

ROGERS AREA YOUTH BASKETBALL ASSOCIATION (RAYBA)
2010 – 2011 Girls In House Basketball
3rd & 4th Grade

Coaches are asked to explain the details of these rules to their players and their parents/guardians. All basketball rules shall be enforced by the game officials and/or Board Members.

Players and Coaches

1. **Playing time:** All the girls on the team will play equal time. Each coach should be committed to playing all of his players as equally as possible during the course of the game. Defensively, players should be matched up according to size and ability.
2. **Attitude:** It is mandatory that all players feel like the first four/five players and provide them with constructive suggestions and criticism. This means letting different players start the game. Above all, create a pleasant situation where the girls can truly enjoy the game of basketball and leave with a desire to go home and improve their skills.
3. **Sportsmanship:** Players and coaches should not dispute referees call, even if there is a reason to do so. Players should shake hands after games. Coaches should not think of themselves and their desire to win, but they should think about their players desire to play. A win or loss will not make a big difference in a player's or coach's life.
4. **Coaching:** The opportunity to coach is a privilege granted by the Board of Directors. Any negative conduct by a coach towards players, opponents, referees, or fans during practices or games may result in your removal as coach.
5. **Practices and Games:** Coaches must make sure all players have safely left the building or have a parent/guardian providing supervision at the end of each practice or game. If you are the last one in the gym, assist the supervisor with clearing the floor and building and putting all basketball gear away.
6. **Suspension:** Any player suspended from school will not be eligible to play any game during his suspension time.

Please report all game results to RAYBA via email (info@rayba.org) or telephone (763-425-5700). When reporting provide us the name of the team that won the main game. If there is a skills competition, provide us a score for each team.

Any suggestions or comments concerning games or practices, contact your grade coordinator. Hotline: 763-425-5700.

GAME

1. **Height of the Basket:** 9 feet
2. **Full Court Press:** No full court pressing is allowed.
3. **Three Point Play:** Any legal shot made from 19 feet 9 inches or more out from the basket will count as three points on the score.
4. **Free Throw:** Per half or per overtime: One and one bonus at the 7th team foul – 2 shots on/and after the 10th team foul.
5. **At the Game:** The coach is expected to provide a complete roster of players (including names and player numbers) to the scorer's bench before game time. Providing a person to run the clock will be the responsibility of the home team (team listed first in the playing schedule is considered the home team) and the visiting team will provide a scorer. This arrangement may be alternated upon

approval of both coaches.

Coach and team members are expected to be ready to play at the start of game time. If a team is not ready within 5 minutes after the established start of the game, the team will automatically forfeit the game and the team in attendance will receive a win and 15 skill points. The referee will enforce this rule.

Maximum of two coaches are allowed on the bench during game, only one coach is allowed to stand up, and only coaches are allowed to address the referees. The penalty is a Technical foul violation.

It is the referee's responsibility to determine start and stop times and to keep the game on time. Their decisions are final.

If a league referee is not there by the time the game is to start, each team shall provide a referee until a league referee arrives. RAYBA Board Members may act as referees if needed.

PLAY

1. **Skills:** Skills competition will precede all regular season games. Speed Dribble, Hot Shots, Left & Right side Lay Ups, Free Throws, and Passing.
2. **Length of Game:** The game will be divided into eight five-minute periods. There will be a three-minute half time. Official's time-out will be taken for injuries.
3. **Overtime:** A coach may play any five eligible players they choose, as long as they have not fouled out. During regular season games and tournament games there will be one 2-minute stop time overtime (jump ball start). If after the overtime the game remains a tie, the game will go into a 3-minute run time sudden death. Time will only be stopped for coach's time outs, free throws, or officials called time outs. The sudden death will begin with a jump ball. All players must play in at least one of the overtime periods in any two overtime games. If after the second overtime (sudden death) the game remains a tie, then the game will be recorded as a tie.
4. **Substitutions:** Player substitutions will only be allowed between periods.
5. **Offense:** Maximum of five players on the court. No "spread" offenses. We want all players to handle the ball and score. If an Illegal Offense is called by a referee it will result first in a "warning" and then a 2-point penalty and loss of possession. No substitution during a period unless due to an injury. Stationary picks with elbows down only.
6. **Clock:** Running time, stopping to set up all free throws – clock starts when the shooter is handed the ball. There will be stop time on the referee's whistle in the last 2 minutes of the game unless the game score is 15 or more points apart.
7. **Jump Balls:** Legal jump balls will start each period.
8. **Fast Breaks:** The defense team cannot steal the ball from the dribbler in the backcourt; however, any fast break pass in either court may be stolen by the defense.
9. **Time Outs:** Time outs may be called by the players on the floor or head coach. Teams are allowed four time outs per normal game to be used anytime. Each team is allowed only one time out in each overtime period. If a team calls a time out after they have used all their time outs, it is an automatic technical foul and will result in a two-point penalty and loss of possession. Time outs last for 1 minute.
10. **Injuries:** Clock stops on the referee's whistle. Injured players will be replaced by a player on the bench with the least amount of playing time. If a player is taken out

of a period due to an injury, it will be considered as a period played if over halfway through the period. The player replacing the injured player will not be charged with a period played if over half of the period has been played. Any player's injury involving the evidence of blood shall be immediately benched until the bleeding is stopped and properly covered in a way to prevent any further exposed bleeding. Report of any injury must be made by the coach to the grade coordinator with 24 hours.

11. Defense: A maximum of five players are allowed on the court. Man to Man only. Defensive players may sag between the player they are guarding and the basket and may switch to someone else if within the three-point area. A defensive player "sagging" is defined as the defense player staying within one and one-half steps of his opponent. Any distance farther than this could be considered a zone defense (at the discretion of the referee). There will be no double-teaming the ball except within the three-point area. Double-teaming a person without the ball is not allowed. On the first double-teaming call, the player and team shall be warned. Thereafter, violations will result in a two-point technical foul being called with offense maintaining possession.
12. Zone Defense: Zone defense will not be allowed.
13. Half-Court Rule: As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions. If the player falls down with a rebound or is on the floor with the ball, he does not have clear possession. He must show clear possession by passing the ball. If he stands up, it is traveling.

FOULS

1. Personal fouls:

- a. Kids must raise hands on personal fouls. There are only five fouls per game per player. If a player has five fouls he will have to leave the game permanently (this includes overtime play). He may be replaced by any player on the bench as long as that player has not exceeded any teammate in playing time. If fouls cause a team to have less than 5 players available, the last player to foul out, and any subsequent players to foul out may remain in the game. Any fouls called on this player(s) shall result in a technical foul – 2 points will be rewarded to the other team plus possession of the ball. A one and one free throws are awarded at the 7th team foul in each half – 2 shots on/and after the 10th team foul. Technical fouls will count as a personal and a team foul.
- b. Personal fouls made on an offensive player while in the act of shooting within the 2-point area will be awarded two attempts at a free throw, each shot counting if made. A foul on an offensive player while in the act of shooting while in the 3 point area will be awarded three attempts at a free throw, each shot counting if made.

2. Technical fouls:

- a. Sportsmanship violation is a 2-point penalty and loss of possession. Swearing is an automatic technical foul. Taunting, verbal abuse of players or referees by players, coaches, parents or anyone else will not be tolerated and is considered a technical foul. The first violation will result in a technical foul of two points, loss of possession and a warning that another violation will result in being asked to leave the gym. A second violation is an automatic ejection for that game and possibly the remainder of the season, at the discretion of the Board. If the person refuses to leave, the offending team will forfeit the game to the opposing team.

Technical fouls may be called by the referees or by any Board member who is in the gym. All ejections will be reviewed by the Board for possible further action.

- b. If a team calls a formal time out after they have used their limit, this will be an automatic foul resulting in 2 points being awarded to the opponents and loss of possession of the ball.
 - c. Double-teaming outside the three-point area and zone defense. First violation: The defensive team coach will be clearly warned and the offensive team informed. Offense maintains possession. Second and subsequent violations: Any double teaming violation previously warned (as indicated above) will incur an automatic 2 point team foul on the defensive team. Offense maintains possession.
3. Mid-court line: The ten-second rule will apply. Over and back results in loss of possession.
 4. Free throw: The only free throws taken will be fouls committed during the act of shooting or a flagrant and obviously intentional foul. Other fouls will require taking the ball out of bounds unless the one and one bonus is in effect.
Free throw line will be at 13 feet. If the player crosses the line in the act of shooting, it is a violation and the basket is not counted.
 5. Five-second lane: Offensive players may not stay in the lane for more than five seconds. Breaking this rule results in loss of possession to the other team. The 5-second count restarts when the ball strikes the rim or player leaves the lane.
 6. Forward progress: The offensive team may not stall the game by not making forward progress with the ball toward the basket. The offensive team must, after passing the mid-court line, make progress towards the basket every 5 seconds. This rule is enforced at the discretion of the referee.