

CITY OF LA CROSSE
PARK & RECREATION DEPARTMENT

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Boys and Girls Youth Basketball Rules and Format

PROGRAM PHILOSOPHY - To offer a well-rounded program which emphasizes the basic fundamentals of team play, individual skills, good sportsmanship, and most of all participation and FUN!

1) GAME TIME

- a) Games will consist of four 8-minute quarters
- b) Game time (2nd/3rd and 4th/5th) will be continuous (run-time), with the exception of the **last 1 minute of the second quarter and fourth quarter**, when the clock will stop on all whistles.
- c) There will be a (1.5) minute break between quarters and a (3) minute break at half time.
- d) Tie Games:
 - i) 2nd/3rd will be recorded as a tie (No overtime).
 - ii) 4th/5th will play a (3) minute overtime. If score remains tied after overtime then a tie will be recorded (Except in tournament).
 - iii) In overtime play the clock will stop on every whistle in the last minute.
- e) The clock will not stop, even on shooting fouls, until the last minute.
- f) In tournament play if the game remains a tie after the overtime, there will be sudden death overtime, the first team to score a basket wins.
- g) Time Outs:
 - i) Each team is allowed two (2) 30-second time-outs per half (Enforce!).
 - ii) Time outs cannot be carried over to next period.
 - iii) Anyone can call the time out, including the coach, but his or her team must have possession of the ball.
 - iv) Officials may call time outs at their discretion: injuries, shoe laces untied, etc.

2) PLAYERS

- a) Teams must start with at least 4 players from their own roster. Penalty - forfeit. (5 minute grace period)
- b) Teams with a minimum of 4 of their own players may pick up a maximum of 2 players from other teams in order to fill-out their roster for the day. This is a legal game.
- c) Only teams **SHORT** of players can pick up players.
- d) No player can be picked up for more than one game per day, (STEELE RULE). Opposing coach must approve pick up players.
- e) A team with five players may pick up one player with the approval of the opposing coach.
- f) PRACTICE GAMES will be played in forfeit situations utilizing players present. Play with only your players if possible. **OFFICIALS & COACHES: Operate the game exactly the same as an official game.** Don't be lazy or unprofessional.
 - i) The game time will be 40 minutes or will end 10 minutes before the next scheduled game (whichever comes first).
 - ii) **Players eligible to play in the forfeit games must be registered with the program**
- g) Coaches should stress that players must wear their team shirt distributed by P & R.
- h) All players present should have equal playing time! Participation is the philosophy of the program. (Exception - if player has continuously missed practice or has been suspended from game play).

- i) Players must have a signed permission slip to play.

3) **CONDUCT**

- a) Coaches must promote good sportsmanship at all times.
- b) Coaches and players will line up and shake hands after every game.
- c) Foul language will not be tolerated! See e.
- d) Intentional delay of game time (kicking the ball, back talk, to officials or coaches, fighting) will not be tolerated. See e.
- e) Penalty for all misconduct calls (as deemed by the official) will be a technical foul (2 points for the opposing team and the ball at half court) and the player will be removed from the next scheduled game.

4) **FOULS**

- a) Each player is allowed 6 personal fouls.
- b) Players foul out of the game on the 6th foul. Exception: If there are only 5 players on the team, see #c.
- c) Penalty for players that commit a foul after their 6th personal, the opponents will be awarded 2 points and the ball at the half court.
- d) **Bonus**: On the 7th team foul (per half) the opponents will be in the bonus (one and one).
- e) **Double Bonus**: On the 10th team foul (per half) the opponents will be in the double bonus (2 shots).

5) **GENERAL RULES**

- a) All games and overtime periods will **begin** with a **jump ball** at mid court. Thereafter, the **alternate possession rule** will be in effect.
 - i) **Alternate possession rule** – possession arrow will flip based on possession of the ball. The possession arrow will be switched to the defensive team after the original jump ball is won. After that the possession arrow will switch each time a jump ball is called.
 - (1) At the quarter breaks the possession arrow will not be switched and possession to start the next quarter will be awarded to the team in which the arrow shows possession. Once the ball is inbounded and the clock started the possession arrow will be switched to the defensive team.
 - (2) At half time the arrow will be flipped to stay with the team that will begin possession at the start of the second half (due to teams switching defensive sides of the court). The possession arrow will then be flipped after the start of the second half to the defensive team once the clock is started and the ball is inbounded. The arrow will then continue to switch following each jump ball called for the remainder of the game.
- b) **Over and back** will be called. Penalty - Side out at half court for opposing team.
- c) **Lane Rule**:
 - i) 5 second rule
- d) **Five Second Possession Rule**: A player must pass/shoot the ball within 5 seconds of receiving it: Penalty - Side out for opponents. –be forgiving about the time.
- e) **Inbound Rule**: In all in bound situations the defensive team must give the person inbounding the ball at least 3 feet to put the ball in bounds. Repeated penalty-Delay of game, one shot and Side out.
- f) **Travel Rule**: Players may not run with the ball at any time. Incidental slides will be "overlooked"; Penalty - Side out for opponents.
- g) **Double Dribble/Carrying**: Regulation rules in effect. **Penalty - Side out for opponents.**
- h) **Half Court Press Rule**: At the moment of the rebound the defensive players must advance toward the forecourt, if they cross over the 1/2 court line for defensive play **repeatedly the penalty will be one shot and the side out**. The officials should remind the defensive team to go to the forecourt. 2nd/3rd grade defenders must stay within the 3-point line at all times, 4th/5th grade defenders can play defense anywhere on their half of the court.

- i) Last 2 minutes of the game can be full court press for all ages.
- ii) **COACHES:** Don't press a team that is losing by eight points or more.
- i) Defensive Rule: **ALL ZONE DEFENSES ARE ILLEGAL**, PERSON TO PERSON DEFENSES MUST ONLY BE UTILIZED. Maximums of two (2) players can defend/guard the player with the ball. Repeated offense or Coach knowingly playing zone defense: **Penalty - Technical Foul and Loss of Timeout.**
- j) Substitution Rule: Players cannot enter the game until the ball is dead. Players subbing in must check in with the scorekeeper, who will signal the refs (by horn or whistle) that there are players waiting to sub in.
- k) Moving Screens: are illegal. **Penalty - Personal Foul**
- l) Stiff arm shielding of the dribble is illegal. **Penalty - Personal Foul**

6) **COACHES**

- a) Fundamentals
 - i) Teaching kids the fundamentals is extremely important
 - ii) Dribbling, passing, shooting, layups
 - (1) These will ultimately help the kids become successful down the road.
- b) Coach to develop not to win
 - i) It's not all about winning. Make sure the kids know this and that you are more focused on developing the kids rather than what the outcomes of the games are.
- c) Make it fun!!
 - i) The kids aren't going to want to continue playing basketball if they aren't enjoying it. Make sure to include activities that help the kids learn, but also allow them to have fun with the sport.