

2019/20 - HYAL 3rd and 4th grade boys and girls 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, parent and the official know.

Mandatory subbing every 5 minutes. If a player is in foul trouble or is injured is the only time they can be subbed before the 5 minute mark.

Teams can't take 5 minutes to have players decide who they are marking. Since we have time restraints, if teams are taking too much time deciding who they are guarding the official can make a decision to have the clock start.

Person to Person defense only.

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.

No back court defense.

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"

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 quarters

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.

The clock also stops during the last minute of play on every whistle if the score is within 4 points.

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.

Point of emphasis.

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 or the player can stay in the game if the coach takes a time out.

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 needs to 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.