

City of Iona/District 93

Basketball League Rules and Regulations

General Information/Game layout:

- ✓ Rim heights:
 - Kindergarten= 6-7 ft.
 - 1st grade = 7 ft.
 - 2nd grade= 8 ft.
 - 3rd grade= 9 ft.
 - 4th/5th/6th grade= 10 ft.
 - Rim heights are approximate. Some gyms will be slightly different.
- ✓ Ball size:
 - K-3rd leagues will use a junior size (27.5) ball.
 - 4th-6th girl's leagues will use a women's size (28.5) ball.
 - 4th-5th boy's leagues will use a women's size (28.5) ball.
 - 6th boy's leagues will use a men's size (29.5) ball.
- ✓ Four (4) players needed to start the game.
- ✓ No abusive language or behavior to the players or officials.
- ✓ This league is to gain basketball skills, PLEASE follow all rules as outlined.
- ✓ A jump ball will begin all games K-6th. Please teach your team how this works.
- ✓ Please have your team there on time. There will be a ten minute grace period and then a forfeit will occur.
- ✓ Four (4) quarters per game. Eight (8) minutes per quarter with a five (5) minute halftime.
- ✓ Two (2) 1 minute timeouts per half
- ✓ No score kept in K-3rd leagues.
- ✓ Clock will stop the last two minutes of the last quarter in 4th-6th leagues. If lead is greater than 10 points in last quarter, clock will continue to run.
- ✓ Score is not displayed in grades 4th-6th if score is greater than 20 points.
- ✓ K-3rd substitutions will be done at mid-quarter and at the end of the quarter. 4-6th substitutions must be done on a dead ball. Clock will stop for dead-ball subs in 4-6th leagues. Subs need to hustle on and off.

Violations: (K-5th)

- ✓ No three (3) second key will be enforced.
- ✓ No back-court will be enforced.
- ✓ No ten second line is used. We will instruct our referees to prevent extended backcourts.
- ✓ Full court press is not allowed. Please instruct your players to wait until half court to defend.
- ✓ Shot blocking is not allowed in K-3rd leagues. If defender's hands are straight up, it may result in a blocked shot. Referee discretion will decide outcome of play.
- ✓ Shot blocking is allowed in 4th-6th leagues.
- ✓ In K-2nd leagues, turnovers will not be a result of the violations. **Traveling and double dribbling violations in 3rd grade will result in the ball being turned over.**
- ✓ There will be no stealing in the K-3rd leagues, unless it is on a pass or the player clearly loses control of the ball. Please do not instruct your players to continue attempting to steal from a player who is learning to dribble once the referee has warned them. After being warned twice to not steal on a dribble, a player will sit for four minutes.
- ✓ Man to Man defense. No zone defense.
- ✓ No purposeful double-teaming. Understand that some double-teaming may inadvertently happen at times when a ball-handler moves through the defense or a teammate crowds the ball handler and draws their defender to the ball handler. In 4th & 5th leagues, the second defender may steal the ball if he/she

is “within reach” while closely guarding their man. Referee discretion will determine a purposeful double-team.

- ✓ “Switching” or “Help Defense” is allowed. In K-3rd leagues, help defense is allowed on fast breaks or when a legal screen is executed by the offense and frees the ball handler from the defender with a matching wrist band. The help defender must immediately return to the matching wrist band once their teammate has recovered. Players do not switch wristbands among teammates after teams have lined up and have identified the player they will defend. In 4th & 5th leagues, the help defender can either make a true switch with their teammate, or they must immediately abandon their position once their teammate has recovered.

Fouls/Free throws:

- ✓ No fouls will be kept in K-3rd leagues. Team and personal fouls will be kept in 4th-6th leagues.
- ✓ A player will foul out after five (5) personal fouls in 4th-6th leagues.
- ✓ No free throws in K-3rd leagues.
- ✓ Two free throws will be awarded on a shooting foul in the 4th-6th leagues.
- ✓ Clock stops for free throws in 4th-6th leagues. Referees will instruct players not to jump over the foul line when shooting free throws, but it will not be a violation this year except for 6th grade.
- ✓ A I-and-I free throw attempt will be given on team fouls 7-9 in the 4th-6th leagues. A “double-bonus” will be given on team fouls 10+.

6th grade rules: Typical Idaho High School rules with the following exceptions:

- ✓ Clock will only stop throughout the game on time-outs, free throws, and if the game is within 10 points the last 2 minutes of the 4th quarter or overtime. If overtime occurs, it will be 2 minutes.
- ✓ A player will receive 2 free throws on a shooting foul. On team fouls 7-9, a I-and-I will be given. On team fouls 10+, a player will be given 2 free throws.
- ✓ No double-teaming if lead is greater than 15 points.
- ✓ No full court press if lead is greater than 15 points.

Rules may change at director’s discretion. Please be compliant!!