

Denville P.A.L. Basketball Rules (Grades 3-8)

<p>Game Playing Time</p>	<p><u>Boys</u></p> <ul style="list-style-type: none">• 5/6 Division – The game will consist of four (4) ten (10) minute quarters, running clock. Clock will stop for whistles during the last 2 minutes of the game if the score differential is 8 points or less.• Substitutions at approximately the five (5) minute mark of each quarter.• There will be a two-minute break between each quarter and for half time.• There will be no overtime <ul style="list-style-type: none">• 7/8 Division – The game will consist of four (4) ten (10) minute quarters, running clock. Clock will stop for whistles during the last 2 minutes of the game if the score differential is 8 points or less.• Substitutions at approximately the five (5) minute mark of each quarter.• There will be a two-minute break between each quarter and for half time.• There will be no overtime <ul style="list-style-type: none">• 3/4 Division - The game will consist of four (4) eight (8) minute quarters, running clock.• Substitutions at approximately the four (4) minute mark of each quarter.• There will be a two-minute break between each quarter and for half time.• There will be no overtime <p><u>Girls</u></p> <ul style="list-style-type: none">• 6/7/8 Division – The game will consist of four (4) ten (10) minute quarters, running clock. Clock will stop for whistles during the last 2 minutes of the game if the score differential is 8 points or less.• Substitutions at approximately the five (5) minute mark of each quarter.• There will be a two-minute break between each quarter and for half time.• There will be no overtime. <ul style="list-style-type: none">• 3/4/5 Division - The game will consist of four (4) eight (8) minute quarters, running clock.• Substitutions at approximately the four (4) minute mark of each quarter.• There will be a two-minute break between each quarter and for half time.• There will be no overtime
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<u>Player Playing Time</u>	<ul style="list-style-type: none"> • Each Quarter will be divided up into 2 segments at the midway point of the Quarter. Each player must play in each Quarter. Only exception is if there are more than 10 on the team. • All players must play a minimum of four (4) full segments. If a team has 9 players, each player can only play a maximum of 5 segments. If a team has 8 players, each player can only play a maximum of 6 segments. If a team has 7 players, each player can only play a maximum of 6 segments. • Exception: With six (6) players, all players must play a minimum of three (3) full quarters. • If a player comes late to a game he/she MUST play half of the time remaining in the game (time beyond that is at the coaches' discretion). • Overtime is at the two coaches' discretion – if there is a disagreement between the two coaches the overtime(s) will be played. • Any violation of these substitution rules will result in a forfeiture of that game. • Coaches can choose any players to play in overtime, regardless of how much they have played in regular time.
<u>Time Outs</u>	<ul style="list-style-type: none"> • Each team will have two (2) time-outs per half. • If a coach calls a time-out that they do not have his team will be issued a one shot technical foul. • Injured players may be substituted back in at any time that quarter.

<u>Defense</u>	<p><u>Boys</u></p> <ul style="list-style-type: none"> • For 3rd/4th grades: Man to man defense is mandatory for the whole game. No double teaming (trapping) – warnings will be issued but no technical fouls will be awarded. Man to Man Defense will begin at edge of the three-point circle but not beyond. The defense can be extended past the three-point line once the offense has penetrated inside the three-point line. <ul style="list-style-type: none"> • In the last two minutes of the game, the defense can pick up at half court. This applies for overtime as well. • 5th/6th Grade: 1st Half: Man-to-Man Only. No Double teaming allowed. 2nd Half: Any halfcourt defense Allowed (double teaming is allowed). <ul style="list-style-type: none"> • The second segment of the 4th quarter: Any defense is allowed and pressing with up to three players is allowed up to 15-point differential. Team with lead cannot press with lead of 15 points or more. • 7th and 8th grade: teams may play any half-court defense the entire game (man to man or any zone type defense). Double teaming is allowed. 4th Quarter: Any defense is allowed (including double teaming) and pressing is allowed with
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	<p>up to three players up to 15-point differential. Team with the lead cannot press with a lead of 15 points or more.</p> <p><u>Girls</u></p> <ul style="list-style-type: none">• For 3rd/4th/5th grades: Man to man defense is mandatory for the whole game. No double teaming (trapping) – warnings will be issued but no technical fouls will be awarded. Man to Man Defense will begin at edge of the three-point circle but not beyond. The defense can be extended past the three-point line once the offense has penetrated inside the three-point line.<ul style="list-style-type: none">• In the last two minutes of the game, the defense can pick up at half court. This applies for overtime as well.• 6th/7th/8th Grade: 1st Half: Man-to-Man Only. 2nd Half: Any halfcourt defense allowed (double teaming is allowed).<ul style="list-style-type: none">• The second segment of the 4th quarter: Any defense is allowed and pressing is allowed with up to three players up to 15-point differential. Team with lead cannot press with lead of 15 points or more.
<u>Possession</u>	<ul style="list-style-type: none">• Possession alternates each jump ball and quarter, starting with the team who gains possession at the tip-off. A jump ball will start the over-time periods.• Referees will track alternating possessions
<u>Out of Bounds</u>	<ul style="list-style-type: none">• All four sides of the backboard are considered in-bounds provided the ball comes back on the court. (The wires on the top of the backboard are out of bounds).
<u>Lane Violation</u>	<ul style="list-style-type: none">• Three (3) seconds in the offensive lane for the Boys' 5/6 and 7/8 divisions and Girls' 6/7/8 division is in effect.• No violations for three (3) seconds in the Boys' 3/4 and Girls 3/4/5 divisions.<ul style="list-style-type: none">○ Refs will still monitor and chase players out of the key
<u>Ball Size</u>	<ul style="list-style-type: none">• All teams will use the smaller 28.5 (or WNBA) balls instead of the standard 29.5, except for the 7th/8th grade boys. They will use 29.5.

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<u>Fouls</u>	<ul style="list-style-type: none">• Two (2) foul shots are awarded for fouls committed in the act of shooting.• Five fouls on a player result in that player being ejected from the game. The exception to this rule is if a team has only four or five players and one of them “fouls out” he/she may remain in the game but, if he/she commits additional fouls, the opposing team will be awarded a one-shot technical foul and possession.• One and one foul shots are awarded on the seventh (7) and subsequent fouls in a half. Teams can rebound on the first foul shot, if missed. The shooter will receive two shots on and after the 10th team foul of each half.• The shooter and players behind the three-point arc cannot enter the lane until the ball hits the rim - players on each side of the foul lane can enter the lane once the ball is released by the shooter.• Only three rebounding players are allowed on each side of the key during a foul shot. (All other players must be behind the 3 point arc, behind the foul line extended).• A player or coach will be issued a warning for an illegal offense and an illegal defense. Second and all subsequent offenses will result in a one-shot technical foul.• A two shot technical foul will be awarded for unsportsmanlike conduct by either a player or a coach.• A two shot technical foul will be awarded for intentional or flagrant fouls• No offensive clear out plays allowed – warning will be issued for the first offense and a one shot technical four will be issued for all subsequent offenses.• Coaches and players on the bench <u>MUST</u> remain seated during play. A warning will be issued for the first violation, a one-shot technical foul will be given for the second violation, and a two shot technical foul and ejection from the game for the third violation.• Any coach or player heard swearing by the referee will result in a two shot technical foul and ejection from the gym.
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