

UNITED CHURCH ATHLETIC LEAGUE
RULES OF BASKETBALL

Updated 12/2/2016

I. **GENERAL RULES**

A. **CONDUCT:**

Rules of conduct will be specified by those separate rules as enforced by the United Church Athletic League (UCAL) and will govern the conduct of players, coaches, parents and spectators. There will be no deviation of these rules allowed.

B. **COMMUNICATION WITH LEAGUE:**

All communications with the league will be through the League commissioners. Any protest, inquiry, or request for clarification may be made to the Commissioners,

C. **UIL Rules**

Unless specified herein, the rules of the University Interscholastic League of Texas shall control play. Note particularly, UIL rules will be used for 9th grade and above. The special UCAL rules will not apply for 9th grade and above.

D. **DIVISIONS:**

An individual player will be permitted to play in a grade division above his/her respective grade if he/she so chooses at the discretion of the church coordinator.

E. **PRACTICES:**

Teams shall have 1 practice time per week.

F. **Ball Size:** Ball size will be 28.5 for 2nd – 6th and 29.5 for all other grades

G. **Basket Height:** 2 , 3rd, and 3-4th girls 9 feet all other grades 10 feet

IV) **Uniforms:** Teams must wear the same color jersey. All players must have numbers on either the front or the back of the uniforms.

ROSTERS AND PLAYING TIME: (Apply to only 2nd – 6th grade)

- A. Each team shall consist of no more than 11 players and no less than 8 players. Any team with more than 10 players or less than 8 players must be approved by the Commissioner.
- B. All players must play a minimum of 2 periods each game and no player may play 4 quarters until every player has played 3 quarters. Teams with 11 players will use an alternative policy found in an addendum at the end of the rules.

Playing Time Rule/# of Players Attending Game:

- 1. **The team with the most players attending the game will always get the ball 1st to start the game. The team with the most players at the start of the 2nd half will get the ball to start the half. If both teams have the same number of players, the game will start with a jump ball. After that alternative possession rule will apply.**
- 2. **Teams with 6 players will use the following procedure to determine who on the team plays the 4 quarters:**

1. **The coach will put a number next to every boy or girls name on the roster 1 - 6.**
 2. **The score keeper, in the presents of the 2 coaches will pull 2 numbers.**
 3. **The players whose numbers are pulled will be the 2 players that will play 4 quarters.**
- 3. Teams with 6 players or fewer will forfeit playoff game. Team must have 7 or more players at game by the end of the 1st quarter.**
- A. No substitution during any quarter, except for an injury or if there are 11 players at the game. In the event of a substitution for an injury, if the substitution occurs with more than three minutes in the quarter, then that quarter shall constitute one of the quarters in which a player may play. So if a player comes into the game with more than 3 min. left in the quarter that quarter will count as a complete quarter. If the player come in with less than 3 min. left, then the quarter will count against the injured player.
- B. Teams with 11 players will use an alternative substitute policy that will result in no player playing more than 2 full quarters.

VI) Duration of Games

- A) **2, 3, and 3-4:** (4) periods, 8 minutes in duration. **The clock will be a running clock, except for time outs, free throws, and the last 30 seconds of the fourth quarter at which time the clock will stop for dead balls and not run again until ball comes into play or the ball crosses mid-court.**
- B. **4th, 5th, 6th, and 5th-6th Girls:** (4) periods, 8 minutes in duration. . The clock will be operated in accordance with University Interscholastic League ("UIL") guidelines (i.e. the clock will stop when the ball is not in play and for free throws, etc.), except for the last 30 seconds of the fourth quarter the clock will not start until the ball crosses mid-court.
- C. **Above 6th Grade:** The clock will be operated in accordance with University Interscholastic League ("UIL") guidelines (i.e. the clock will stop when the ball is not in play and for free throws, etc.)
- D. **Time Outs:**
1. Regulation:
 - a. Regular Season: 2 per half – not carried over into the next half
 - b. Playoffs 4th and Older: An additional 20 second time out per half
 2. Overtime:
 - a. One time out per period

VII) Overtime Rules: (overtime only in the playoffs)

- A. **2, 3, and 3-4 Grades:** The clock will operate using the 4th period rules. During the playoffs will continue to play 3 min overtimes until a winner is determined. During overtime a coach may play their players regardless of playing time requirements during the game.
- B. **All Other Grades:** During the playoffs will continue to play 3 min overtimes until a winner is determined. During overtime a coach may play their players regardless of playing time requirements during the game.
- C. **One timeout per overtime period**

Conduct of Play:

I. **Start of Play:**

- A. **Each team must start a game with 5 players.** The team will have 5 minutes from the scheduled start to field the 5 players or the game will be forfeited. A team may finish the game with 4 players if an injury or disqualification results in such a number of players that a team is unable to keep 5 players on the court.
- B. All games will begin with a prayer.
- C. All games will begin with a jump ball if both teams have the same number of players except for 2nd grade. The ref will award the ball to one team and then the game will proceed with alternate possession rule. See the exception to this rule when one team has more players than the other team.
- D. **Possession (except 2nd grade):** Possessions will be determined by alternate possession rule.
 1. 2nd grade: In the event of a jump ball, the ball will be given to the offensive team
- E. **Scoring:** All goals count for 2 points except 7th and above where the 3 point line will be observed.

II. **Defense Rules:**

The ref, at their discretion may stop play for a violation of this rule and either call a foul or return the ball to the offensive team. If a violation of the rule does not affect the shot or play, the refs will allow play to continue.

4th, 5th, 6th, and 5th-6th girls:

Teams may play a man to man or zone defense. Teams have 10 seconds to cross half court or ball goes to defense.

2,3, and 3-4 Girls Grade: Man to man defense will be played at all times. The offensive team has 10 seconds to pass half court. If they fail to the ball goes to the defensive team. No pressing in the back court. If a team returns to the back court after crossing it, the defense may go with them to the back court.

Further Clarifications of the rule and exceptions to the rules for 3rd grade boys teams and 3rd-4th grade girls teams.

- On fast break players may contest the layups but must return back to their man in the event the layup is missed and the ball is passed out of the lane.
- If a pick is set, the players are allowed to switch which might result in a double team if the offensive players do not move apart.
- If a player is driving down the lane, any of the defenders may leave their offensive player and contest the shot.
- Defensive players must be within 1 foot of the offensive player they are covering and may not play in the lane on defense if the offensive player is not in the lane. The refs at their discretion may allow the play to continue, award the ball out of bounds to the offensive team, or call a foul on the player out of position.

- During rebounding under the basket, any defender may contest any shot but once the ball is passed out of the lane, the players must return to their assigned man.
- Any defensive player may steal a pass from the offensive player but once the pass is completed the players must return back to their man.
- No double screens (or more!) on the same defensive player on a position may be used. The ref will warn the coach the first time and may give a technical foul to coach on the next occurrence. Example, the offensive player running around or dribbling around several other offensive players that are setting picks in an attempt to get open for a shot or to receive a pass.
- Defensive players may steal the ball from any player they are guarding.
- The person throwing in the ball on an inbounds pass will not be guarded. The defensive player must play off at least 2 feet or more at the discretion of the ref.

2nd Grade Stealing Rule:

- Players may steal the ball from the player they are guarding only. They may not steal the ball from any other player. The player may steal the pass only if it is going to the player they are guarding.
- The person throwing in the ball on an inbounds pass will not be guarded.

Fast Break: All grades may fast break except 2nd grade.

Free Throws:

- Foul Line: 2, 3, and 3-4 Girls Grades:** In these age divisions, there will not be a line up during the shooting of free throws. If the offensive player makes one or both of his allotted free throw or throws, then the defensive team will be awarded the ball at the back court. If the offensive player, however, misses both of his allotted free throws, then the offensive team shall keep the ball. In the event of a single free throw, the defensive team will always be awarded the ball. The clock will stop during free throws.
- Foul Line:** The 4 Boys will line up for free throws and follow the UIL rules for number of free throws.
- Fouls in the Act of Shooting:** Player fouled shall be awarded 2 shots if shot is missed and 1 shot if shot is made
- Fouls not in the act of Shooting:**
 1. 2nd – 6th grades: For any fouls committed in the last two minutes of the second period, fourth period, or overtime, the person fouled shall be awarded two free throws. Otherwise, no free throws are awarded for a foul.
 2. All Other Grades: After the sixth foul in a half, the usual One and One Free Throw will be awarded to a player. This will apply throughout the game.
- Intentional/Breakaway Fouls:** The offensive player will be awarded two free throws and the offensive team shall be awarded the ball.

3 Second Lane: 2, 3, and 3-4 Girls Grade: There is no violation of the 3 second rule in these grades. However, offensive players staying in the lane allow the defense to double team and contest layups. (see defense rules).

Disqualifications - Players: A player shall be disqualified from further play upon reaching the fifth personal foul. For purposes of disqualification, a technical foul shall count as one personal foul.

Disqualifications: Coaches: A coach is allowed two technical fouls before be disqualified and must leave the gym. In the event of the occurring, the coach will be suspended pending a ruling by UCAL administrators.

11 Team Substitution Pattern

It should be the goal of the coaches that have 11 players to have the players on the team play approximately the same amount of time. We are working on a better system than we have now. As soon as we have it finalized it will be posted.

Coaches Conduct and Bench Rules:

1. Only 2 coaches on the sidelines during the games. 1 coach may stand up and coach, 2nd coach must be seated the whole game. In the event the referee requests the coach to sit down, they must stay seated the rest of the game or they may receive a technical foul (other than timeouts or injuries to players).
2. Players on the bench are required to sit in the designated team seating area.
3. A coach or anyone else may not approach a scorekeeper outside the presence of the referee shall result in an automatic technical foul.
3. If a coach wishes to discuss a rules violation with a ref, they must do it during their time outs or between quarters.
4. A coach may not go on the court during a game unless a player is hurt or they may be given a technical foul.
5. No cell phones will be allowed to be used on the benches.
6. Players and coaches may have water only in the bench area.
7. Only players that are on the roster may be in the bench area.