

2019 - HYAL 3rd and 4th grade rules

Every player must play equal playing time.

Exceptions: skipping practices or discipline problems. If a player is not going to play equal time the coach needs to let the opposing coach and the official know.

Mandatory subbing every 5 minutes. When subs come in have the offense set up and the defense go mark a player. We can't take 5 minutes to have players decide who they are marking. If a player is in foul trouble or is hurt is the only time they can be subbed before the 5 minute mark.

Person to Person defense only.(after 2 warnings result in a technical at midway into the season .)

When a group of offensive players remove themselves from the play no defender will be forced to play them until they clearly join the play.

Double team- only in the key.(2 warnings -technical foul at midway into the season.)

No back court defense.(after 2 warnings- technical)

10 second rule bringing the ball up court.

Foul shots can be taken **3 feet in front of the regulation foul line.**

5 seconds in the key

Back court is enforced using 1/2 court line even in the smaller gyms. Basket height is 8 feet 6''

Any player that had a hard hit to the head must leave the game.

Any player that is bleeding must leave the game until bleeding is controlled.

Fouls:

5 personal fouls and player is out of game.

Boys- 7 team fouls per 1/2 result in 1 & 1.

Girls 5 team fouls each 1/4 - 2 foul shots

Boys -10 team fouls 2 shots.

Clock:

4 -10 minute 1/4's . .

The clock will stop when players line up for foul shots and will restart when the shooter gets the ball from the official for the first foul shot.

1- 30 second time out per 1/2

No break between 1/4's and 1/2's

The clock will stop on a made basket in the last minute of play until the ball crosses the 1/2 court line if the score is within 4 pts. In this case the 10 second rule is still in affect.

Overtime:

3 min. running time. If still tied after 3 min. it will remain a tie.

Each team will get 1 additional 30 second time out for the OT

Points of emphasis

1. Boys and girls come in on the release for foul shots

except players foul line and beyond they wait till the ball hits the rim.

2. Two contacts, or double hand touch on defense is a personal foul.(1 hot stove touch only)

3. Arm bar with contact is a personal foul.

4. Arms parallel to the floor with contact is a personal foul. (hands up)

5. Defense on the point guard coming up the court must go to the top of the key until the offense crosses 1/2 court unless it is a fast break.

(Adopted from the NBA Junior Rules)

Uniforms: Home team white- Away team- Red
Jerseys tucked in shorts. **If a player wants to wear a t shirt under the jersey it must be white.**

Bench protocol:

1. Only one coach and 1 assistant coach on the bench. Only the head coach may stand or address the official. If the assistant is warned by the official to refrain from addressing him/her or to sit, they must leave the bench immediately and become a spectator. A second warning to the Asst. Coach in the same game and they must leave the venue and will not attend the next game as an assistant coach.

2. Coaches are not permitted on the court during play. If a player is hurt and the coach comes on the court that player must come out of the game and may enter on next dead ball.

3. Coaches, and spectators must remain outside the court.
4. Coaches will under no circumstances "commentate or critique" the game to the official. The Coach will be warned to stop and if he/she continues he/she will be issued a technical.

Technical fouls:

A coach receiving two technicals in one game will not coach the rest of that game and will leave the venue and will not be allowed to coach the next game.

A coach receiving three technicals in one season will not coach the rest of the season.

A player that receives a technical will not play the rest of the game.

The official must report any technicals or intentional fouls to the president @ldicapua4@aol.com.

Books should be kept by the both teams but, must be kept by the home team or a bench technical could be awarded the home team.