



Winter League Rules & Regulations

1st & 2nd / 3rd & 4th / 5th & 6th Grade Boys & Girls Basketball

Louisiana High School Association Basketball rules will be in effect as modified below:

Coaches must stay on bench during game while coaching. No coach is allowed on the court at any time during the game. The referee will help position kids on free throws and jump balls.

Ball Size/Goal Height:

1st/2nd: 27.5 ball, 8.5 ft goals

3rd/4th: 28.5 ball, 8.5 ft goals

5th/6th: 28.5 ball, 10 ft goals

Game Length:

3/4, 5/6 Grade

Four 8 minutes quarters running clock, stopping last minute of each quarter

1/2 Grade

Four 8 minute quarters running clock, stopping last minute of each quarter

Playing Time

Playing time is at the discretion of the Head Coach

COACHES ARE ENCOURAGED TO PROVIDE EQUAL PLAYING TIME FOR ALL PLAYERS.

Teams that do not have 5 players at game-time, will have a 5 minute grace period for that fifth player to show up, otherwise the game will result in a forfeit.

Alternating Possession Rule

At the beginning of the first quarter only, there will be a jump ball. This will be the only

jump ball in regulation play. During each quarter, teams will alternate possession on all jump balls according to the possession arrow on the score table. In addition, the possession arrow will indicate which team in-bounds the ball at the beginning of all subsequent periods following the 1st.

Time Outs

Each team will get 2 time-outs per half. Time-outs last 60 seconds
There will be one minute between each quarter.
There will be a five- minute half time.
There will be one time-out per overtime period

Overtime

There will be one 1 minute overtime period, clock stopping like a regulation basketball game. At the end of the first overtime, if the score is still tied, sudden death free throws will determine the winner.

One shooter from each team will shoot against each other until a winner is decided. No player may shoot twice until his/her entire team has gone.

Three Second ruling

Grades 1 & 2: Three seconds will not be called unless in the judgment of the ref, that the players or coaching staff are taking advantage of this rule.

Back-Court Defense

The over & back rule will not be enforced in these grades (prek/K, 1/2 Grades)

The rule will be modified as followed: If after the offensive team has crossed into front court with the ball, then chooses to return to the backcourt with the ball, they may be pursued by the defensive team. This rule stays in effect regardless of how long the ball has been in the frontcourt or what the score is. Once the ball has crossed the mid court line, if it goes backcourt there is NO 10 second count.

There is a 10 second count in all 3/4, 5/6 grade games.

Defensive rules

Each defensive player shall play man to man defense while the ball is in the offensive half of the court.

There is no double-teaming. If seen, the referee will stop and put the opposing player back on the correct player to guard.

1st-2nd grade teams may pick up past half court with under 10 seconds left in the game to prevent teams from just running out the clock

***3rd-6th grade teams can press the last minute of the 2nd and 4th quarters. Press has to be man-man. ***

Fouls

- **There will be no foul outs in prek-6th grade games. Teams will shoot double bonus after 7 team fouls in each half.**
- **A player that fouls excessively will be subbed by the referee and must sit out the remainder of the quarter they are sat in.**

Travel, Double Dribble

Travelling and Double-dribbling will be called at all grade levels.

Coaches: In practices, teach dribbling, stopping and using the pivot-foot. If a player stops dribbling then they should know that they can do the following:

Pass, shoot, or use pivot-foot and then pass or shoot

Basket Height

8.5 feet-1/2, 3/4 Grade Divisions

10 feet-5/6 Division

Free Throw Distance

10 ft-1/2 Grade

12ft- 3/4 Grade

15ft- 5-8th Grade

League Standings

Below is the outline to how league standings/tie-breakers are kept:

1. Win/Lose Record
2. Points Scored
3. Point Differential

Pre-Game Setup:

Each team will begin the game at the basket away from their bench in order that each team will finish the game at the basket adjacent to their bench.

Exceptions to the above are at the discretion of the league commissioner.