



WAA In-house Basketball Rules

These rules apply for WAA Basketball administered leagues for girls and boys from the third grade up. Rules that do not specify grade difference apply at all grade levels. Except where modified below, National Federation of State High School Associations rules shall govern play.

- Roster:** A player may play for his/her assigned team
- Players:** Games will be played 5 on 5. Both teams must have 5 players to start the game.
- Home & Visiting Team Duties:** The home team is the second team listed on the schedule. If possible, the home team should provide one person to enter the information in the “official” record book. The visiting team should provide one person to operate the game clock and the scoreboard.
- Game Length:** Eight 5-minute running time periods; 2 periods per quarter
- Quarter Break:** One minute intermission after the 2nd and 6th periods.
- Half Time:** Three minutes unless the officials decide to cut it short in order to get back on schedule.
- Grace Period:** A five-minute grace period from the scheduled start time shall be allowed before a forfeit is declared. If a team cannot put five legal players on the floor at the end of the grace period they will forfeit the game. An information scrimmage should be held if this occurs.
- Running Time:** The clock will run continuously except during the last two minutes of the eighth period. The clock will stop during time-outs called by either the coach or the officials. ***The clock may be stopped momentarily to align players for free throws at 3rd grade. However, the clock will be restarted as soon as players are in proper positions.*
- Time Outs** Each team is awarded two 1-minute time-outs per game. Unused time outs will carry over to the second half and any subsequent overtime periods. One additional time-out will be awarded for the first overtime period only.
- Overtime Period(s):** The first overtime shall be a two-minute stop time period. The second overtime period (if necessary) shall be sudden death – first point wins. Therefore, the clock will not be run during the second (sudden death) overtime. Timeouts not used during regulation time will be carried over to overtime periods. ***Note: In*

a tournament championship game only, each overtime period will be two minutes stop time. There will be no sudden death during a tournament championship game.

Playing Time:

Coaches will ensure that every eligible player who participates in at least one of the two scheduled practices the week of a game, gets playing time per the Playing Time Rules shown below or each game that week including all tournament games. Although the officials will not monitor playing time, parents and other coaches have been instructed to help ensure that this head coaching responsibility is met. ***A coach may exempt a player from the Playing Time Rules for injury or disciplinary reasons. This must be reported to the officials and the opposing coach prior to the start of the game. Attending only one of the two practices the week before the game is not a valid reason for disciplinary action.*

The “In-House Playing Time Plan” must be completed prior to each game. The Playing Time Rules at the bottom of the In-house Playing Time Plan determine the playing time for each player and are based on the number of players available to compete in each game. **Barring any injuries or disciplinary problems, the In-house Playing Time Rules must be followed for each game, including all tournament games,** so that each player receives the maximum amount of playing time as dictated by the Playing Time Rules. The head coach will decide which players play in each period and their positions as long as the maximum number of periods is not exceeded. The In-house Playing Time Rules are as follows:

Playing Time Rules:

- 5 players: five play 8 periods each and each OT.
- 6 players: four play 7 periods (two of these play on OT and two play both OTs) and two play 6 periods and both OTs.
- 7 Players: five play 6 periods (four of these play 1 OT and one plays both OTs) and two play 5 periods and both OTs
- 8 Players: eight play 5 periods each (six play one OT while 2 play 2 OTs).
- 9 Players: five play 4 periods and both OTs and four play 5 periods and no OTs.
- 10 Players: ten play 4 periods each and one OT each
- 11 Players: seven play 4 periods (two of these play in 1 OT) and four play 3 periods and both OTs.

Once a player is on the court, the coach may not substitute during that period, with the following exceptions:

- Injury or illness
- Blood rule
- Player picks up their third foul in the first four periods or their fourth foul prior to the 8th period

During these special situations, a coach must substitute a player of “Comparable ability” that is sitting on the bench. Sportsmanship should be your guide, not winning! The playing time of the substitute will not be recorded against their normal rotation. A player removed for injury or because of the blood rule

should return as soon as they are able. Coaches may not modify their normal playing rotation to “make up” for the removed player’s “lost time”. No other substitutions are allowed.

- Substitutions:** When players must be replaced during a period due to injury, illness, blood or foul trouble, substitutes must report to the scorer’s table and be waived in by the official. Substitutions will be allowed only during normal stoppages of play when the whistle has been blown. You do not have to use a time-out to substitute players.
- Equipment:**
3rd and 4th Grade: A junior size (27.5”) ball shall be used.
5th and 6th Grade: A 28.5” regulation-sized women’s ball shall be used
7th grade and above: A 29.5” regulation-sized men’s ball shall be used for the boys' program. A 28.5” regulation-sized women’s ball shall be used for the girls’ program.
- Hoop Height**
3rd and 4th Grade Girls: 9 feet
3rd Grade Boys: 9 feet
- Officiating Personnel:** Two officials will be assigned to each game. The officials shall have final authority on any scorekeeping disputes.
- Free Throws:**
3rd & 4th Grade: Free throws will be shot from two feet in front of the free throw line. A violation will be called if the player deliberately crosses the line on the attempt in an effort to gain an advantage. Each coach should keep a roll of tape in their bag and apply a line of tape for the free throw line if necessary.
- 5th Grade & Above:** Will be shot from the regulation free throw line. A violation will be called if the player crosses the line on the attempt.
- Bonus Rule**
The bonus shot will be awarded on the team’s seventh team foul in a half.
Please make sure the scorekeeper keeps track of team fouls in addition to personal fouls! The double bonus shot will be awarded on the team’s tenth team foul in a half. All fouls will carry over into any overtime period(s). Players will foul out of the game after receiving their fifth personal foul.
- Three Point Shot:**
4th Grade and above: Will be used when the floors are clearly marked with the three-point arc. The three point shot is not in effect at 3rd grade to discourage such attempts.
- Lane Violation:**
3rd Grade: A five second lane violation will be enforced.
4th Grade and above: A three-second-lane violation will be enforced.
- Restrictions:**
Defensive Restrictions:
1. **Man-to-Man Defense Required at 3rd – 6th Grades:** Only man-to-man defense will be allowed for Grades 3 – 6. Defensive players must be within 6-8 feet of their player when that offensive player is within the 3-

point arc, or approximately 19'-9" if there is no arc painted on the floor. In 7th Grade and above, a team can play any kind of half-court defense at any time regardless of lead size subject to the other restrictions in this section.

2. Double/Triple Teaming & Trapping:

3rd – 4th Grades: No double/triple-teaming or trapping above the free throw line extended to each sideline to the mid-court line at any time. Double or triple teaming or trapping is allowed from the free-throw line extended down to the baseline at any time.

5th – 6th Grades: No double/triple-teaming or trapping above the free throw line extended to each sideline to the mid-court line during the first three quarters of play (six periods). Double/triple teaming or trapping is allowed from the free-throw line extended down to the baseline at any time. This will allow for double-teaming and trapping anywhere in the frontcourt in the fourth quarter only (periods 7 & 8).

7th Grade and above: Double/triple-teaming and trapping is permitted anywhere on the floor when full-court pressing is allowed. Double/triple-teaming and trapping is permitted anywhere in the frontcourt at any time.

3. Guarding Throw-Ins and Chasing Loose Balls:

3rd – 6th Grades: In the fourth quarter (periods 7 & 8) and any overtime periods, the defensive team may guard offensive players in the backcourt on throw-ins originating from the frontcourt. Once the ball is controlled in-bounds, the defensive team must drop back to the frontcourt. Players may chase a loose ball into the backcourt at any time.

7th Grade and above: The defensive team may guard offensive players in the backcourt at anytime that full-court pressing is allowed. The defensive team does not have to drop back to half court when full-court pressing is allowed. When full-court pressing is not allowed, the defensive team may guard offensive players in the backcourt on throw-ins originating from the frontcourt. Once the ball is controlled in-bounds, the defensive team must drop back to the frontcourt if they are not allowed to full-court press. Players may chase a loose ball into the backcourt at any time.

4. Zone Defense:

3rd – 6th Grades: Zone defenses are strictly prohibited. The officials will penalize as follows: First offense – warning to coach and players. Second and subsequent offenses – a team technical will be assessed and the offensive team will be awarded two points and the ball at half court. A loose or sagging man-to-man defense or defensive players who do not

know who they are supposed to be guarding is not to be considered a zone defense.

7th Grade and above: Zone defenses are permissible at any time regardless of lead size.

5. Full-Court Pressing:

3rd – 4th Grades: Full-court pressing is not allowed at any time. Defensive players must drop back to their backcourt whenever a rebound is controlled and cleared from the key by a dribble or pass by the offensive team. The intent is to teach the kids how to clear rebounds out of the lane while at the same time eliminating the swatting or grabbing at the arms of a player controlling the ball in their backcourt outside of the key. Please teach your players to fall back to the half court line when the defensive team rebounds the ball and clears the ball out of the key.

5th – 6th Grades: Defensive players must drop back to their backcourt whenever a rebound is controlled and cleared from the key by a dribble or pass by the offensive team. Teams may only full-court press in the fourth quarter (periods 7 & 8) and any overtime periods when they are behind by ten or more points. Once the deficit is cut to single digits (9-points or less), the team may not full-court press.

7th Grade and above: Defensive players may full-court press at any time unless their team is ahead by ten or more points. Once a team is ahead by ten or more points, defensive players must drop back to their backcourt whenever a rebound is controlled and cleared from the key by a dribble or pass by the offensive team.

Offensive Restrictions:

3rd – 6th Grades: Clear outs to take advantage of the no zone rule is strictly prohibited. First offense – a warning to the coach and players. Second and subsequent offenses – result in a technical foul with the defensive team receiving two points and the ball out of bounds.

7th Grade and above: No offensive restrictions.

Technical & Intentional Fouls:

The free throws will not be attempted. The offended team will automatically receive two points and the ball out of bounds at mid-court for a technical foul or at the point of interruption for an intentional foul.

Disciplinary Action:

Generally, the following disciplinary guidelines will be followed. However, **the WAA Basketball Director reserves the right to remove a coach from their coaching responsibilities if warranted by the circumstances of the complaint.**

First complaint – Grade Coordinator will discuss issue with coach.

Second complaint – Program Manager will issue a verbal warning to coach and observe team's next game.

Third complaint – Program Manager will issue a written warning to coach and observe the next game.

Fourth complaint – Coach is dismissed for remainder of season

** Habitual offenders may be suspended from the program indefinitely.

***Unsportsmanlike
Conduct:***

Any player or coach removed from a game by an official for unsportsmanlike conduct will be ineligible to participate in their team's next game. The officials shall be in complete charge of the gym during the game. Players, coaches and spectators may be ordered by the officials to leave the building. Failure to comply with any order by the officials shall result in a forfeit of the game by the team represented by the offender.

If a coach becomes unruly and uses abusive or profane signs or language, the officials will issue a technical foul. The coach will then be removed from the game and must leave the school grounds immediately. The game will not continue until the offending coach has left the school grounds. If the coach refuses to leave the school grounds, it results in their team forfeiting the game. The offending coach will automatically be terminated from their coaching position at this point and will no longer be allowed to coach in the WAA Basketball Program.

***Rescheduling
Policy:***

Games will be played as per the league schedule. Coaches may change a game only for a conflict with school or religious activities, NOT because your best player is out of town! Coaches will then be responsible for gym time and officials. Rescheduled games must be completed within the time frame of the league schedule.

*****The intention of the WAA basketball program is to teach the fundamentals of basketball and good sportsmanship to the youth in our programs. If we keep these ideals in mind we will have a successful program. Good luck this season!***