

Winter League Rules & Regulations

1st & 2nd / 3rd & 4th / 5th & 6th Grade Boys & Girls Basketball

**COACHES REGISTRATION:**

All coaches must file an application/information form with the league. No one is allowed to occupy a position on the team bench without a Coaches Registration Form on file at the league office. [Maximum of 2-coaches per team seated on bench] Failure to file shall prohibit applicant from coaching in this program and can result in a team entry being rejected. EXCEPTION: diocesan school certification can substitute for coach registration form.]

COACHES MUST COMPLETE CONCUSSION COURSE CERTIFICATION AND SUBMIT A CERTIFICATE OF COMPLETION. LA State Legislation Session, Act 314

Louisiana High School Association Basketball rules will be in effect as modified below:

Coaches must stay on bench during game while coaching. No coach is allowed on the court at any time during the game. The referee will help position kids on free throws and jump balls.

**Ball Size/Goal Height:**

**1st/2nd: 27.5 ball, 8.5 ft goals**

**3rd/4th: 28.5 ball, 8.5 ft goals**

**5th/6th: 28.5 ball, 10 ft goals**

**Game Length:**

**3/4, 5/6 Grade, 7/8 Grade**

Four 8 minutes quarters running clock, stopping last minute of each quarter

**1/2 Grade**

Four 8 minute quarters running clock, stopping last minute of each quarter

**Playing Time**

Playing time is at the discretion of the Head Coach

COACHES ARE ENCOURAGED TO PROVIDE EQUAL PLAYING TIME FOR ALL PLAYERS.

Teams that do not have 5 players at game-time, will have a 5 minute grace period for that fifth player to show up, otherwise the game will result in a forfeit.

**Alternating Possession Rule**

At the beginning of the first quarter only, there will be a jump ball. This will be the only

jump ball in regulation play. During each quarter, teams will alternate possession on all jump balls according to the possession arrow on the score table. In addition, the possession arrow will indicate which team in-bounds the ball at the beginning of all subsequent periods following the 1st.

**Time Outs**

Each team will get 2 time-outs per half. Time-outs last 60 seconds

There will be one minute between each quarter.

There will be a five- minute half time.

There will be one time-out per overtime period

**Overtime**

There will be one 1 minute overtime period, clock stopping like a regulation basketball game. At the end of the first overtime, if the score is still tied, sudden death free throws will determine the winner.

One shooter from each team will shoot against each other until a winner is decided. No player may shoot twice until his/her entire team has gone.

**Three Second ruling**

Grades 1 & 2: Three seconds will not be called unless in the judgment of the ref, that the players or coaching style are taking advantage of this rule.

**Back-Court Defense**

The over & back rule will not be enforced in these grades (prek/K, 1/2 Grades)

The rule will be modified as followed: If after the offensive team has crossed into front court with the ball, then chooses to return to the backcourt with the ball, they may be pursued by the defensive team. This rule stays in effect regardless of how long the ball has been in the frontcourt or what the score is. Once the ball has crossed the mid court line, if it goes backcourt there is NO 10 second count.

There is a 10 second count in all 3/4, 5/6 grade games.

**Defensive rules**

Each defensive player shall play man to man defense while the ball is in the offensive half of the court.

There is no double-teaming. If seen, the referee will stop and put the opposing player back on the correct player to guard.

**\*1st-2nd grade teams may pick up past half court with under 10 seconds left in the game to prevent teams from just running out the clock\***

**\*3rd-6th grade teams can press the last minute of the 2nd and 4th quarters. Press has to be man-man. \***

**Fouls**

* **There will be no foul outs in prek-6th grade games. Teams will shoot double bonus after 7 team fouls in each half.**
* **A player that fouls excessively will be subbed by the referee and must sit out the remainder of the quarter they are sat in.**

**Travel, Double Dribble**

Travelling and Double-dribbling will be called at all grade levels.

Coaches: In practices, teach dribbling, stopping and using the pivot-foot. If a player stops dribbling then they should know that they can do the following:

Pass, shoot, or use pivot-foot and then pass or shoot

**Basket Height**

8.5 feet-1/2, 3/4 Grade Divisions

10 feet-5/6 Division

**Free Throw Distance**

10 ft-1/2 Grade

12ft- 3/4 Grade

15ft- 5-8th Grade

**Pre-Game Setup:**

Each team will begin the game at the basket away from their bench in order that each team will finish the game at the basket adjacent to their bench.

Exceptions to the above are at the discretion of the league commissioner.