



**BOYS & GIRLS CLUB**  
OF SOUTHWESTERN  
OREGON

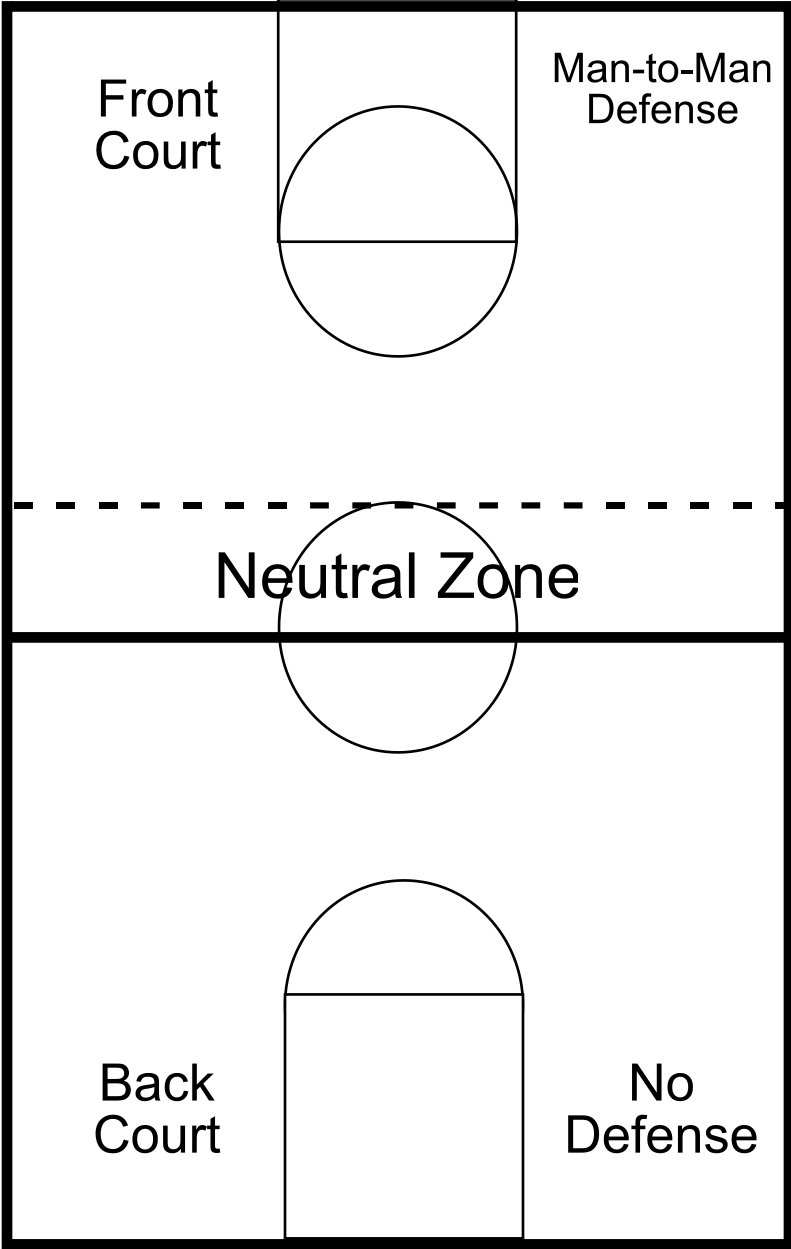


# Basketball Rule Book

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The rules and regulations in this rulebook have been designed to provide a quality program and positive experience for all participants. The mission is to promote the development of all players by creating a learning environment that encompasses all aspects and positions of basketball. As a volunteer coach, you have the opportunity to teach young athletes the values, ethics, and responsibilities that are important to the guidance and development of your team. Coaches are expected to maintain a positive attitude and comply with the meaning, spirit, and intent of program policies and regulations of the Boys & Girls Club of South Western Oregon & Epuerto Sports.

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## Section 1      General Guidelines

- 1.1 Every match at all grade levels will be played according to the National Federation of State High School Association basketball Rules (NFHS) and the OSAA. Below are the modifications and clarifications adopted by of the Boys & Girls Club of South Western Oregon & Epuerto Sports.
- 1.2 **Bench personnel will be limited to 2 coaches. Only official coaches who have been approved by Sports Directors may accompany the team on the bench during the basketball game.**
- 1.3 Both teams must be prepared to have a parent volunteer, one for clock and one for bookkeeping.
- 1.4 Please be prepared to meet with the officials and Gym supervisor 10 minutes before game time. Please be reminded that our official's decisions are the final judgment in every situation during the match.
- 1.5 Each player will play at least half of every game except in those situations where more than 10 players are on a team or if a player is not being played because of disciplinary issues. On teams where there are more or less than 10 players, coaches must balance the number of quarters played among all of the players over the course of the season.
- 1.6 Each player will be listed with a jersey number and the player's designated quarters marked. **1st - 4<sup>th</sup> grade coaches must provide Line-up cards are given to the referees prior to the start of the game. 5/6 graders will sub in as a normal basketball game.** Coaches may request to alter a line-up card during the game only in case of injury.
- 1.7 **Each team is allowed 3- 30second timeouts per game.**
- 1.8 Each team will be scheduled with warm uptime included. Please show up at scheduled time not a half hour before game time.
- 1.9 Playing time of four quarters of 10 minutes running time. The clock will stop for timeouts, foul shots, and injuries. There will be one 2 minute overtime in the case of a tie game, if still tied game ends in a tie, to ensure scheduled games are moving on time.

## Section 2      1<sup>st</sup>/2<sup>nd</sup> Grade Modifications

- A.** **Starting the game and subsequent possessions.** Rock paper scissors to determine who starts with the ball. Subsequent periods: team will receive the ball based on the possession arrow. The ball will be in-bounded in the backcourt to begin periods.
- B.** **Back-court guarding and restrictions.**  
No backcourt guarding is allowed on any pass being inbounded from the backcourt into the backcourt area or at any time a team has gained definite possession in the backcourt. Once possession is gained, defensive players may not hinder the offensive team in any way, even by accident. Even if possession is lost and the ball becomes loose, the defensive team cannot interfere or take possession until it crosses 28ft-court line **(or line determined by Sports Administration.)**
- C.** A pass from backcourt to front court cannot be intercepted until the ball crosses the 28ft-court line **(or line determined by Sports Administration.)**  
When the ball is being dribbled from the back court into the front court, the dribbler may not be guarded within 6 feet of the mid-court line until both dribbler's feet and the

ball are in the front court. Once the ball has passed the 28ft line once, the defense may guard up to half court.

**D.** Hoops will be 8ft. No free throws.

**E.** Ball size – 27.5

**F.** 1<sup>st</sup>-2<sup>nd</sup> grade is teaching all the basics. Passing, dribble, shooting, and defense on “your person”. **No double-teaming!** Very simple playing rules. Refs will remind and help coach players on game days. Some calls will not be made.

## **Section 1**      **3<sup>rd</sup>/4<sup>th</sup> Grade Modifications**

### **2.1**      **Starting the game and subsequent possessions**

Jump ball to start the game and any overtime periods. Subsequent periods: team will receive the ball based on the possession arrow. The ball will be in-bounded in the backcourt to begin periods.

### **2.2**      **Back-court guarding and restrictions**

2.2.1 No backcourt guarding is allowed on any pass being inbounded from the backcourt into the backcourt area or at any time a team has gained definite possession in the backcourt. Once possession is gained, defensive players may not hinder the offensive team in any way, even by accident. Even if possession is lost and the ball becomes loose, the defensive team cannot interfere or take possession until it crosses 28ft-court line (**or line determined by Sports Administration.**)

2.2.2 A pass from backcourt to front court cannot be intercepted until the ball crosses the 28ft-court line. When the ball is being dribbled from the back court into the front court, the dribbler may not be guarded within 6 feet of the mid-court line until both of the dribbler’s feet and the ball is in the front court. Once ball has passed 28ft line once, defense may guard up to half court.

2.2.3 An inbound pass from the front court or mid-court may not be defended in back court.

2.2.4 Occasional inadvertent violations of the back court guarding rule shall be whistled and warned, allowing the possessing team to inbound from the back court. Flagrant and persistent intentional violations must be addressed by the coach. If not addressed, the coach could receive disciplinary sanctions from league officials.

### **2.3**      **Half-Court Defensive Rules**

2.3.1 Once the ball is advanced into the front court, only one-on-one defense positions may be established until the offensive team establishes possession below the top of the key. Once this is established, if a player guarding the ball is beaten and his/her opponent is going to the basket unguarded, one help defender- closest to the ball/ or weak side defender can look to help out and stop the ball.

2.3.2 **No double-teaming!** The help side defender should not leave their assigned offensive player to double-team the ball; only to help a teammate that has been beaten in a once on cone situation. The goal is to try and teach the concept of help–side defense not double teaming or bunch ball as the offense looks to attack the basket.

- 2.4 **Zone Defense**
- 2.4.1 Zone defenses are not allowed. No player may guard an area of the court instead of an opponent. A defensive player may not be in the 3-second key for longer than 3 seconds if it is apparent that the player is not guarding the offensive player.
- 2.4.2 Basic defensive moves such as switching, sliding through, and helping off the weak side are permissible; double-teaming is not.
- 2.4.3 Defensive players should be in the help side/off-ball defense positioning when offensive players are not in the scoring area.
- 2.4.4 Flagrant and persistent violations of these rules will result in a warning from officials and the violations must be addressed and corrected by the coach. **If not addressed, the coach could receive disciplinary sanctions from officials.**
- NOTE: **It is not intended that offenses be designed to bring one player with the ball down the court on one side and put four “decoy” players on the sideline to take advantage of this rule.**
- 2.5 **Scoring**
- 2.5.1 If at any point during the game scoring margin between the teams exceeds 30 points, the running score will no longer be shown on the scoreboard.
- 2.5.2
- 2.6 **Ball, Basket, Free throw line**
- 2.6.1 Ball size: 5 (27.5” circumference)
- 2.6.2 Basket Height: 3<sup>rd</sup> grade 8ft and 4<sup>th</sup> grade 9ft, unless teams are blended default to 9ft.
- 2.6.3 Free Throw Line: 12ft
- 2.6.4 All games will be played with a running clock of 10 minutes.

### **Section 3** **5<sup>th</sup> Grade Modifications**

- 3.1 5<sup>th</sup> Grade may press in the 4<sup>th</sup> period only. A man-to-man or zone press during the 4<sup>th</sup> period is allowed until the ball reaches half-court. If a team is leading by 10 points or more, it may not use a full-court press unless their lead falls below 10 points. The team that is behind may press.
- 3.2 Ball size: 6 (& 28.5” circumference)
- 3.3 All games will be played with a running clock of 10 minutes.

### **Section 4** **6<sup>th</sup> Grade Modifications**

- 4.1 6<sup>th</sup> Grade may press in the 4<sup>th</sup> period only. A man-to-man or zone press during the 4<sup>th</sup> period is allowed until the ball reaches half-court. If a team is leading by 10 points or more, it may not use a full-court press unless their lead falls below 10 points. The team that is behind may press.
- 4.2 Ball size: 6 (& 28.5” circumference)
- 4.3 All games will be played with a running clock of 10 minutes.