

Basketball Rules & Regulations

Prior to each game there will be a meeting of the coaches and referees to agree upon the below rules and game expectations. Both teams will shake hands before and after every game.

1. Ball Sizes

(K-1st): Size 5 27.5" (4th-6th): Size 6 28.5"
(2nd-3rd): Size 6 28.5" (6th-8th): Size 7 29.5"

2. Rim heights

(K-1st): 8 feet (4th-6th): 10 feet
(2nd-3rd): 8 feet (6th-8th): 10 feet

3. Game Start

- Each game and overtime period will start with a jump ball after which there will be alternate possessions for each team on jump balls.
- A team must have at least 4 players to start the game. If one team only has 4 players but the other team has more, the game will be played 4v4 initially OR the opposition coach may choose to rather give the short-handed team a player until they have 5 of their own. Other players may be "picked up" from the club or gym if both teams agree.
- If a team is not ready with 4 players within 10 minutes of game start time, the game will be considered a forfeit. A scrimmage will then occur in place of the regular season game. The game will be called with all the same rules as below but with no clock stop last 2 minutes.

4. Timing & Time Outs

- K-1st- No Clock
- All games will have four 8 minute quarters with the clock stopping the last 2 minutes of the fourth quarter only.*
- The clock will stop when an official's whistle is blown. The clock starts when an official signifies the ball is in play. The only other time the clock stops is for a timeout or an injury.
- Each team will be allowed 2 timeouts per half. If they are not used during the 1st half, they do not carry over into the 2nd half.
- Time outs are to be for 1 minute. Refs will blow the whistle and then the teams have 15 seconds to start play.
- Half-time will be 3-5min depending on schedule.
- Clock does not stop in last two minutes if a team is up by 15 points.

5. Full Court Press/Defense

(K-1st): Defense inside the 3-pt line only
(2nd-3rd): Defense inside front court only
(4th-6th): Defense inside front court only
(6th-8th): Full Court Press

6. Violations

Lane Violations

(K-1st): No (4th-6th): 5 seconds
(2nd-3rd): No (6th-8th): 5 seconds

Backcourt Violation

(K-1st): No (4th-6th): Yes
(2nd-3rd): No (6th-8th): Yes

10 Second Violation

(K-1st): No (4th-6th): Yes
(2nd-3rd): No (6th-8th): Yes

5 Second Violation (*inbounding and holding ball*)

(K-1st): No (4th-6th): Yes
(2nd-3rd): No (6th-8th): Yes

7. Three Point Line

(K-1st): No (4th-6th): Yes
(2nd-3rd): No (6th-8th): Yes

8. Fouls

- 5 personal fouls eliminate the player from the game in 4th grade and above.
- Personal fouls will not be counted in younger grades however referees may tell a coach to talk to and possibly bench an overly aggressive player.
- 1+1 after 7 team fouls, 2 shots after 10 team fouls. Team fouls do not carry over into second half.
- Technical fouls will count as 1 personal and 1 team foul, resulting in 2 free throws and possession of the ball for the awarded team.
- Technical fouls will be awarded for coaches being disrespectful (includes shouting & arguing) towards referees.
- (K-1st) any technical foul (coach & players) will result in ejection from the gym and 1 game suspension
- (2nd-3rd and 4th-6th) 2 technical fouls (coach & players) in one game will result in ejection from the gym and 1 game suspension
- A flagrant foul will result in the violating player's removal from the game (official's discretion).

9. Participation Rule

- **All players are required to play at least 2 quarters of the game if a team has 8 or more players and at least 2.5 quarters if a team has 7 or less players.**
- If it is noted that a player is not receiving minimum playing time the coach will receive a warning.
- A second warning within a season will result in the game being declared a loss to the offending team.

10. Overtime

- Overtime period of 1 minute with a stop clock the last 30 seconds.
- No additional time outs.
- If the score is still tied, the second 2 minute period of overtime will be played as sudden death. First team that scores wins the game.
- All overtime periods will start with a jump ball.

11. Injury

- In the event of an injury, the game will be stopped. No timeout will be assessed to either team.
- After the injury time out, the referee will inbound the ball with the same team in possession where the ball was located when play was stopped.

12. Scorekeeping & Timers

- Time and score will be kept by an official BGC timekeeper provided by the league or a designated parent. The scoreboard is official in all games apart from (K-1st) where the scorebook is official.
- If a team is up by 25 points, no scoring will be allowed during the 2nd half.

13. Game Schedule Changes

- Requests must be given in writing 2 weeks prior to requested change.
- We will do our best to accommodate, however due to a busy schedule this is not always possible.

14. Practice Rules

- (K-1st) teams may only conduct one practice per week, no longer than 60 minutes.
- (2nd- 8th) teams may conduct practices no more than 2 times per week, no longer than 75 minutes.
- If practicing off site, coaches must confirm with the Athletic Director practice space is approved.
- If practicing off site, coaches must carry emergency information and release for all players.

15. Safety Standards

- Players with glasses must wear an eyeglasses band.
- All jewelry, necklaces, watches, earrings, etc., must be removed.

16. Spectator Standards

- Any offensive language, gestures, or behavior will result in being asked to leave the gym and a possible suspension.
- Any arguing or abuse towards the referee, staff, volunteers, players or other spectators will result in a team warning. Two warnings to a team in a game and the game will be continued but considered a forfeit at the Athletic Directors discretion.