



Team Sportsplex Summer League Rules & Regulations 1st–6th Grade Boys' Basketball

Louisiana High School Association (LHSAA) basketball rules are in effect, with the following modifications:

1. Coaching Guidelines

- Coaches **must remain on the bench** during games. No coach is allowed on the court at any time.
- Referees will assist with positioning players for **free throws and jump balls**.
- Coaches are **encouraged to provide equal playing time** for all players.

2. Ball Size & Goal Height

Grade	Ball Size	Goal Height
1st–2nd	27.5"	8.5 ft
3rd–4th	28.5"	8.5 ft
5th–6th	28.5"	10 ft

3. Game Length

- **Quarters:** Four 8-minute quarters (running clock except on free throws, stops for last minute of each quarter)
- **Time Between Quarters:** 1 minute
- **Halftime:** 3 minutes

4. Playing Time

- Playing time is at the **discretion of the Head Coach**, with encouragement for equal distribution.
- Teams must have **5 players at game time**. A **5-minute grace period** is allowed; otherwise, the game is a forfeit.

5. Jump Ball & Alternating Possession

- **First quarter only:** Jump ball to start the game.
- **All subsequent jump balls:** Use alternating possession arrow.
- Arrow also determines which team **in-bounds the ball at the start of each period** after the first.

6. Timeouts

- **2 timeouts per half**, 60 seconds each
- **1 timeout per overtime period**
- **Overtime:** Sudden Death – First team to score a FG or Free Throw

7. Overtime Rules

- **1-minute overtime** with clock stoppages as in regulation.
- **Sudden death free throws** follow if still tied.

8. Three-Second Rule

- Grades 1–2: Three-second rule **not enforced** unless the referee determines a player/coach is exploiting it.

9. Backcourt Rules

- Grades 1–2: No over-and-back rule. Modified:
 - Offensive team may return to backcourt; defensive team may pursue.
 - No 10-second count when returning to backcourt.
- Grades 3–6: 10-second count enforced.

10. Defensive Rules

- **All Grades:** Man-to-man defense required in offensive half.
- **No double-teaming;** referee will correct violations.

Special Rules:

- 1st–2nd Grade: May pick up past half-court **under 10 seconds left** to prevent stalling
- 3rd–6th Grade: Press allowed **last 2 minutes of 2nd & 4th quarters**, must be man-to-man

11. Fouls

- No foul outs for grades 1–6.
- **Double bonus** applies after **5 team fouls per quarter**.
- Excessive fouling: Player substituted by referee for remainder of the quarter.

12. Traveling & Double Dribble

- Enforced at **all grade levels**.
- Coaches should teach: pivot-foot usage, passing, shooting after stopping dribble.

13. Free Throw Distance

Grade Distance

1st–2nd 10 ft

3rd–4th 12 ft

5th–6th Regulation (15 ft)

14. Pre-Game Setup

- Teams start at the basket **opposite their bench** to finish at their bench's basket.
- Exceptions at discretion of **League Commissioner**.