

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

<p><u>Game Playing Time</u></p>	<p><u>Boys</u></p> <ul style="list-style-type: none">● 3/4 Division - The game will consist of four (4) six (6) minute quarters, stopped clock (clock stops for all whistles).● Substitutions at approximately the 3-minute mark of each quarter (half-way through).● There will be a one-minute break between each quarter and 2 minutes for half time.● At half time, each team will select two (2) players to take a free shot from a place of their choosing. This MUST be players who do not get many opportunities to touch or shoot the ball. Players may shoot the ball from anywhere – recommend as close to the basket as possible.● There will be no overtime. <ul style="list-style-type: none">● 5/6 Division – The game will consist of four (4) seven (7) minute quarters, stopped clock (clock stops for all whistles).● Substitutions at approximately the 3:30 minute mark of each quarter half-way through).● There will be a one-minute break between each quarter and 2 minutes for half time.● There will be a 2-minute overtime in a tie game, unless BOTH coaches agree not to play overtime. <ul style="list-style-type: none">● 7/8 Division – The game will consist of four (4) eight (8) minute quarters, stopped clock (clock stops for all whistles). Substitutions at approximately the four (4) minute mark of each quarter (half-way through).● There will be a one-minute break between each quarter and 2 minutes for half time.● There will be a 2-minute overtime in a tie game, unless BOTH coaches agree not to play overtime. <p><u>Girls</u></p> <ul style="list-style-type: none">● 3/4/5 Division - The game will consist of four (4) six (6) minute quarters, stopped clock (clock stops for all whistles).● Substitutions at approximately the 3-minute mark of each quarter (half-way through).● There will be a one-minute break between each quarter and 2 minutes for half time.● At half time, each team will select two (2) players to take a free shot from a place of their choosing. This MUST be players who do not get many opportunities to touch or shoot the ball. Players may shoot the ball from anywhere – recommend as close to the basket as possible.● There will be no overtime.
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	<ul style="list-style-type: none"> • 6/7/8 Division – The game will consist of four (4) eight (8) minute quarters, stopped clock (clock stops for all whistles). Substitutions at approximately the four (4) minute mark of each quarter (half-way through). • There will be a one-minute break between each quarter and 2 minutes for half time. • There will be a 2-minute overtime in a tie game, unless BOTH coaches agree not to play 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 with substitutions 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 shall play 5 segments (equally balanced playing time). 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. With six players a coach may substitute midway through each segment. Playing time must still be balanced. • All players must go to the scorer's table to check in to the game. • 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 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 and possession will go to the other team. • Injured players may be substituted back in at any time that quarter.

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<p><u>Defense</u></p>	<p><u>Boys</u></p> <ul style="list-style-type: none">● 3rd/4th grade: 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. Defensive switching is permitted. 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. Defenders may reach over the 3-point line if their feet are behind the 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.● If the offense is staying beyond the 3-point line without attempting to cross, the referee may enforce a delay of game penalty (possession to the other team)● 5th/6th grade: 1st Half: Man-to-Man Only. No Double teaming allowed. Defensive switching is permitted. 2nd Half: Any halfcourt defense is 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 in the last two minutes of the game, up to 15-point differential. The team with lead cannot press with lead of 15 points or more, the trailing team may still press.● 7th/8th grade: teams may play any half-court defense the entire game (man to man or any zone type defense). Double teaming is allowed.<ul style="list-style-type: none">● 4th Quarter: Any defense is allowed (including double teaming) and pressing is allowed with up to three players up to 15-point differential. The team with lead cannot press with lead of 15 points or more, the trailing team may still press. <p><u>Girls</u></p> <ul style="list-style-type: none">● 3rd/4th/5th grade: 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. Defensive switching is permitted. 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. Defenders may reach over the 3-point line if their feet are behind the 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.● If the offense is staying beyond the 3-point line without attempting to cross, the referee may enforce a delay of game penalty (possession to the other team)● 6th/7th/8th grade: 1st Half: Man-to-Man Only. No Double teaming allowed. Defensive switching is permitted. 2nd Half: Any halfcourt defense is 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 in the last two minutes of the game, up to 15-point differential. The team with lead
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<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.
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<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 and the poles on the top of the backboard are out of bounds).
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<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.
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<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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Fouls	<ul style="list-style-type: none">• Two (2) foul shots are awarded for fouls committed in the act of shooting.• A player is allowed five fouls in a game. If a player commits five fouls, they may continue to play, but each additional foul will be a two shot technical and the opposing team will gain possession of the ball. The player may be removed from the game at the coaches or referees' discretion.• One and one foul shots are awarded on the seventh (7) and subsequent team fouls in each 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 two from the non-shooting team and one from the shooting team (All other players must be behind the 3-point arc, behind the foul line extended).<ul style="list-style-type: none">○ Younger shooters may stand directly in front of or cross the foul line in the act of shooting the foul shot but may not attempt to rebound until the ball hits the rim.• 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 and possession to the other team.• 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 on the bench or stand behind the bench 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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