



Spring Lake Sports League 2007-08 Basketball Rules and Regulations

SLSL is an instructional program designed to: teach the children how to improve their skills in basketball; learn how to be good winners and good losers; and to teach sportsmanship. Athletes First -Winning Second. Winning is not our objective, our objective is to help athletes develop and feel proud of their accomplishments.

Coaches should make every effort to balance playing time for all kids. If all coaches balance their times fairly, the games will remain even. All coaches must follow the rules. Any violations of these rules may subject those games in question to forfeiture, subject to review by the league commissioner and program directors.

THESE ARE THE ONLY RULES TO BE USED IN THE LEAGUES. NO COACHES OR COMMISSIONERS HAVE THE AUTHORITY TO CHANGE THESE RULES.

The conduct of all games at all levels of play will be governed by the following rules:

I. The basketball rules of the National Federation of State High School Association will control unless accepted herein.

- A.** There has been a change to the NFSHSA rules regarding free throws. In a free throw situation, the shooting team is only allowed to have 2 players (in addition to the shooter) lined up on the lane for rebounding. The non-shooting team is allowed 4 players. In all situations, the two lane spots closest to the shooter remain unoccupied. If the defending team elects to not occupy any of their 4 allowed spots, the shooting team is still restricted to two spots on the lane.

II. Games:

- A.** All games must begin on time, regardless of the number of players available from either team. Teams will be allowed to start a game with only four players.

Teams with less than four players present at the start of the game will forfeit. Teams will be allowed to play with less than five players if the shortage of players is due to players fouling out.

- B.** Players not present at the gym by the end of the first half will be allowed to play in that game at the discretion of their coach.
- C.** All games will end at their appointed times so that the next game can begin on time. If a game is started late, the referee will adjust the period lengths to fit the game into the remaining time allowed. Make every effort to get the games rolling and keep them on schedule.
- D.** There will be no rescheduling of games for any reason Other than the weather. Only Program Directors and Commissioners are authorized to call games due to weather. Games will not be rescheduled because selected players or enough players are not available -- forfeiture rules above apply.

III. Playing Time:

- A. Mite (1st Grade boys and girls):** 1st Grade boys and Girls will play 3 on 3 and coaches will match players' according to skill level. This form of micro-ball gives the players maximum touches on the ball and a chance to develop. The coaches referee this level and are expected to be instructional in their calls.
- B. Mite (2nd Grade boys and girls) & Junior (3rd and 4th Grade boys and girls)** levels will sit out their two strongest players in the 2nd period unless only 5 players show up. This gives the other players a chance to develop. Again, coaches are encouraged to match up players according to skill level.
- C. The spirit of SLSL is to have equal participation for willing participants.** For all levels, each team member present cannot sit out for 2 full periods in a row. A full period means a continuous full period, not a period's worth of time. These rules apply in regular season and playoff games.
- D.** If a sitting player is placed in the game to replace an injured player, the substitute player is charged with playing the period.
- E.** Split periods may be used during any period for all levels of play. The clock can be stopped halfway through each period to allow for substitute players. Substitutions can only be made at the "halfway" point with the exception of an injured player.
- F. Playing Time. The philosophy of Spring Lake Sports is to provide equal playing time for participants,** regardless of their relative playing ability. The following table provides the playing time requirements based on the number of players present for the team. When the number of players precludes exactly equal playing time (i.e., 6, 7, or 9 players) in an individual game, coaches are to

balance the playing time over the course of the season. For example, on a seven player team, the coach should adjust the playing rotation from game to game so that it is NOT the same two players playing 2.5 periods every game.

- If there are 6 players: 2 Players play 3 full periods and 4 players play 3.5 periods.
- If there are 7 players: 2 Players play 2.5 periods and 5 players play 3 full periods.
- If there are 8 players: Each player plays 2.5 periods.
- If there are 9 players: 5 Players play 2 full periods and 4 players play 2.5 periods.

G. SLSL Basketball “Play-up” Policy

In the event that a team will be unable to field a team of five players, the head coach may supplement the team roster with a younger player for the game in question so that he/she may field a team of five players. If a coach is expecting to have at least five players available for a game, he/she may **NOT** extend the team roster with a “play-up” player.

- The “play-up” player must be a current member of an SLSL House League team from a younger grade.
- An individual player may “play-up” only once during the season for any given team.
- A “play-up” player is a member of the team’s roster for the game. In the event that a team ends up with more than five players at the game (e.g. due to late-arriving players), the “equal playing time” provisions of the league rules will apply to all members of the team, including the “play-up” player.

H. TO INSURE THAT PLAYING TIME RULES ARE FOLLOWED, COACHES ARE REQUIRED TO PROVIDE A COPY OF THEIR LINE-UP TO THE OTHER COACH BEFORE THE START OF THE GAME.

We recognize that changes may need to be made due to no-shows. However, Coaches may not rearrange “line-ups” (change who plays in each quarter) to more effectively compete against the other team.

IV. Gym shoes are mandatory and each player must wear the team jersey during the game. In order to protect the floors, they should not be worn to the gym, but carried into the gym and put on after entry. Shorts or warm up pants must be worn while playing (jeans are not permitted). No jewelry allowed; however if a player is required to keep earrings in newly pierced ears, the earrings must be covered with band aids or tape.

V. No food or drinks are allowed in any of the gyms or hallways except for medical reasons. Players are allowed to bring a water bottle.

- VI. Players, parents, and siblings should restrict themselves to the gym areas only** and not remain in the adjacent hallway areas. PLEASE, PLEASE, PLEASE MONITOR THE SIBLINGS PRESENT AT THESE GAMES AT ALL TIMES. IF THERE ARE ANY ACTS OF VANDALISM, WE WILL BE IN JEOPARDY OF LOSING THE USE OF THESE FACILITIES!
- VII. Players will not be allowed to play with casts on any part of their body.** In the interest of safety to other participants, players will not be allowed to play with any type of splint, brace, cast etc. The decision of the referee will be final in any dispute.
- VIII. The team listed first on the schedule will be the home team and will be responsible for providing the scorekeeper.** The visiting team will be responsible for providing the timekeeper. All coaches are expected to find parents to fulfill these tasks. Home team wears white, visiting team wears the reverse/alternate color. If tee shirts are visible under the game shirt, it is best if it matches the predominant color of the shirt.
- IX. Offensive Lane Violation:** There will be no lane violation at the Mite Level (1st and 2nd Grade boys and girls). The lane violation is five seconds at the Junior Level (3rd and 4th Grade boys and girls). The lane violation is three seconds at the Intermediate and Senior Levels (5th, 6th, 7th, and 8th Grade boys and girls). Note that the lane violation count stops with any shot attempt (at the time of release) and starts again only when the offensive team regains possession of the ball.
- X. Pressing rules are as follows:**
- A. Mite Level (1st/2nd Grade Boys and Girls):** No full court press at all at any time. In the event of a field goal, free throw score, ball out of bounds, controlled rebound, or controlled turnover, the team without the ball must fall back and defend no higher than the top of the key. The team with the ball must bring the ball past the top of the key within 15 seconds or lose possession. Once across the plain, person to person defense can occur if the ball moves back behind the top of the key.
- B. Junior Level (3rd/4th Grade Boys & Girls):** Same as the Mite Level, no full court press at all at any time. The defending team must fall back to mid-court and can't press in the forecourt for all 4 quarters. 3rd grade press at top of the key; 4th grade press at half court.
- C. Intermediate Level (5th and 6th Grade Boys and 5th and 6th Grade Girls):** Same as Junior Level 4th Grade except that full court pressing will be allowed at any time after the start of the fourth quarter, providing that no team may press with a lead of ten or more points.

D. Senior Level (7th/8th Grade Boys and 7th/8th Grade Girls): Full court pressing is allowed during the second half only and never with a lead of ten or more points.

XI. Defense rules are as follows:

A. Mite & Junior Level (1st, 2nd, 3rd, 4th Grade Boys and Girls):

- Only Man to Man Defense is allowed. A child that goes through the system only learning a zone defense is denied the opportunity to learn defensive basics. Coaches should match up players' with similar skill level. Matching wrist bands are required in 1st – 3rd Grades to help the kids and the referees know who is on whom and to more easily identify double teaming. In the event that the opposing coaches want different defensive matchups, players will not be required to cover the player with the matching color wristband. In this event, coaches must confer at the start of the period (or at the time of substitution) and inform the referees. The prohibition against double teaming remains in effect. Assigning a defensive player to remain in the lane, regardless of the position of the player he is covering, is an Illegal Defense. Coaches are discouraged from running extreme “isolation plays” designed to take advantage of the zone defense prohibition. If the offense runs an “isolation play”, defenders are NOT required to follow their offensive player so far away from the basket that they cannot provide help in the event that the isolated offensive player beats his defender.

B. No double teams are allowed. The definition of a double team is when 2 or more defensive players are attacking the player with the ball and there is no other obvious offensive player nearby. A double team is not illegal inside the paint or if an offensive player brings their defender to the ball. The penalty for double-teaming is 1 warning per quarter per team. Each occurrence after the warning is a Technical foul with 1 free throw awarded and the ball out of bounds. The rationale for this rule is as follows:

- Very few kids can beat a double team. If a team double-teams, it will force a coach to keep the ball in the hands of the franchise player instead of allowing others to develop their ball handling skills.
- By allowing developing athletes to go to the basket in a 1 on 1 situation, it will give them a better opportunity to score and to build confidence.
- Double-teaming denies the young players the opportunity to develop plays and understand how an offense works. You merely have people chasing the ball around the court when you allow double teams at the younger levels.
- **Intermediate Levels (5th and 6th Grade Boys and 5th and 6th Grade Girls):** Man to man defense is required for the 1st three quarters; zone

defense is allowed in the 4th quarter when teams can press. Teaching team defense is an important aspect of basketball instruction. Double and triple teaming is discouraged; team play should be emphasized.

- **Senior Level (7&8th Grade Boys and Girls):** All defenses are allowed. Teaching team defense is an important aspect of basketball instruction. Double and triple teaming is discouraged; team play should be emphasized.

XII. A free-throw (non-shooting foul) will be taken on the seventh team foul and thereafter of either half for all leagues, subject to the limitations of the High School Rules cited in #1 above.

XIII. Clock Times:

A. Mite (1st Grade Boys and Girls): Play will consist of seven five-minute periods with a continuous clock with 3 on 3.

B. Mite and Junior Levels (2nd, 3rd, 4th Grade Boys and Girls): Play will consist of four eight-minute quarters with a continuous clock. The clock will be stopped only for time outs, a free throw, at the ½ quarter point for substitutions, or when signaled by the referee to the timekeeper. In addition, the clock will be stopped during the last two minutes of either half for those additional reasons cited in the High School rules referred to in rule #1above, (e.g., out of bounds, lane violations, traveling, etc.).

C. Intermediate and Senior Levels (5th, 6th, 7th, 8th Grade Boys and Girls): The clock will consist of four six minute quarters with the clock being stopped in accordance with the High School Rules cited in # 1 above and at the ½ quarter point for substitutions.

D. The three point shot is in effect at the Senior Level only.

XIV. Two time outs during each half will be allowed. There are no carry-over time outs. Due to time constraints, please use these sparingly.

XV. Game specifics:	Height of the Baskets Basket	Ball Size Girls	Ball Size Boys	Free Throw
Mite level (1st/2nd Grade Boys and Girls)	8 feet	Youth	Youth	11'
Junior Level (3rd/4th Grade Boys and Girls)	9 feet	Youth	Youth (3)/ 285 (4)	13'
Intermediate Level (5th /6th Boys and 5th Girls)	10 feet	285	285	15'

“A flagrant personal foul shall be a personal foul that involves severe or excessive contact with an opponent or involves contact that is extreme in nature.”

B. A player who commits a flagrant foul shall be immediately removed from the game for the remainder of that game and be suspended from the team’s following game. A second flagrant foul during the season makes the player subject to suspension for the remainder of the season.

XX. No coaches are allowed on the floor at any time during play at any level. The 1st Graders are refereed by their coaches, therefore one coach per team is allowed on the court. Other levels may require more assistance; however that can be accomplished from the sidelines in a tone and manner that is instructive and not intimidating or distracting for any players. Coaches are to stay on the sidelines on their half of the court. No coaches, players, or spectators are permitted behind the baskets along the entire length of the end lines.