

GENOA-HAMPSHIRE-LAKE IN THE HILLS
5th & 6th GRADE BASKETBALL
2010/2011 PROGRAM RULES

Teams

1. Boys and Girls teams will consist of a mixture of 5th and 6th grade youth.
2. Each District or Department will furnish players with a program jersey/shirt.
3. Boys league will compete with an official size ball for games. Girls league will compete with an official woman's 28.5 size ball for games.

Game

1. The leagues shall be governed according to Illinois High School Association (ISHA) basketball rules. However, at all times a league rule or by-law supersedes an IHSA rule.

Clock:

1. The game shall consist of four 10 minute quarters with a running clock. The exceptions for stopping the clock are A) Injuries, B) Time Outs, and D) the last two minutes of each half on a dead ball. EXCEPTION: The clock will not stop if a team holds a lead of 15 points or more during the last two minutes of the game.

Forfeits:

1. Teams must start with five (5) players. If a team does not have five players at their scheduled start time they will be allowed five (5) minutes to put a full team on the floor. If after five minutes the team cannot field five players, the game is technically a forfeit. However, we encourage as much of the game to be played as possible within the scheduled allotted time.

Advancing the ball:

1. Players will have 10 seconds to advance the ball over the centerline.
2. Over and back will be called.
3. Players have five (5) seconds to inbound the ball.

Lane Violations:

1. Players are allowed four (4) seconds in the lane.

Overtime:

1. Periods are 3 minutes long with a running clock for the first two minutes.

Time Outs:

1. Each team is allowed two (1-minute) time-outs per half and an additional time out for overtime. Time outs do not carry over. Time outs may only be called by a player or coach when his/her team is in possession of the ball or on any dead ball situation.

Playing Time:

1. The goal of the league is to have ALL players have EQUAL playing time in EACH game.
2. All players must play at least 1/2 of the game
3. No player may play in more than three (3) quarters of a game unless it is not possible due to the circumstances.
4. Every member of a team must play in three quarters before someone plays in a 4th quarter.
5. Players may lose the right to participate in 1/2 of the game if they arrive after the game has begun (Player then guaranteed to play one quarter. Alert opposing coach in this instance) or if they miss excessive (3 or more) practices without notifying the coach (this must be declared before the game to the player's parents, opposing coach and program coordinator.)

Substitutions:

1. There will be free substitutions during a dead ball. All substitutes must check in at the scorer's table.

Pressing:

1. No full court press is allowed except during the last three (3) minutes of the game. EXCEPTION: Either team can press unless one of those teams is ahead by 15 points or more. Once a team has a 15 point lead or more, neither team can press.
2. Half court press trapping is not allowed.

Defense:

1. Man to man defense only. No zone defenses allowed.
2. Double teaming is allowed on the ball only. EXCEPTION: No double team is allowed if a team holds a 15 point lead or more.

Fouls:

1. Each player is allowed five (5) personal fouls per game. On the 5th foul the player must exit the game.
2. Deliberate or intentional fouls are at sole discretion of the referee. Such calls will result in two (2) free throws and the ball out of bounds.

Free Throws:

1. The clock will stop to set-up for free throws, once the official gives the ball to the shooter, the clock will then again become a running clock (unless it is within the last 2 minutes of a half – the clock should stop unless a 15 pt. difference)
2. One and One bonus will be awarded after the seventh team foul of a half. Double bonus will be awarded on the 10th teams foul of the half.
3. If a free throw does not hit the rim, it is a dead ball.
4. Players may enter the lane after the ball hits the rim.
5. The shooter may cross the line AFTER his/her shot is released as long as they start behind the line, however crossing the line before the ball hits the rim makes the shooter ineligible to get the rebound.

Technical Fouls:

1. Technical fouls can be called on players, coaches or spectators.
2. No foul language or fighting will be permitted. On the first offense, a technical foul will be called on the player or players involved. A 2nd technical foul will result in ejection of the game. Officials may eject the players on the first offense.
3. Technical fouls may be called for swearing, slamming the ball to the court, hard deliberate fouls, arguing a call, pestering a referee during play or any other display of unsportsmanlike conduct deemed inappropriate by the referee.
4. Anyone who seeks retribution over an official's call will be barred from participation in the league for the remainder of this and future seasons.
5. Coaches who receive excessive numbers of technical fouls jeopardize their right to continue coaching.

Miscellaneous:

1. All made field goals will count for two (2) points. No three (3) point shots.
2. If a game reaches a 20 point deficit, the scorebook will continue to be kept but the score will be taken off the scoreboard.
3. Each home team is required to provide one parent or volunteer at the scorers table to keep score.
4. Non-playing players must remain seated during the game.
5. Coaches must remain in their designated areas and are at no time to go on the court or go into another "coach's area". If a "Coach's area" is not visible or specified the half court line extended shall be used as a reference point.
6. Food and drink should not be brought into the gym.
7. Bench areas should be cleaned after the conclusion of the game.
8. When the game ends, players and coaches are to shake hands and then clear the floor for the next game.