

Woodcliff Lake Boys Basketball Association

2021-22 BASKETBALL LEAGUE RULES

Boys Grades 3 – 8



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LENGTH OF GAMES

- Grades 3-4: 4 quarters of **10 minutes running time**
Intermissions: 1 minutes between quarters, 3 minutes between halves
OVERTIME periods: 3 minutes each
Clock stops last minute of 2nd Qtr and OT; last 2 minutes of game
- Grades 5-6: 4 quarters of **7 minutes** each; total of 28 minutes
Intermissions: 2 minutes between quarters, 6 minutes between halves
OVERTIME periods: 3 minutes each
- Grades 7-8: 4 quarters of **8 minutes** each; total of 32 minutes
Intermissions: 2 minutes between quarters, 6 minutes between halves
Overtime periods: 4 minutes each

TIMECLOCK RULES

The clock **stops** on:

- 1) Timeouts (5 per game, no more than 3 in a half).
- 2) Fouls; starts again on inbounds pass or if there are foul shots, then on a two shot foul the clock starts when the second shot is completed; on a one-and-one, the clock starts when a shot that is missed is touched on the rebound.
- 3) Technical fouls; to start again when referee signals on the inbounds play.
- 4) Delays due to injury, the ball is under the bleachers (or where it takes too long to find); or there is some interference in play on the court.
- 5) At referee's discretion.

The clock runs through regular out of bounds plays, **except** when it is STOPPED TIME.

STOPPED TIME

Clock stops on every referee's whistle.

Last 2 minutes of each half
Last minute of overtime

TIME OUTS

Time outs-
3 time-outs per half
5 total per game.

OVERTIME

One additional timeout is given during overtime. Time-outs cannot be carried forward into overtime.

FAST BREAK RULE – In 3rd and 4th grade there are no fast breaks except in the last 10 seconds of quarters 1-3 and the last 30 seconds of the 4th quarter. Fast breaks are not permitted off steals. Fast breaks are permitted any time in grades 5 – 8th.

BACKCOURT LINE

WOODCLIFF GYM:

Halfcourt line is used for the ten second and ‘press’ violation rules unless on short courts.

Short Courts - use the imaginary line extending across the court from the top of the three point arc as the backcourt line

DORCHESTER GYM:

The halfcourt line is used for the ten second, ‘press’ violation, and over and back rules.

10 SECOND RULE

Grades 5-8 - Teams have 10 seconds to cross half court

15 SECOND RULE

Grades 3-4 – In lieu of the 10 second rule, teams have 15 seconds to cross the 3 point arc.

TECHNICAL FOULS

Technical fouls will be awarded by referees to coaches or players who exhibit disorderly behavior on the court, including excessive complaining about calls, shouting at referees or coaches or players, intentionally hard fouls on players or other inappropriate physical behavior that is harmful to others, Two technical fouls will result in ejection from the game for both players and coaches. Referees shall be permitted to call a flagrant foul which shall result in a technical and the player and/or coach shall be ejected from the game. Referees will also have the authority to ask a spectator to leave the gym if the behavior of that spectator is disruptive, improper, and/or sets a poor example for the boys. The referee may discontinue the game if said spectator remains disruptive and/or refuses to leave when asked.

Technical Foul – 2 shots and possession awarded to other team.

SUBSTITUTIONS (GRADES 3- 6)

SUBSTITUTIONS SHALL ONLY BE MADE AT THE BEGINNING OF EACH QUARTER

Exceptions

- 1- **INJURY SUBSTITUTION** - injury to a player that requires his removal from the game.
- 2- **MANDATORY SUBSTITUTION** – ½ way through 3rd quarter to make Rule of Maximum Participation Substitution
- 3- **SPORTSMANSHIP SUBSTITUTION** – if a team is ahead by more than 10 points in the 4th Quarter, they can remove better players for weaker ones and replace them if the lead is reduced to less than 10.

SUBSTITUTIONS (GRADES 7-8)

Free substitutions will be allowed.

EACH PLAYER MUST SIT A MINIMUM OF TWO (2) MINUTES PER HALF!

It is incumbent upon the coaches to see that all players on their team get fair playing time.

RULE OF MAXIMUM PARTICIPANTS GRADES 3 – 6

5 PLAYERS: each boy plays 4 quarters.

6 PLAYERS: 4 boys play 3 quarters and 2 boys play 4 quarters.

7 PLAYERS: 5 boys play 3 quarters and 2 boys play 2.5 quarters.*

8 PLAYERS: All 8 will play 2.5 quarters. Three players will sub in and out at the mid point of the 2d quarter (first whistle after the midway point of the quarter, as above); two players will sub in and out at the mid point of the third quarter.

7 players: 5 boys play 3 quarters and 2 boys play 2.5 quarters. Under this rule, the coache(s) of a team with 7 players shall make a substitution at the first whistle after the half-way point in the 3d quarter (3:00 for 3d/4th grade; 3:30 for 5th/6th grade). The substitution must take place simultaneously if two teams have 7 players. The player entering the game cannot be a player already designated to play 3 quarters, as the intent of this rule is to have all players play as much as possible. If the player due to report into the game under this rule has fouled out, there shall be no substitution made by that team. The coaches shall be responsible for enforcing this rule, not referees or timekeepers.

*The same boy **shall not** be selected to play only 2.5 quarters more than 2 out of every 7 games that 7 team members show up. If any boy plays 2.5 quarters only, this must be reported to the Division Leader and scorekeeper who shall make a notation on the score sheet reporting the name of the individual. The score sheet shall be signed by the coach. A violation of this rule shall result in a forfeit.

RULE OF BALANCE OF POWER GRADES 3 – 6

If one team has only 6 players and the other team 7 (or more), the team with 7 players can select a player on the team with 6 to sit for at least one-quarter (the intent is to balance the teams and have maximum participation of the team with 7).

PLAYER MINIMUM TO START AND PLAY GAME

Grades 2, 3-4: There is no player minimum for practices and practice games. Coaches are encouraged to mix up players to make even sides for practice games, if there are significant players missing from either or both sides. However, in the 3-4th grade division, when the games count, teams may start the game and play with 4 players if 5 are not available. If a team has less than 5 players they may bring up a player from a younger division (with the same stipulations outlined below for grades 5-8th)

Grades 5-6, 7-8: A team must have 4 players to start a game. If a team knows that it will not have 5 players available to start a regular season game, the coach can bring a player up from a younger division or a non-travel quality player from the lower grade (i.e. 5th or 7th). The opposing coach and the Division Leader must consent before the game. Also, the same player cannot be called up more than twice by the same team.

PLAYOFFS - In playoff games, players can be called up from the younger divisions. However, the choice of that player must be agreeable to the division leader in conjunction with the opposing coach.

FOULING OUT - ALL GRADES

Five fouls is out of the game.

A team may play with 4 players or continue to play with 5 players if the other players have either fouled out or have been injured. If a team continues with a player who has fouled out, every subsequent foul on that player results in a personal and a technical foul and the team shooting the technical maintains possession.

If more than one player on a team fouls out leaving the team with less than 5 players, and the coach opts to continue with 5 players (see above) the fouled out player that remains in the game shall be the last player on that team who fouled out.

If a player on a team with 7 players fouls out, the player substituting for the fouled out player shall be one of the players who was originally designated to play 2.5 quarters that game (see Rules of Maximum Participation). If players who were originally designated to play 2.5 quarters are in the game while a 3d player fouls out, then the substitute for the fouled out player shall be the player on the bench who, up to that point in the game, has played the least amount of time.

FREE THROW LINE

3/4 Grade – Can start one foot in front of foul line

5-8 Grade – Cannot jump over foul line

BONUS FREE THROWS

1 and 1 on 7th foul of the half

2 shots on 10th foul of half

START OF GAMES

Games shall start no later than 15 minutes after the scheduled starting time or the completion of the previous game. More than this 15 minute delay in the starting of a game may result in a forfeit of the game by the team causing the delay.

JUMP BALL/POSSESSION

A jump ball will be used to start the game. After that there will be alternating possession, including the beginning of each remaining quarter. A jump ball will be used again only to start an overtime period.

ALL OTHER GAME RULES SHALL BE IN ACCORDANCE WITH THE OFFICIAL HIGH SCHOOL RULES.

PRESS/DEFENSE

NO PRESSING IS ALLOWED IN ANY GRADE IF THE DEFENSIVE TEAM IS AHEAD BY TEN POINTS OR MORE

Grades 3-4: There is no press allowed, with the following exceptions:

1) HALF COURT PRESS Last 2 minutes of the game (and the last minutes of each overtime period)

BUT no double teaming is permitted except in the 3 second zone.

2) FULL COURT PRESS - Last 30 seconds of the game and last 30 seconds of overtime. – No double teaming

2) NO BACKCOURT DEFENSE ON STEALS

Grades 5-6: Defense picks up a half court.

BACK COURT PRESS IS PERMITTED DURING THE LAST ONE MINUTE OF EACH HALF (and the last minute of each overtime period). The only exceptions to this rule are:

1) If the ball has been advanced over and back of the mid court line in the Woodcliff gym (as outlined under “Defense: Grades 3-4”).

2) NO BACKCOURT DEFENSE ON STEALS

Grades 7-8: Defense picks up at half court.

BACK COURT PRESS IS PERMITTED DURING THE LAST 2 MINUTES OF EACH HALF AND THE LAST 2 MINUTES OF OVERTIME PERIODS.

No Backcourt Defense on Steals

The only exceptions to this rule are:

1) If the ball has been advanced over and back of the mid court line in the Woodcliff gym (as outlined under “Defense: Grades 3-4”).

PRESS/DEFENSE (CONTINUED)

TECHNICAL FOUL FOR PRESSING –

1ST time a player presses when not allowed, there will be a warning assessed

2nd time a player from the same team presses, it will be a technical foul.

DEFENSES

Grades 2, 3-4: Man to man or zone defenses allowed. **NO ZONES.**

No double teaming shall be permitted except in the 3 second zone. The first infraction shall result in a warning and, thereafter, a technical foul shall be assessed at the discretion of the referee.

Defensive coverage of an offensive player may begin once the offensive player crosses the three point circle on the offensive side of the court. However, once the ball crosses the three point circle on a given offensive sequence, coverage can then be brought to the half court line for the remainder of that offensive sequence, even after a ball goes out of bounds and is inbounded by that team.

Additionally in the Woodcliff gym, when games are played on the shorter courts only, on a given sequence, if the ball has been advanced beyond the mid court line and then brought back behind the mid court line, the defensive team can defend in the back court for the remainder of that offensive sequence.

Grades 5-6: Man to man or zone defenses allowed.

Grades 7-8: Man to man or zone defenses allowed.

SCOREBOARD CLOCK

The scoreboard clock will be operated by an assigned timekeeper. The timekeeper will keep track of game score, game time, periods, alternating possession, timeouts and individual fouls.

SPORTSMANSHIP

Orderly conduct and proper maintenance of the school property is mandatory. Coaches must instruct the players to stay within the confines of the gym and not to wander the halls. In general, good conduct and respect for school property is required.

No basketball play by non-team members is allowed during a game. This includes timeouts, quarters and half time. This is the joint responsibility of both coaches and referees.

Coaches are obligated to assist the referees in maintaining proper and orderly control of the game.

Good sportsmanship is essential to basketball and other sports. Coaches are obligated to set a high standard. Arguing or shouting at any referee shall result in an automatic technical foul. A second incident and technical foul will result in ejection from the game. Coaches will be required to leave the gym if requested by the referee or another official of the Association. All ejections must be reported to the Division Leader who will review the incidents. One incident could result in suspension from the program for a period of games or even the season, depending upon the severity of the incident-the Executive Board will hear all sides and make a ruling.

RULES OF CONDUCT

1. All players participating in the Woodcliff Lake Basketball Association League are expected to conduct themselves in a manner demonstrating good sportsmanship.
2. Players will be found to be in violation of the good sportsmanship requirement if they are disrespectful or use profanity in addressing any of the referees or coaches or other players or authorized personnel in the administration of said program.
3. Said players will also be in violation of the good sportsmanship requirement if two coaches present during a game, scrimmage or practice and/or two referees or one coach and one referee during the same planned activity report that said player(s) deliberately physically assault (either by hitting or pushing) any other player with the intent of injuring said player.
4. An actionable violation of the good sportsmanship requirement will result in the immediate suspension of the offending child/player for the remainder of that game, in which the violation took place and in all succeeding games until a hearing before the next scheduled meeting of the Executive Board of the Woodcliff Lake Boys Basketball Association is held.
5. The suspended child, his parents, and the involved coaches and referees will be invited to attend said hearing.
6. The Executive Board of the Woodcliff Lake Boys Basketball Association has the power to immediately reinstate the child/ alleged offender back to his team or to suspend him for the remainder of the season.
7. If a player is suspended a second time in the same season, the suspension will automatically remain in effect until the conclusion of all regular season and playoff games, including the Championship game, if applicable. If that offender's team were to win their division or championship as and where applicable, the suspended player will not receive any trophy, emolument, award, certificate or certified benefit from said achievement.
8. Any player suspension will also include suspension for the same time period from travel basketball if that player is on the travel basketball team.

DRESS CODE

All grades: sneakers, shorts, team shirts are required.

No bracelets, jewelry, or other metal objects which are capable of causing injuries will be permitted. Dental braces which are worn outside of the mouth (headgear) are not permitted. Plastic lenses are required for eyeglasses. Boys will be encouraged to use mouth guards to protect their teeth.