



Spring Hill Recreation Commission Basketball

Rules of the Game

National Federation of State High School Associations

The Laws of the Game, as periodically amended and updated by the N.F.S.H.S.A., shall control all Spring Hill Recreation Commission Basketball games except as superseded by these rules.

Sportsmanship

Sportsmanship shall be a top priority. All coaches, players, parents and spectators shall observe good sportsmanship. Teaching sportsmanship starts and ends with the coaching staff and parents.

1. Head coaches will be responsible for the conduct of their assistant coaches, players, and spectators.
2. There will be a zero tolerance policy on swearing for all players, coaches and, spectators.
3. Tobacco and alcohol are not allowed on the premises.
4. Coaches are encouraged to hold a team meeting with parents and players to discuss their conduct, the rules, and player responsibilities.
5. Shaking hands with the coaches and members of the opposing team is an essential requirement of good sportsmanship. All coaches and players shall, at the conclusion of a game, walk through a line to shake the hands of the opposing team's players and coaches.

Equipment

1. Game Ball

A game ball will be provided for all SHRC basketball games. For practices, each team will be provided with two (2) basketballs from the SHRC. These balls need to be returned to the SHRC at the end of the season. Games for Grades 1st & 2nd and 3rd & 4th Girls will be played with a junior size(27 in or 27.5 in.) ball, and games for Grades 3rd Boys-6th will be played with an intermediate size(28.5 in.) ball.

2. Uniforms

All teams must wear the league issued uniform / jersey. A player without a league issued jersey will not be allowed to play. **Undershirts must be the same color as the uniform or white. The team must match and all wear the same color undershirt.**

3. Shoes

All participants must wear non-marking court or basketball shoes at all times in the gym.

4. Illegal Equipment

Any equipment considered dangerous to one's self or to another player is considered illegal. A player with illegal equipment will be temporarily sent off the court; he/she may re-enter with the referee's permission at any stoppage of play. He must report to the referee to show that the problem has been corrected to the satisfaction of the referee.

Examples of illegal equipment (by the referee's discretion): hard casts or splints not completely covered with soft padding, jewelry such as watches, bracelets, earrings, hair pieces, rings, etc.

Players wearing eyeglasses must use restraining bands or other similar restraints to insure that the eyeglasses will not be accidentally knocked off.

Practice Policy

It is the responsibility of the players, parents, and coaches to take care of the gyms and schools. When in the gyms and schools, players and other children must be supervised at all times. In order to prevent damage to school property, each team must have an adult assigned to assist the coaches in supervising the players, escorting them to the bathrooms and water fountains, and other tasks assigned by the coach. Persons who are not part of the team should be asked to leave the premises. Please report any problems to the SHRC.

1. Drills should not be run in the hallways
2. Players should not arrive more than 10 minutes ahead of their scheduled practice time.
3. Parents should be reminded to pick up children on time.
4. Coaches should not leave children unattended at gyms or schools.
5. Coaches should check the gym, hallway, and bathroom for any damage to the school before and after practice. If any damage is found please report it to the SHRC.

Game Time

All teams are requested to be ready at the court before game time. Because of the number of games that have to be scheduled, little time is available on the court for warm up and practice between games. There will be situations where no court time is available because previous games have run late. The referees have been requested to start all games on time.

The head coaches are responsible for the conduct of the players, coaching staff, and fans during the game. The league provides a gym supervisor at each game site who is responsible for supervising the facility and the use of the facility by the league. This extends to supervision of the spectators and the operation of the game in general. Do not allow players to bounce basketballs in the hallways or in the gym while another game is in progress.

Each team should take separate benches at the court. Coaches and players shall remain on the bench during all play.

The normal half-time interval is five(5) minutes. The referee may shorten the half-time interval in order to maintain scheduling. Only players are allowed on the court during time outs and halftime.

Overtime periods for Grades 3-6 will be three(3) minutes in length and shall be considered an extension of the second half.

<u>Grade</u>	<u>Length of Halves</u>	<u>Goal Height</u>	<u>Ball Size</u>	<u>Free Throws</u>
1 st & 2 nd	16 minutes	8.5 ft.	Junior (27 or 27.5 in.)	Short
3 rd & 4 th Girls	18 minutes	8.5 ft.	Junior (27 or 27.5 in.)	Short
3 rd & 4 th Boys	18 minutes	10 ft.	Int. (28.5 in.)	Short
5 th & 6 th	20 minutes	10 ft.	Int. (28.5 in.)	Regular

All teams will be allowed two(2) one minute time-outs per half. For Grades 3rd-6th, there will be one additional time-out for overtime periods in addition to any remaining time-outs not used in the second half.

Forfeits

1. Game time is forfeit time. However, a forfeit may not be called without approval from the gym supervisor.
2. A team must start a game with a minimum of four players, but may finish with less than four players if necessary due to fouls or injuries.

Playing Time

The Spring Hill Recreation Commission makes every attempt to make this basketball league recreational and fun. In striving to keep the league on this level, we require coaches to give equal playing time to ALL players.

Home Team

Home team, team listed first on the schedule, will determine the team with the possession to start the game in Grades 1-4. In Grades 5-6, a jump ball will begin the games with alternating possession for each jump ball thereafter.

Scoring

Each team is responsible for providing one scorekeeper for each of their games. The home team will furnish a scorekeeper to maintain the score sheets and the visiting team will furnish a timekeeper to operate the scoreboard. These individuals should be instructed in the duties of the job by the head coach. The person assigned must be at least 16 years of age unless agreement of both coaches and the game officials is obtained prior to the game beginning. Any team not providing a scorekeeper or timekeeper will be charged a bench technical.

Coaches and scorekeepers should be familiar with the standardized score sheet provided by the league. The head coach is responsible for the accuracy of the player names and numbers in numeric order on the score sheet prior to each game. When the score sheet is delivered to the gym supervisor following the game, it is deemed final and league standings will be compiled directly from the score sheets submitted.

1st-2nd grade games the scorekeeper is responsible for keeping track of fouls and time outs, and the timekeeper to operate the scoreboard to keep time only. **No score or standings will be kept in grades 1st-2nd.**

Scores and standings will be kept for games in Grades 3-6.

Three-point shots will not be applicable in Grades 1-4, but will be counted in Grades 5-6.

Free Throws

For all grades, on the seventh (7) team foul, one shot plus the bonus will be awarded for a non-shooting foul, and on the tenth (10) team foul, two shots will be awarded for a non-shooting foul.

Game Clock

All grades will use a running clock for both halves. This means that the clock will not stop for fouls, substitutions, etc. except when a team uses one of their allotted time-outs. For Grades 3-6, the clock will stop in accordance with Federation rules in the last two(2) minutes of the game. Any overtime periods are considered an extension of the final two(2) minutes of the game.

The only exception will be for Grades 3-6 if one team leads by 20 points or more in the second half, the clock will not stop except for time-outs.

Coaching

1. Teach sportsmanship and league philosophies to participants, fans, and parents.
2. Review and discuss all league rules with players and parents.
3. Properly supervise all practice sessions and use of gymnasiums.
4. Provide a scorekeeper or timekeeper for each game who is properly trained.
5. Accurately enter the player names and numbers on the official score sheets for each game.
6. Oversee the conduct of the players, coaching staff and fans during the game.
7. Select assistant coaches who exercise good sportsmanship and uphold all league rules.

There may be no more than three (3) adults sitting on the bench. Pursuant to High School Federation rules, only the head coach may stand during play and only if the coach is instructing or encouraging the players.

Coaching from the sidelines is permitted by the SHRC as long as it remains positive and is directed toward one's own team. (Distracting an opponent is not permissible) Sideline coaching must come only from the team's bench. Parents or assistant coaches are not permitted to instruct players from your opposing team's bench or from other areas of the court. We strongly encourage that all parents remain on your side in the stands throughout the entire game.

***In the 1st and 2nd Grade division, each team may have **ONE** coach on the court during the game. The on court coach shall be considered part of the field of play if the ball should strike him/her during play. The on court coach shall strive to avoid interfering with the flow of play.

Officials

In general, the league will furnish one(1) referee for Grades 1-2 and two(2) referees for Grades 3-6 games. (If no referee is available, or if the referee is unable to continue the game, a neutral referee may be appointed by mutual consent of the coaches. Please contact the SHRC if this occurs.) The referee's jurisdiction begins the moment they enter the court and extends after the game until they leave the court. This includes periods of time where play has been temporarily suspended or when the ball is out of play.

Coaches may only speak with the officials during timeouts or at halftime and only regarding a rule clarification. Fans and team supporters are prohibited from talking to the game officials during half-time or after the game has concluded. Coaches are discouraged from talking with officials after the game.

Abusive language before, during or after a game toward an official or opposing coach will result in an automatic ejection from the game.

The referee has the discretionary power to stop a game for any infringement of the rules and to suspend or terminate a game by reason of weather, condition of the court, interference by spectators or for any other cause, which he may deem necessary.

The referee may warn or caution a player, coach, or spectator for misconduct or unsportsmanlike behavior; and if it persists, suspend him/her from further participation in the game. When cautioning a player, coach, or spectator, the referee has the authority to call a technical foul on the infringement. If the misconduct or unsportsmanlike behavior persists after a technical foul has been called, the referee can eject the player, coach, or spectator from the game. If a player, coach, or spectator is ejected from a game, they can no longer play, coach, or spectate in that game, must leave the gym, and will incur a one(1) game suspension from the SHRC.

If a player is seriously injured in the opinion of the referee, the play will be stopped immediately. If a player is not seriously injured, the play should be allowed to continue until the ball goes out of play or a time-out is called. If play is stopped and the coach comes onto the floor, the injured player must leave the court until the next available opportunity to substitute. After an injury, the game is restarted by a jump ball if there was no clear possession by either team at the time of stoppage; or a throw-in by the team with possession.

The referee is also responsible for:

- Keeping the official game time and half-time intervals with the scorekeepers.
- Determining illegal equipment
- Determining goals scored

Warnings, Cautions, and Ejections

1. Warning

A warning may be given by the referee at any time; this, in general, informs the player, coach, or spectator that his/her play or action on or off the court is of concern to the referee. A warning need not be given by the referee before a caution or ejection.

2. Caution

The player, coach, or spectator is being notified that his/her playing or action is unacceptable. A player, coach, or spectator is to receive a caution for the following actions:

- An intentional foul, especially those that are serious in nature.
- Continually violating the rules of the game (especially after a warning).
- For acting in an unsportsmanlike manner.
- Dissenting with a decision of the referee or gym supervisor.

A caution will result in a technical foul being called on the offending player or team.

3. Ejection

A player who is ejected must immediately leave the court and may not play the remainder of the game. The player will also receive a one(1) game suspension from the SHRC. No substitution is allowed for the player being ejected. An ejection is given to a player for the following reasons:

- Committing a second cautioned offense.
- Persisting in misconduct.
- Using foul or abusive language.
- Exhibiting violent conduct or committing any foul in a violent manner.

The coach is responsible for the actions of the suspended player and must make sure that a suspended player does not become a disruptive influence.

A SHRC coach or spectator may receive a caution or ejection for the following:

- Dissenting with the referee, scorekeeper, or gym supervisor.
- Coming onto the court without permission and/or not leaving the court when requested to do so.
- Using foul or abusive language.
- Unsportsmanlike conduct.
- Not controlling the actions of his/her players, fans, or parents.

A coach or spectator who is ejected must immediately leave the gym for the remainder of the game, and will also receive a one(1) game suspension from attending/coaching their teams next game from the SHRC.

Defense

There is no full court press allowed in Grades 1-4. For Grades 5-6, a full court press is allowed during the entire game by both teams, but only if the point differential is ten(10) or less. A team leading by ten(10) or more points cannot press, however, the team trailing can full court press. Half court pressure is allowed the entire game.

Backcourt Guarding

For Grades 1st through 4th, backcourt guarding will not be allowed at any time during the game. In grades 3rd-4th the defensive players may begin guarding the offensive players only after they cross the plane of the mid-court line.

For 1st-2nd grade the defensive players may not defend against the ball until the offense has penetrated 6 feet into the front court. Once the offense has penetrated this 6-foot barrier, the defense may guard anywhere in the frontcourt.

Double and triple team defense at the mid-court line is prohibited.

A defensive player may not break the “vertical plane” of the backcourt by reaching across the line.

If the ball is in-bounded from the frontcourt into the backcourt, the ball is considered in the backcourt and no defender may guard until the ball passes the mid-court line.

Zone Defense

Usage of a zone defense is allowed in Grades 3-6, but prohibited in Grades 1-2, they must play man to man.

Man-to-man defense is defined in that the defender must be within 5 feet of his/her player at all times except for the following situations.

1. The defender may “help” his/her teammate when the opposing player makes a definite drive to the basket and/or if the ball is in the lane.
2. The defender need not follow his/her player when his/her player moves far from the basket to create an obvious clear-out situation for a teammate. The player only need follow as far as the top of the key extended, or if to the side, no further than just past the lane on that side.
3. Double/triple teaming between half-court and the top of the key extended is NOT allowed.

Violation of the zone defense rule will result in the ball being awarded to the opposite team and a warning be issued to the head coach of the violating team. A second or subsequent violation will result in a technical foul to head coach or bench.

One Person / Stack Offense

The use of a one person or stack offense is prohibited in all grades.

A one person or stack offense is defined as:

- Stationing four offensive players to one side of the center of the free throw lane for the purpose of allowing the remaining player to attempt to score one on one against his defender.
- Stationing four offensive players to each of the corners of the court for the purpose of allowing the remaining player to attempt to score one on one against his defender.

If, in the discretion of the referee, a team is using a one man or stack offense, a warning will be issued to the head coach. A second or subsequent attempt to use a one man or stack offense will result in a technical foul.

In making the determination of one man or stack offense, the referee will consider player positioning, movement, and the number of passes prior to a shot attempt.

The above rule does not apply to in-bounds plays.

Cancellations

All SHRC Basketball practices and games will follow the Spring Hill School District on the closing of facilities due to weather conditions. If there is no school or school activities on a given day, then there will be no SHRC basketball games or practices on that day.

If any type of inclement weather is forecasted or occurring on game or practice days, participants can contact the Spring Hill Recreation Commission Program Information Line at **(913) 643 – 3123** for up to date game/practice information.