

# In-House Basketball 2024 Rules and Regulations

## 4<sup>th</sup> - 5<sup>th</sup> Grade Boys /4<sup>th</sup> - 6<sup>th</sup> Girls

### 1. PLAYERS

- a. Games will be played 5v5 on the court.
  - i. (If teams are short on players, games can be played 4v4. If one team has extra players, they may be recruited to help the other team if needed)
- b. Players should be as equal time as possible. All kids should play in every game.
- c. Substitutions will be made every 5 minutes OR at discretion of the coach. (Please do not sub on the fly)
- d. Reversible jerseys are worn for all games. (Decide before game which team will wear what color)

### 2. EQUIPMENT

- a. Rims will be set to 9 feet
- b. Ball size 28.5"
- c. Score is kept during game play. Standings/records are not kept
- d. Proper footwear required: NO boots or hard sole shoes. Sneakers or basketball shoes are required.

### 3. GAME PLAY

- a. Games will consist of two 20 minute halves. Running time. (Clock will stop for shooting fouls and substitutions)
- b. 5 minute halftime
- c. Fouls and violations will be called. Beginning of the season=learning opportunities for players.
  - i. Travels, double dribbles, fouls, shooting fouls, out of bounds will ALL be called on the court. Officials will give reminders to players about any infraction.
- d. No fouling out. (If a player continues to foul, or foul aggressively, coaches may be asked to sub the player out.)
- e. Man to man defense only
  - i. No pressing
  - ii. No designed double teams
  - iii. Defense starts inside the 3 point area
  - iv. Stealing ONLY allowed on the pass. Cannot steal directly from the ball carrier
  - v. Shot blocking is allowed

### 4. COACHES/SPECTATORS

- a. ALL coaches and spectators are to show respect to the officials, players and each other
  - i. Most of our officials are younger students that are also learning.
- b. Disrespect towards anyone will not be tolerated
- c. **THIS IS A NON COMPETITIVE LEAGUE.** Kids are here to have fun and improve their basketball skills
- d. **DON'T BE THE ANGRY PARENT OF A HAPPY KID**

# Middle School Boys (Grades 6-8)

## 1. PLAYERS

- a. Games will be played 5v5 on the court.
  - i. (If teams are short on players, games can be played 4v4. If one team has extra players, they may be recruited to help the other team if needed)
- b. Players should be as equal time as possible. All kids should play in every game.
- c. Substitutions will be made every 5 minutes OR at discretion of the coach. (Please do not sub on the fly)
- d. Reversible jerseys are worn for all games. (Decide before game which team will wear what color)

## 2. EQUIPMENT

- a. Rims will be set to 10 feet
- b. Ball size 29.5" (Full size)
- c. Score is kept during game play. Standings/records are not kept
- d. Proper footwear required: NO boots or hard sole shoes. Sneakers or basketball shoes are required.

## 3. GAME PLAY

- a. Games will consist of two 20 minute halves. Running time. (Clock will stop for shooting fouls and substitutions)
- b. 5 minute halftime
- c. ALL fouls and violations will be called on the court.
- d. Players can foul out. 5 fouls = foul out
  - i. Fouls will be tracked by the scores table
- e. Man to Man defense OR zone is allowed
- f. Half court press allowed IN SECOND HALF
  - i. **If team is up by 15 points, they must stop pressing**

## 4. COACHES/SPECTATORS

- a. ALL coaches and spectators are to show respect to the officials, players and each other
  - i. Most of our officials are younger students that are also learning.
- b. Disrespect towards anyone will not be tolerated
- c. **Games may get competitive, but this is still a NON COMPETITIVE LEAGUE.** Kids are here to have fun and improve their basketball skills
- d. **DON'T BE THE ANGRY PARENT OF A HAPPY KID**