teams are allowed to pick-up one registered rec player if they only have four players for a regular season game. If team has three or less players, game must be forfeited.**
6. **If a team has 8+ players, no player is allowed to play three consecutive rotations. The only exception is if a player is fouled out of the game.**

16. PLAYING TIME REQUIREMENTS

1. It is expected of the coaches to play their players equally during the game/season and not try to “manipulate” the rule so as to create an advantage for his/her team by playing the “star” players the entire game.

The scorekeeper is responsible for monitoring the substitutions on the official score sheet for both teams. The scorekeeper must notify the referees and coaches of any potential substitution issues. Any player found to be in violation of the equal playing time rule (No player will play more than one rotation than any other player) must be removed from that rotation. The referees will issue a warning to the offending coach. A second violation during the season from that coach will result in a technical foul.

2. Players who show up late to the game will NOT have their rotations made up during the game. The equal playing time rule will start with the next rotation.
3. The only exceptions to the equal playing time rule (no player will play more than one rotation than any other player) are as follows:
 - a. Pre-game injury: Coaches and scorekeeper will need to meet to understand the situation and accommodate a request to limit a player's playing time due to injuries.
 - b. Injury during game: If sub is needed, rotation is not affected. Injured player is allowed to return to the game at the next dead ball.
 - c. Disciplinary action due to sportsmanship. This requires prior approval from the Community Director or Coordinators. Missing practices are not reasons for loss of equal playing time.
 - d. A player fouls out with (5) fouls.

17. OVERTIME

1. There will be one, two-minute stop time overtime period.
2. If, at the end of the overtime, the game is still tied, sudden death overtime will be played and the first team that scores will be declared the winner.
3. No tie games allowed.
4. Jump Ball will start the overtime.
5. Team fouls will continue as 2nd half of game.
6. Equal playing time rule is required (No player will play more than one rotation than any other player)

18. SCORE BOOK & TIMEKEEPER

1. A score sheet will be provided for each game. Each team should assign a person to either keep the scorebook or run the game clock for the game. These people will sit at the score table.
2. The scorer's table score sheet is the official score sheet. It is the responsibility of the referees, gym supervisor, and coaches to ensure the accurate score was recorded.
3. The scorekeeper is responsible for monitoring the substitutions on the official scoresheet for both teams. The scorekeeper must notify the referees and coaches of any potential substitution issues. Any player found to be in violation of the equal playing time rule must be removed from that rotation. The referees will issue a warning to the offending coach. A second violation from that coach will result in a technical foul.

19. REPORTING SCORE

1. Each Community Coordinator is responsible for collecting the scores of all games played by their teams.
2. Scores must be submitted to League Director by noon the Monday following the game.

20. SCOREBOARD

1. If a team is ahead by 20 points during the second half, the scoreboard shall turn to running clock except for free throws and substitutions.
2. If a team is ahead by 30 points during the second half, the scoreboard shall turn to a running clock except for free throws and substitutions and the score on the scoreboard will be reset to 0-0. The score will continue to be recorded on the score sheet, and this score will be recorded to the league website.

21. TOURNAMENT

1. Tournament will be held on Saturday, February 29 & Sunday, March 1 in Minnetonka.
2. Records after nine (9) weeks will be used to establish tournament seeding.
3. Brackets will be posted one week in advance.
4. Teams are not allowed to pick up players.

22. UNIFORM

1. No jewelry, **arm/wrist sweatbands**, or accessories may be worn by players.
 - a. Exceptions:
 - i. Religious or medical necklaces/bracelets which must be securely taped.
 - ii. Earrings may be taped if recently pierced.
2. Shorts/shirts must be appropriate length.