

# Lakeshore 5<sup>th</sup> & 6<sup>th</sup> Grade Basketball

## Rules & Regulations

### **Rule 1 - League Administration**

- Directors from each participating entity administer the Youth Basketball Program. These directors reserve the right to (1) rule on any matters not specifically covered in the rules & regulations and (2) make any decision it deems necessary for the best interest of the Youth Basketball Program. Any questions, comments or concerns should be directed to your respective Area Director.
- Each team will be responsible to provide a scorekeeper and/or a scoreboard operator each game.

### **Rule 2 - Player Eligibility**

- Under no circumstance may an individual practice or compete with a team unless he/she is a registered player within their respective entity's program. Each player can only play for one team during each season.
- The Lakeshore Area Youth Basketball League promotes a non-discriminatory policy that ensures participation for all youth regardless of race, sex, economic status or disability.

### **Rule 3 - Formation of Teams & Team Rosters**

- Each entity will make the final determination on the number of teams and the number of players per each team in each division for their own community. Decisions will be based on the number of registrations received by their respective registration deadlines.
- Teams will be formed in an effort to achieve an equal balance of talent on each team.
- Each Area Director may add or delete players from a team's roster as he/she sees fit. Volunteer Coaches are not permitted to add a player to his/her team roster. All player registrations must be made through each respective entity.

### **Rule 4 - General Playing Rules**

- The Official Michigan High School Athletic Association Basketball League Rules shall govern all divisions except where noted. This includes calls such as ten-second backcourt violations, over and back violations, three-second lane violations, five-second held ball violations, etc. However, the Lakeshore Area Youth Basketball League has adopted certain "house rules" (listed below) which will override any specific M.H.S.A.A. rules.

### **Rule 5 - Minimum Number of Players to begin an Official Game**

- A team must have a minimum of 4 players present to begin an official game. Any team not ready to play within 5 minutes of game time shall, at the discretion of the officials and supervisor, forfeit the game to the opposing team. In the event that the opposing team is unable to field 4 players, the two teams scheduled to play an official game shall participate in a scrimmage contest with officials. Coaches are encouraged to divide up teams for balance during scrimmages.

### **Rule 6 – Number of Coaches**

- Teams are required to have their volunteer coach on the bench/sideline with them. Teams may not have more than two volunteer coaches on their bench/sideline during the game.

### **Rule 7 - Comparable Playing Time/Length of Games**

- Games shall consist of four (10) ten-minute periods (running time).
- Substitutions should only be made between periods and at the dead ball closest to the 5 -minute mark (with the exception of an injury). Officials will signal to coaches at the dead ball closest to the 5-minute mark. This is not a time-out and the clock does not stop.
- The time in between periods is not a time-out. Each coach needs to have players ready to go.
- The clock will stop for time-outs called by the official AND during all foul shots.

**Rule 8 - Position Specialization**

- A reasonable amount of effort should be placed into making players familiar to several positions. “Specialization” requests often come from the players and parents, not always the coach. However, depending on each team’s overall talent, sometimes certain players need to play key positions in order for their team to have a chance to succeed (i.e. ball handlers). Please do your best to expose each athlete to a number of positions.

**Rule 9 - Game Interval Time**

- Pre-Game Warm Up: 5 Minutes (time permitting)
- Time Between Periods: 20 seconds
- Halftime: 3 Minutes

**Rule 10 - Tie Game at End of Regulation Play**

- No overtimes will be played. The game is a tie.

**Rule 11 – Timeouts**

- Each team is permitted (1) 60-second time-out per half. Time-outs do not carry over.

**Rule 12 - Game Ball/Size of Basketball**

- Each site shall supply a game ball for all scheduled games. Teams should bring their own warm-up balls as issued through the recreation department. Basketball size for all leagues will be 28.5.

**Rule 13 - Jump Ball**

- Games will begin with a jump ball. Teams will alternate possession to start any new quarter or during any jump ball situation.

**Rule 14 - Scoring/Standings/Scoreboard Operation**

- Official score will be kept. This will help determine the remaining four weeks of play in which teams will be matched up accordingly. Lakeshore League site: [www.wmlakeshorerec.com](http://www.wmlakeshorerec.com)

**Rule 15 - Zone Defense/Double Teaming**

- Teams are not permitted to use a zone defense. Teams are required to play man-to-man defense.
- Teams may NOT double-team, period. In the event that a defensive team “double teams” an opponent, it shall be given a warning for their first offense. The second offense and remaining offenses could lead to a technical foul with (2) shots awarded if the issue becomes reoccurring.
- Help defense is allowed. If a defensive player gets beat by the ball handler, another defensive player may slide over to stop the dribbler. Once the defensive player recovers to pick up their player, the help defender must return to guarding their original player.

**Rule 16 - Defensive Pressing**

- Defensive pressing in a team's backcourt is not permitted. The defensive team must permit the offensive team to cross mid-court with the ball.
- In the event that a defensive team “presses” in their opponent’s backcourt, the officials will stop play and inform/remind the defensive team of the “no press” rule and permit the offensive team to take the ball out of bounds in their own backcourt at a point close to where the infraction occurred.

**Rule 17 – Individual & Team Fouls**

- Personal & team fouls shall be accounted for on the Official Score sheet. Each player will have six (6) personal fouls to give.
- The bonus situation shall be in effect on the 5<sup>th</sup> team foul of the quarter. Two free throws will be awarded on and after the 5<sup>th</sup> team foul. Team fouls will reset at the end of each quarter. Player fouls do not reset.
- During free throw attempts players may enter the lane when the ball is released by the shooter. Players will be allowed to step over the free throw line when ending a free throw. If the shooter struggles to get the ball to the rim, the official may let the player take a step or two over the free

throw line. If the official deems a rebounding player has crossed the “line” a violation will be called.

**Rule 18 – Protests**

- Due to the nature of the Youth Basketball Program, protests will not be permitted concerning the officials’ judgment or interpretation of league rules. Coaches should address any concerns or questions to their respective Area Director. The Area Director will then address such concerns with the remaining directors, if necessary.

**Rule 19 – Uniform/Shoes**

- All players are required to wear their respective entity issued/matching T-shirt/jersey with a visible number.
- All players are required to wear proper athletic shoes on the gym floor.

**Rule 20 - Cancelled Games**

- A league e-mail and the league website will be updated, but coaches should also refer to their community director.
- Games may be cancelled due to dangerous weather conditions, school closings or any such conditions that may prove to be harmful to players. Cancellations are typically made the morning of competition by the local Directors no later than 8:00 AM, no earlier than 7:00 AM. Make sure your Recreation Director has your most current contact info including home/cell phone numbers and e-mail to facilitate this process. Keep a roster of your team at home and at work to aid your phone calling chain.
- Games may or may not be made up depending on time constraints and gym availability.

**Rule 21 - Sportsmanship**

- Good sportsmanship will be displayed at all times by players, coaches, and spectators.
- Heckling of the other team, “trash talking,” ridiculing others, and throwing equipment will not be tolerated.
- At the end of each game, players and their coaches will shake hands with their opponent as well as the officials.
- A coach that receives two technical fouls in the season will be suspended one game, three technical fouls will result in the coach being removed from the league.

**LEAGUE WEB SITE:** <https://www.wmlakeshorerec.com>