



Basketball

3rd – 6th Grade

Rules and Regulations

Section I

UNIFORM

- The official Kids, Incorporated t-shirt must be worn.
- Shirts must be tucked in.
- No denim shorts.
- No jewelry of any kind.
 - This includes earrings or studs.
- No hairpins, barrettes, clips, hats/caps, or hair beads.
- No hard or plaster casts are allowed to be worn by any player.

Section II

FEDERATION BASKETBALL RULES WILL BE USED WITH THESE EXCEPTIONS

- 15:00 HALVES. SUB EVERY 5 MINUTES UNTIL LAST 5 MINUTES OPEN SUB
- Each team has one timeout per half.
- Game over at the end of regulation.
- Teams may NOT press at any time during the game..
- In half-court defense the mid-court area (from free throw line extended to half court line) shall be 1 on 1 only (No double teaming in this area).
- Clock only STOPS ON TIME OUTS.
- Three-second lane violations will be called and the ten second rule will be enforced.
- The 3 point line will be used.
- A regulation girl's ball will be used for all teams.
- The game clock is continuous until the last TWO minutes of each half.
- EACH TEAM WILL PROVIDE EITHER A CLOCKKEEPER OR BOOKKEEPER.

THE GAME

- The opening tip will be the only jump ball during any game.
 - Possession on any jump ball situation will alternate from one team to another.
 - The team that loses the game opening tip will receive the ball out of bounds on the next jump ball situation.
- Possession will alternate between the two teams, thereafter, including the beginning of the second half.
- Scorekeepers will be responsible for telling the referees which team receives the ball.

- The recommended system is to use the initials of each team's shirt color and alternate writing down the initial of the team who had the last possession.
 - Example: If one team is RED and the other team is BLUE, and the RED team receives the tip off, mark "R" down at the top of the score sheet. The BLUE "B" team will receive the next jump ball. **Do not write down "B" until after they throw in the ball.** This system will allow you to tell who had the last throw in.

FOULS

- A player will raise his hand after committing a foul and should turn their back to the scorer's table for number identification.
- Five (5) personal fouls on a player, per game, result in disqualification of that player for the rest of the game, including overtime or sudden death.
- A technical foul against a player is also considered a personal foul.
- Technical fouls against non-players (coaches or parents) will result in the opposing team receiving two shots and the ball out of bounds.
 - Two non-player technical fouls - the coach will leave the game and will be suspended for the next 2 games.
 - When an assistant coach receives his first technical foul, he must leave the bench.
 - The technical will be marked against the head coach.
- A player or coach receiving two technical fouls will be ejected from the game and will not be allowed to play or coach in the next two (2) games.
- Physical confrontations between players will result in player and/or players being ejected from the game and will not be allowed to play in the next two (2) games.

FOUL SHOTS

- 5th-6th grades will shoot from the free throw line.
- 3rd-4th grades will have the options to shoot from 12 feet.
- All grades will shoot if fouled in the act of shooting.
- All grades will not shoot common fouls until the seventh foul per team per half (shoot 1-1 on the 7th and 2 shots on the 10th).

Section III

COACHES

- Coaches should remember that officials are in charge of the game and have the final authority on the court. **THEY WILL DO WHAT IS NECESSARY TO MAKE THE GAME RIGHT FOR THE KIDS.**
- Coaches must stay off the court and in the 5-10 foot box area.
 - Coaches may not roam the sidelines.
 - If you have 2 coaches on the sideline, 1 may be up and 1 must be sitting down.

- Technical fouls will automatically be called if coaches, assistant coaches, or parents are on the court while play is going on.
- Two abusive technical fouls on a parent or coaching staff will result in the coach and/or parents being ejected and suspended for the next 2 games.
- If a coach, assistant coach, or player is given 2 technical fouls in a game, he/she must leave the gym.
 - He/she is then suspended for the next 2 games.
 - Failure to adhere to this rule will result in a 1-year suspension from the Kids, Incorporated program.
- Any coaches or parents physically going after the official will be barred from further Kids, Inc. participation.
- Coaches MUST control the parents!
- The game may be abandoned when an official feels the game and fans are out of control or physical confrontations might erupt.

Section IV

SPORTSMANSHIP DEFENSIVE COURTESY RULE

When a team is behind by 20 points or more, the team in the lead will be required to play defense inside the 3-point arc. This is simply a courtesy rule to allow teams a chance to get the ball in the offensive play area.