

# Basketball Rules

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## Neighborhood Sports JR. NBA & JR. WNBA Basketball (3V3 & 5V5).

1. Playing rules are State High School Association rules for the current year except where modified below:
2. Uniforms: Teams wear league uniforms
3. Program is a grade-based program. Grade level is determined by player's grade on October 1. Players may only participate in one division. Players can play up a division.
4. Division information

Grade Division	Style of play	Players / team	Rim Height	Game length	Basketball size
Coed 1 <sup>st</sup> & 2 <sup>nd</sup> grade	3v3 Half court	6 players	8 Ft	Two 16 minute halves	27.5 inches
Girls 3 <sup>rd</sup> & 4 <sup>th</sup> grade	5v5 Full court	10 Players	10 Ft.	Two 20minute halves	28.5 inches
Boys 3 <sup>rd</sup> & 4 <sup>th</sup> grade	5v5 Full court	10 Players	10 Ft.	Two 20 minute halves	28.5 inches
Girls 5 <sup>th</sup> & 6 <sup>th</sup> grade	5v5 Full court	10 Players	10 Ft.	Two 20 minute halves	28.5 inches
Boys 5 <sup>th</sup> & 6 <sup>th</sup> grade	5v5 Full court	10 Players	10 Ft.	Two 20minute halves	28.5 inches
Girls 7 <sup>th</sup> & 8 <sup>th</sup> grade	5v5 Full court	10 Players	10 Ft.	Two 20 minute halves	28.5 inches
Boys 7 <sup>th</sup> & 8 <sup>th</sup> grade	5v5 Full court	10 Players	10 Ft.	Two 20 minute halves	29.5 inches

### 5. Playing Rules

- 3V3
  - Game length is two (2) sixteen (16) minute halves with a running clock.
  - Home team gets the ball to start the game. Visitors get the ball to start the second half.
  - All play for 3 V 3 starts at the imaginary “check line” at the top of the foul circle (3 point line).
  - Player must pass the ball in from the check line at the start of each half, after a score, after a foul is attempted, or when the ball goes out of bounds.
  - Defensive players must be a minimum of 3 feet away from offensive player starting play.

- On defensive rebounds, steals, or any change of possession, the ball must be returned to beyond the 3-point line prior to the team attempting to score.
  - The Ball and both feet must be on or across the 3-point line in order to change the team from defensive to offensive.
  - On change of possession defense must allow offensive team to take ball beyond 3-point line to start offense.
  - Defense cannot cover offensive team outside of 3-point line. Half court line is out of bounds. There are no 3-point shots in this game.
- 5V5
    - Game length is two (2) twenty (20) minute halves with a running clock.
    - Game starts with teams jumping for ball at mid court.

#### 6. Clock / Scoring

- Clock is a running clock and stops for time outs and technical fouls. The officials may use their discretion to stop the clock for injury, ball retrieval, etc.
- Scoring- A regulation shot counts as 2 points while a shot beyond the 3-point arc counts 3 points.

#### 7. Defense / Point Spread Rule

- Teams can run a Man to Man or Zone defense
- 3V3 – Defense can't pick up offensive player until they cross the 3 point line.
- 5V5 - Defense can't pick up offensive player until they cross mid-court.
- Defensive player cannot chase the ball (one player covering everyone)
- Defense cannot double team the ball outside 3 point line (5V5) or outside paint (square under basket / free throw lane) (3V3).
- Defensive players can switch players they are guarding (i.e. When an offensive player sets a pick on a defensive player, the defensive players can switch assignments to guard ball and player setting pick)
- 5v5 – During the last two minutes each half and overtime period teams are allowed to play full or half court defense (man, zone, trapping, double teaming ball...) if they are not winning by 10 points.
- Defense can cover players full court if they are losing by more than 10 points at any time during the game. Defense cannot press or double team anywhere on the court if winning by more than 10 points.
- In 7/8<sup>th</sup> grade division a team can play full court defense play until they are up by 10 points.

#### 8. Fouls / Free throws

- 5 fouls and a player must leave the game
- When a foul is committed that requires a free throw...the player shoots one shot for the point value designated by referee (if fouled while shooting a two pointer the free throw is worth two points if fouled while shooting a 3 point shot the free throw is worth 3 points).
- Two technical fouls and player, person, or coach is ejected from the game and must leave the building

9. Time outs:

- Each team is allowed one (1) 30 second time out per half.

10. Halftime:

- Two minute halftime. If the games are running behind schedule, the league administrator or game officials may shorten the halftime intermission.

11. Overtime: If the score is tied at the end of regulation play:

- 3V3 - Teams line up and players shoot free throws one at a time alternating from team to team. A team wins when it makes a free throw and the other team misses. A player can not shoot a second free throw until all players on his team have shot.
- 5V5 - Two minute overtime, no time outs in overtime. Teams play sudden death with the next basket made wins if tied after overtime period.

12. Game Administration

- The visiting team provides a timekeeper.
- The home team provides a qualified scorekeeper.

13. Mandatory Substitution (This is not a time out...players must move from bench to court ASAP)

- The game clock is a running clock and does not stop for substitution. Timekeeper will work with referee for substitution times (5V5 every five-minutes and 3V3 every four-minutes).
- Play will stop at which time all substitutes on bench must enter the game. Players must be rotated... no player can play every period unless there is the minimum amount of players. Every player must play a minimum of 4 periods. Players can not play more than 6 periods.
- Free substitution is allowed during the last 5 minutes for 5V5 and 4 minutes for 3V3 of the game; substitutions may be made at the discretion of the coach and when there is a dead ball. Coaches cannot use substitution time as a time out. Substitutions must be made quickly. Failure to substitute in a timely manner could result in the referee putting the ball back into play before you are finished with your substitution.

14. Stalling or attempts to freeze the ball are not allowed and may result in loss of ball possession. If a team is warned for stalling, the official will administer a 10-second count during which a shot must be attempted. If a shot is not attempted, ball possession is lost.

## 15. Officiating & Sportsmanship

- Our Officials try their best to facilitate the game experience. They give their time to do something that most people do not like to do. We ask that you treat our referees with respect at all times and set a good example for our kids. Unsportsmanlike conduct will not be tolerated by players, coaches, or fans and may result in immediate ejection and banishment from the playing area. The referee shall have power to make decisions on any point not specifically covered in the rules.
- No officiating from the stands. Anyone who officiate from the stands may be asked to leave
- Only the head coach can talk to the referee.