

BOYS AND GIRLS CLUB of VAN BUREN BASKETBALL RULES 2023-2024

1. Governing Body

Any Rules not covered in the following handout will be governed by the National Federation of State High School Associations Rules (NFHS). Any conflict in rules between this handout and NFHS will be governed by this handout.

2. Ball

Size 27.5 ball will be used on 8.5-foot goals for 1st and 2nd grade.

3. Game Time and Clock

Games will consist of two 15-minute halves.

The clock will run continuously, only stopping for time outs or injuries. The clock will stop on all dead ball situations.

Players from each team will shoot free throws, made free throws will count for final score. Halftime will be five minutes.

There will be a minimum five minute warm up time between games.

Should the games be running ahead of schedule, games will be started no earlier than fifteen minutes early, all coaches and players should be at the gym twenty minutes prior to scheduled start to allow for the possibility of an early game time.

If at the end of regulation, the game is tied, the game will go into an overtime session of three minutes.

4. Mercy Rule

The Mercy rule score shall be 15 points

5. Line Ups and Coaches Rules

Lineups should be checked at the score table; lineups should be checked no later than 10 minutes prior to scheduled start.

There will be ten-minute grace period to allow for late players if and only if the team does not have enough eligible players present to put five players on the court.

If a team has not shown up within the ten minute grace period the game will be either played with the handicap or forfeited

Coaches are responsible for players at **ALL** times; this includes but is not limited to keeping their players off the court when they are not playing.

Coaches can be assessed a technical foul for unruly conduct from fans

Coaches will be issued a warning in regard to unruly fans. If the coach is having problems with the fans, immediately notify the referees at which time the director of the gym will be directed to take care of the situation.

Coaches failing to stay within the box will be issued one warning; a second offense will result in a technical foul.

This will be strictly enforced. If the coach is out of the box, it blocks the view of the scorer's table.

Coaches are allowed on the floor only during an emergency/injury situation.

If a coach or player receives two technical fouls during a game, they will be removed from the game.

- a. Players that have been ejected from a game will be allowed to remain on the bench at the referee's discretion.
- b. Coaches that have been ejected will be asked to leave the gym for the remainder of the day, no exceptions.

6. Time-outs

- a. Each team will be allowed two 30-second timeouts per half. These timeouts can be used at any time during the half but they do not carry over.
- b. Should a game go into overtime, each team will be given one 30-second time out in the overtime period.

7. Defense

- a. When possession is determined, the defensive team must fall back to the offensive side of the court.

Possession will be determined by the officials and is a judgment decision.

- b. Players must stay out of the passing lane (stay inside 3-point line). We want players to learn one pass away, two pass away and man on man defense. When the offense is working toward the basket inside the 3 point line, then you may steal it.
Coaches need to teach shell defense, so players know what one pass and two pass away means.
- c. Failure to fall back can result in a warning; a second offense can result in a technical foul at the referee's discretion.
- d. No full court press is allowed at any time.
- e. Man to Man must be played at all times, with the exception of the last 2 minutes of the game.
NO DOUBLE-TEAMING IS ALLOWED
- f. You may play man to man defense at half court the last 2 minutes of the game.

8. Fouls

- a. Teams will shoot one and one after the 7th team foul
- b. Teams will shoot two shots after the 10th team foul
- c. Any player with five personal fouls will be removed from the game.

If a player fouls out of the game, coaches will be allowed 30-seconds to make a substitute.

1st & 2nd grade

1. 7 seconds to inbound the ball
2. 5 seconds in the lane (**Lane Violations are a NFHS point of emphasis this year, please coach your players accordingly**)
 - a. The coaches are urged to read and understand the rules on lane violations as to when the count starts and when it resets.

- b. Players will be given a verbal warning to get out of the lane
- c. If, in the referee's judgment, no advantage is being gained, no violation will be called for the first offense and the coach will be warned to get the player out of the lane.

On the second offense, the player will receive verbal warning; violation will be called if player does not heed the warning.

- d. If, in the referee's judgment, the player is gaining an advantage, no warning will be given, and the violation will be assessed.
3. Free throws will be attempted from a twelve foot line. The ball must be released from behind the line. Landing on or crossing the line **after the release** will NOT result in a violation.
- a. If the shooter runs into the lane to attempt a rebound before the ball hits the rim a lane violation will be assessed.
4. All players must allow the ball to hit the rim before entering the lane.
5. Traveling and Double Dribble will be enforced if, in the referee's judgment, an advantage is being gained.
- a. *This is a learning age and no one wants to discourage a child from playing in the future, however, if the violations are excessive the officials will have no choice but to enforce the penalties. Again, at this age group, all traveling and double dribble violations are called at the referee's discretion.*

Should a conflict arise regarding the rules, a protest should be filed with the referees and noted in the official scorebook, an attempt to clarify the protest will be done immediately, however, should a resolution not be reached, a meeting of the board will determine the appropriate actions.

All judgment decisions by the referees are final and are not open to protest. *i.e., traveling, double dribbling, foul, etc.*