



Basketball Rules for Be Someone Sports Winter League

Entire document applies for Grades KINDER through 8th

In general, U.I.L. and National Federation Rules apply to the play of all leagues in the Be Someone Sports Winter League. In some cases, they are modified due to the age and experience of the players of a given league. It should be remembered that sportsmanship is to be emphasized and therefore, any profanity or abuse of the officials, score keepers or timekeepers will not be tolerated, and a technical foul shall be called.

There are some additional U.I.L. and National Federation Rules that Be Someone Sports Winter League. Will be emphasizing because they are not generally well known or have not been applied, but do affect the sportsmanship and fair play:

1. The **controlling authority** in the gym is the referees. This includes all activities **before, during and after the game**. Referees are authorized to call 911 when he/she deems it necessary.
2. Referees are not to be approached in a hostile (as determined by the referee) manner by a coach, player or a fan at any time, especially after the game when emotions can run high.
3. Any **post-game** activity that would result in a **technical** during the game will also result in a technical foul which could result in a suspension for the following game. This also applies to fans.
4. During the game, **only the coach** may stand on the sidelines and only the coach may call a time out. Assistant coaches may not call a time out and should remain seated except for spontaneous actions following exceptional play on the court (not for referee calls).
5. When a coach is awarded a technical foul, he/she automatically is given the “**seat belt**” rule. This means that neither he/she nor any of the assistant coaches are allowed to stand on the sideline during the rest of the game.
6. Coaches may not approach scorekeepers during the game in an attempt to exact a correction. All discussions must go through and with the concurrence of the referee.
7. The coach will supply the scorekeeper with a list of his/her players (first and last name and uniform number. He/she should have a good idea before the game which players he/she will play in which quarters so that delays will be kept at a minimum before the game and between quarters.

As a reminder, this league is designed to develop players in the skills and rules of basketball. Coaches are encouraged to teach basics and develop players during the pre-tournament round. Trophies and/or ribbons will be given at the end of the end-of-season tournament only.

League specific rules (for each age group) are listed at the end of these rules. The rules listed below apply to all leagues unless specifically mentioned in those



League specific rules.

A. Gym personnel responsibilities

1. **Referees** are in charge of all activities in the entire gym from the moment he/she enters, continuing until he/she exits. He/she makes calls according to the rules included in herein.
2. **Scorekeepers Score and bookkeeper are required each game and each team will provide 1 person.** This importantly includes recording which players begin each quarter. Due to the amount of concentration required to perform his/her activities, scorekeepers should not interact with coaches except during a time out and with one of the referee's present.

B. Pre-game/pre-quarter activities.

1. **Pre-game meeting.** Prior to the tip, a brief meeting between both referees and both coaches will briefly meet and address the following:
 - a. **Player participation.** Coaches will inform each other and the referees concerning the status of their team (i.e. – number of players available for the game, injuries, sickness that may limit a player's time, etc.)
 - b. **Rules discussion.** Since successive games may involve different divisions which may have slightly differing rules, referees will determine which division is involved in the game. Clarification of rules may also take place – but at no time will the published rules be altered during this meeting.
2. **Player check-in.** Prior to beginning every quarter, the active players for that quarter will check in at the scorer's table. The scoresheet maintained by the score keeper may be used to determine a player's participation for the game.
3. **Jewelry check.**
 - a. All jewelry shall be removed. This includes the pins for pierced ears. In the interest of safety, the only pins which will be allowed are those required for newly pierced ears – these must be covered with tape.
 - b. If any player wishes to tie her/his hair in a ponytail, only rubber bands or soft rubberized cloths should be used. No ribbons with bows will be allowed.

C. Times. Four 8-minute periods will be played.

1. There will be a 1 minute break between quarters
2. There will be a 2 minute break at half time
3. There will be a 1 minute break between fourth quarter and 1st overtime period, and between extra overtime periods.

D. **Clock.** There will be a running clock at all times with the following exceptions: The clock will be stopped during timeouts, free throws, referee's requests and following all whistles made by the referee during the last two (2) minutes of each half and during any over time periods.



E. **Overtime.** There will be one three (3) minute overtime with a continuation of the clock stoppages as in the last two minutes of the fourth quarter. If the game remains tied after 1 OT period sudden death will begin. 1st team to score will win.

F. **Times Out.** A total of four times out will be allowed per team per game (2 each half). One additional time out will be available during each overtime period.

H. **Player participation rules** – *The Player participation rules must be followed.*

Penalty: *If player participation rules are not followed the player in question will be forced to sit out for the required minimum 4 minutes. This includes time in the 4th quarter.*

1. **Mandatory Playing Time.** Substitutions will happen at the 4-minute mark for the first 3 quarters. All players on the bench will sub into the game at that time. At the start of the next quarter, substitutions must be made again for the players that have not sat yet. In the 4th quarter and overtime, however, substitutions can happen as often, or as little, as the coach chooses. There are no regulations to subbing and playing time during these periods.
2. A **player disqualified** from the game due to a **flagrant foul** may not participate in the team's following game. Two flagrant fouls during the season disqualifies the player for the balance of the season.
3. A **disqualified player or coach** due to **technical fouls** may not participate in the team's following game.

Examples of subbing

| | 1st Q | 4 min | 2nd Q | 4min | 3rd Q | 4min | 4th Q |
|--------------|--------------|----------|----------|----------|----------|----------|-------|
| 6 players | Player 1 | Player 1 | Player 1 | Player 1 | Player 2 | Player 1 | Open |
| | Player 2 | Player 4 | Player 2 | Player 5 | Player 5 | Player 3 | |
| | Player 3 | Player 5 | Player 4 | Player 2 | Player 3 | Player 2 | |
| | Player 4 | Player 3 | Player 6 | Player 3 | Player 4 | Player 4 | |
| | Player 5 | Player 6 | Player 5 | Player 6 | Player 6 | Player 6 | |
| | | | | | | | |
| | Bench | | | | | | |
| | Player 6 | Player 2 | Player 3 | Player 4 | Player 1 | Player 5 | |



| 7 players | 1st Q | 4 min | 2nd Q | 4min | 3rd Q | 4min | 4th Q |
|--------------|--------------|----------|----------|----------|----------|----------|-------|
| | Player 1 | Player 1 | Player 2 | Player 1 | Player 1 | Player 1 | Open |
| | Player 2 | Player 4 | Player 3 | Player 5 | Player 5 | Player 7 | |
| | Player 3 | Player 5 | Player 1 | Player 2 | Player 3 | Player 2 | |
| | Player 4 | Player 6 | Player 6 | Player 3 | Player 2 | Player 4 | |
| | Player 5 | Player 7 | Player 7 | Player 7 | Player 6 | Player 6 | |
| | Bench | | | | | | |
| | Player 6 | Player 2 | Player 4 | Player 1 | Player 7 | Player 5 | |
| Player 7 | Player 3 | Player 5 | Player 6 | Player 4 | Player 3 | | |

| 8 players | 1st Q | 4 min | 2nd Q | 4min | 3rd Q | 4min | 4th Q |
|--------------|--------------|----------|----------|----------|----------|----------|-------|
| | Player 1 | Player 1 | Player 3 | Player 3 | Player 5 | Player 5 | Open |
| | Player 2 | Player 2 | Player 4 | Player 4 | Player 7 | Player 7 | |
| | Player 3 | Player 6 | Player 5 | Player 1 | Player 8 | Player 3 | |
| | Player 4 | Player 7 | Player 7 | Player 2 | Player 2 | Player 4 | |
| | Player 5 | Player 8 | Player 8 | Player 6 | Player 6 | Player 1 | |
| | Bench | | | | | | |
| | Player 6 | Player 3 | Player 1 | Player 5 | Player 3 | Player 8 | |
| Player 7 | Player 4 | Player 2 | Player 7 | Player 4 | Player 2 | | |
| Player 8 | Player 5 | Player 6 | Player 8 | Player 1 | Player 6 | | |

| 9 players | 1st Q | 4 min | 2nd Q | 4min | 3rd Q | 4min | 4th Q |
|--------------|--------------|----------|----------|----------|----------|----------|-------|
| | Player 1 | Player 1 | Player 2 | Player 2 | Player 3 | Player 3 | Open |
| | Player 2 | Player 6 | Player 3 | Player 1 | Player 4 | Player 2 | |
| | Player 3 | Player 7 | Player 4 | Player 6 | Player 5 | Player 1 | |
| | Player 4 | Player 8 | Player 5 | Player 7 | Player 9 | Player 6 | |
| | Player 5 | Player 9 | Player 9 | Player 8 | Player 8 | Player 7 | |
| | Bench | | | | | | |
| | Player 6 | Player 2 | Player 1 | Player 3 | Player 2 | Player 4 | |
| Player 7 | Player 3 | Player 6 | Player 4 | Player 1 | Player 5 | | |
| Player 8 | Player 4 | Player 7 | Player 5 | Player 6 | Player 9 | | |
| Player 9 | Player 5 | Player 8 | Player 9 | Player 7 | Player 8 | | |

I. **PROTESTS.**

No protests are allowed in Basketball. If a coach has a complaint about officiating, she or he should report it to the director.



J. League specific rules:

Kinder / 1st Grade Girls' Division:

- a. This is a man-to-man **WITH HELP** defense league.
- b. Defensive guarding in the backcourt is not allowed.
- c. The Youth Basketball (27.5 inch circumference (Junior)) will be used
- d. The basket height will be 8½ foot.
- e. The free throw line will be positioned 10 feet from the back of the backboard.
- f. There is no time limit in the free throw lane.
- g. There is no 7-second closely guarded rule.
- h. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- i. PLAYER FOULS OUT ON 6TH FOUL

2. 2nd / 3rd Grade Girls' Division:

- a. These are man-to-man **WITH HELP** defense leagues.
- b. Defensive guarding in the backcourt is not allowed.
- c. The Youth Basketball (28.5 inch circumference (Junior)) will be used
- d. The basket height will be 8½ foot.
- e. The free throw line will be positioned 10 feet from the back of the backboard.
- f. Violation time in the free throw lane is 5 seconds.
- g. There is a 7-second closely guarded rule.
- h. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- i. PLAYER FOULS OUT ON 6TH FOUL

3. 4th / 5th Grade Girls' Division:

- a. Any defense may be utilized.
- b. Defensive guarding in the backcourt is allowed
- c. The WNBA ball (28.5 inch circumference) will be used.
- d. The basket height will be 10 feet.
- e. The free throw line will be the regular free throw line.
- f. Violation time in the free throw lane is 5 seconds.
- g. The 7-second closely guarded rule is in effect.
- h. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- i. PLAYER FOULS OUT ON 6TH FOUL



4. 6th / 7th Grade Girls' Division:

- a. Any defense may be utilized.
- b. Defensive guarding in the backcourt is allowed
- c. The WNBA ball (28.5 inch circumference) will be used.
- d. The basket height will be 10 feet.
- e. The free throw line will be the regular free throw line.
- f. Violation time in the free throw lane is 5 seconds.
- g. The 7-second closely guarded rule is in effect.
- h. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- i. **PLAYER FOULS OUT ON 6TH FOUL**

5. KINDER / 1st Grade Boys' Division:

- a. This is a man-to-man **WITH HELP** defense league.
- b. Defensive guarding in the backcourt is not allowed
- c. An illegal defense warning will be issued in each half prior to the assessment of a technical foul.
- d. The Youth Basketball (27.5-inch circumference (Junior)) will be used
- e. The basket height will be 8½ foot.
- f. The free throw line will be positioned 10 feet from the back of the backboard.
- g. There is no time limit in the free throw lane.
- h. There is no 7-second closely guarded rule.
- i. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- j. **PLAYER FOULS OUT ON 6TH FOUL**

6. 2nd Grade Boys' Division:

- a. This is a man-to-man **WITH HELP** defense league.
- b. Defensive guarding in the backcourt is not allowed.
- c. The WNBA (28.5 inch circumference) ball will be used.
- d. The basket height will be 8½ foot.
- e. An illegal defense warning will be issued in each half prior to the assessment of a technical foul.
- f. The free throw line will be positioned 10 feet from the back of the backboard.
- g. There is no time limit in the free throw lane.
- h. There is no 7-second closely guarded rule.
- i. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- j. **PLAYER FOULS OUT ON 6TH FOUL**



7. 3rd Grade Boys' Division:

- a. This is a man-to-man **WITH HELP** defense league. **No defensive press in 1st quarter!**
- b. Defensive guarding in the backcourt is not allowed behind the designated “safe zone” line (free throw line extended).
- c. An illegal defense warning will be issued in each half prior to the assessment of a technical foul.
- d. The WNBA (28.5 inch circumference) ball will be used.
- e. The basket height will be 10 feet
- f. The free throw line will be the regular free throw line
- g. Violation time in the free throw lane is 5 seconds.
- h. The 7-second closely guarded rule is in effect.
- i. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- j. **PLAYER FOULS OUT ON 6TH FOUL**

8. 4th Grade Boys' Division:

- a. Any defense may be utilized.
- b. Defensive guarding in the backcourt is allowed
- c. The WNBA ball (28.5 inch circumference) will be used.
- d. The basket height will be 10 feet.
- e. The free throw line will be the regular free throw line.
- f. Violation time in the free throw lane is 5 seconds.
- g. The 7-second closely guarded rule is in effect.
- h. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- i. **PLAYER FOULS OUT ON 6TH FOUL**

9. 5th Grade Boys' Division

- a. Any defense may be utilized.
- b. The WNBA ball (28.5 inch circumference) will be used.
- c. The basket height will be 10 feet.
- d. The free throw line will be the regular free throw line.
- e. Violation time in the free throw lane is 3 seconds.
- f. The 5-second closely guarded rule is in effect.
- g. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- h. **PLAYER FOULS OUT ON 6TH FOUL**

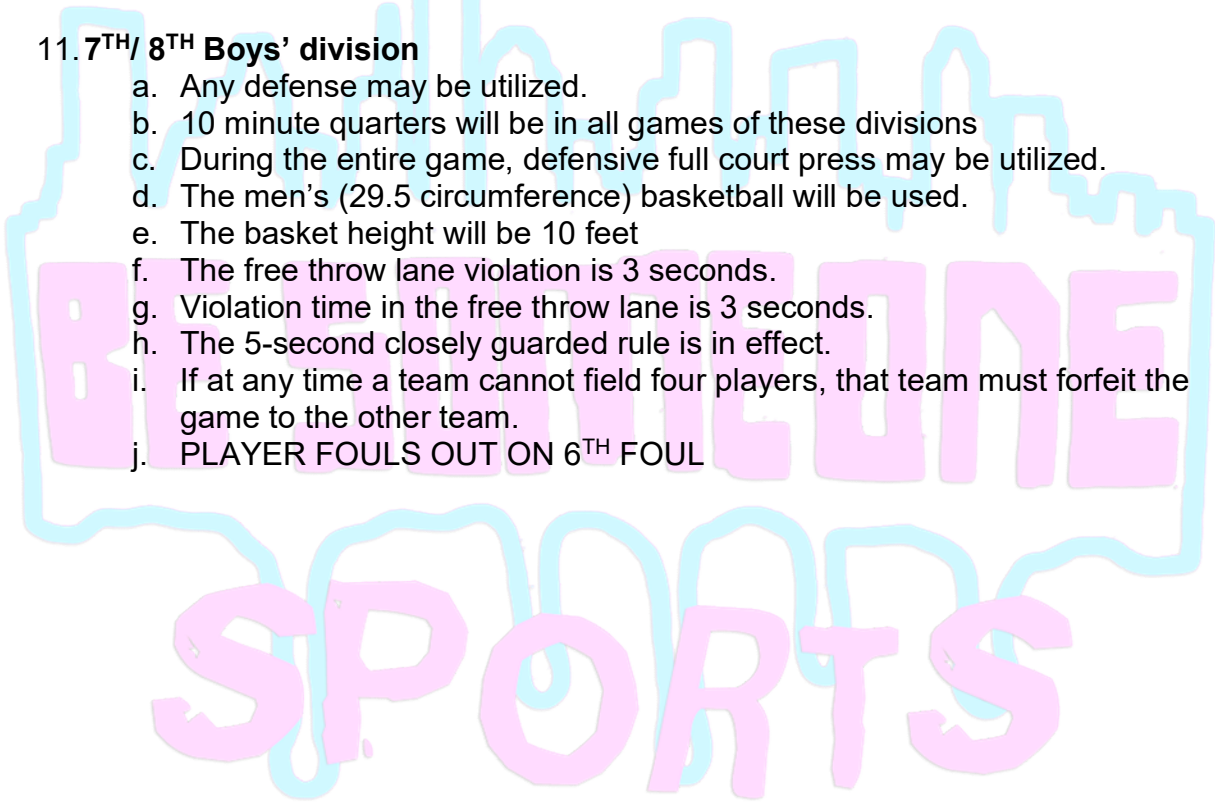


10. 6th Grade Boys' Division

- a. Any defense may be utilized.
- b. 10 minute quarters will be in all games of these divisions
- c. During the entire game, defensive full court press may be utilized.
- d. The WNBA ball (28.5 inch circumference) will be used.
- e. The basket height will be 10 feet
- f. The free throw lane violation is 3 seconds.
- g. Violation time in the free throw lane is 3 seconds.
- h. The 5-second closely guarded rule is in effect.
- i. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- j. **PLAYER FOULS OUT ON 6TH FOUL**

11. 7TH/ 8TH Boys' division

- a. Any defense may be utilized.
- b. 10 minute quarters will be in all games of these divisions
- c. During the entire game, defensive full court press may be utilized.
- d. The men's (29.5 circumference) basketball will be used.
- e. The basket height will be 10 feet
- f. The free throw lane violation is 3 seconds.
- g. Violation time in the free throw lane is 3 seconds.
- h. The 5-second closely guarded rule is in effect.
- i. If at any time a team cannot field four players, that team must forfeit the game to the other team.
- j. **PLAYER FOULS OUT ON 6TH FOUL**





J. League specific Offense and Defense Rules:

The intent of this league is to give each player a chance to participate of defense and offense. It is recognized that one on one basketball is inherently isolation play, but consistently isolating the same proficient player(s) on their guard(s) in order to score while the rest of the team stands around is not within the spirit of this league. Therefore, some rules have been put into effect which enables each player to feel a part of the game and man-to-man defensive will be used except when permitted in the League Specific Rules.

1. Possible defensive situations occur which are not consistent with the goals of the league.
 - a. **"Offensive strategy"** Offense shall maintain at least 1 player besides the ball handler inside the 3 pt line while on offense. This rule applies to divisions that only allow "MAN TO MAN" defense
 - b. **"Zone Defense"** rule: Self explanatory. Zone defense not allowed except as noted under the League specific rules. This rule is not in effect during a fast break except as the "back court interference" rule may be applied. *Standing in the free throw lane waiting for her/his man who is more than six feet away shall be considered zone defense. Dropping back from the 3-pt line to a position which will put her/him more than six feet from her/his assigned player will be construed as zoning.*
 - c. **"Ball Hawking"** rule: This occurs when a strong player to patrol the mid-court line and guard any player who crosses the line with the ball and is considered Zoning.
 - d. **"Back Court Interference"** rule: This occurs when defensive players impede the progress of an offensive player in the back court once possession of the ball is no longer in question. When a defensive player obtains the ball, in whatever manner, in the back court, the referee will award the ball to the offensive team. The referee may issue a delay of game warning depending on severity of infraction.
 - e. **"Double teaming"** rule: Double teaming prevents weaker players from developing his/her skills because the "double teamer" would be one of the most experienced players, due to his/her knowledge and ability. Double teaming is not allowed except under the following exceptions:
 - When the offensive player with the ball enters the free throw lane, defensive players may double-team that player.
 - When any defender(s) is/are located near enough to the man with the ball that he/she can attack the ball with only one step.
 - In the fore court, when a fast break is in progress
 - A violation cannot be called by the official when an equal number of defensive players and offensive players are within six (6) feet of the ball.



Legal defensive strategies:

- To avoid defensive violations all players should be within six (6) feet of his/her offensive player. A player may briefly ignore the six-foot proximity if she is being screened and goes behind the screener to pick up her/his man.
 - No player is required to defend his/her player beyond the three-point line, but he/she must maintain relative proximity to the offensive player outside the 3-pt line. This means that if a line were drawn from the player which is being guarded to the basket that the defensive player should be near that line at the 3-point line.
 - Make sure that no defensive activity occurs in the back court.
 - A defensive player may make a play on the ball in the following situations:
 - There is a loose ball
 - The player being guarded is in control of the ball
 - The actions of an offensive player brings the ball within reach of the defensive player who is legally guarding his/her own player
 - During/following a screen, a legal switch occurs
 - Maintaining a defensive position six (6) feet from the offensive player as he/she nears the 3-point line. When done properly this places the defense nearer the basket.
2. **Official making the call:** On the first violation of any of the defensive rules the official shall issue a warning [good for the entire game] for the first violation and assess a technical foul to the team for each succeeding violation. A violation for any of these rules followed by a violation of the same or another illegal defense rule is considered two violations of the illegal defense rule and a technical foul will be assessed.

Note: Continuous action will be in effect during a illegal defense violation call. If the player with the ball is in the process of stepping for the shot, or the ball is in the air for the shot, and zoning, ball hawking, proximity, or double-teaming violation is called, the shot, if good, will count. [We do not want to penalize the offense for a defensive violation].

ZONING NOTE: Defensive player(s) may leave their assigned person(s) to go and guard an offensive player who has gotten free from his/her guard. If more than one defensive player leaves his or her assigned person to pick up a free offensive player outside of the free throw lane, only one player will be allowed to continually guard this free player unless any or all of the guards' offensive players take a position within one step of the person with the ball. Otherwise, once the player has stopped his or her forward momentum toward the basket, the other players must immediately return to their



assigned persons, or a new person (switch), if his or her offensive player is the one who has gotten free and has been picked up by someone else.

M. STALLING

Stalling is a legal form of offensive play. If the ball is beyond the 3-point line and a player is holding the ball, it is up to the defense to initiate action.

"Stalling" in the backcourt in the 1st, 2nd, 3rd and 4th grade divisions is not permissible. This type of stalling uses timeouts to use up clock time late in the game. Therefore, during the last two minutes of the game, if a team which has the ball and is ahead in the score, calls time-out in their back-court, the clock will not be started on the subsequent throw in until the ball crosses the mid court line. The ball may be awarded for throw-in at the mid-court line.

N. General timeline of the league.

- 11/13-16 tryouts for all age groups.
- 11/15-18 draft of teams.
- 12-5-23 thru 12-20-2023 practices for all teams
- 12-21-2023 thru 1-2-2024 no practices no games
- 1-3-2024 practices resume and
- 1-6-2024 games begin.
- 1-3-2024 thru 2-18-2024 games and practices
- 2-12-2024 thru 2-20-2024 Be Someone Showcase tournament.
- 2-22-2024 thru 2-28-2024 Be Someone ALL-STAR PRACTICE / GAMES.