

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

<p><b><u>Game Playing Time</u></b></p>	<p><b><u>Boys</u></b></p> <ul style="list-style-type: none"><li>• <b>3/4 Division</b> - The game will consist of four (4) six (6) minute quarters, stopped clock (clock stops for all whistles).</li><li>• Substitutions at approximately the 3-minute mark of each quarter (half-way through). This is not a time out. Players must be ready to go.</li><li>• There will be a one-minute break between each quarter and 2 minutes for half time.</li><li>• At half time, each team will select two (2) players to take a free shot from a place of their choosing. This <b>MUST</b> be players who have not scored in the first half of the game and do not get many opportunities to touch or shoot the ball. Players may shoot the ball from anywhere – it is recommended as close to the basket as possible.</li><li>• There will be no overtime.</li></ul> <p>• <b>5/6 Division</b> – The game will consist of four (4) seven (7) minute quarters, stopped clock (clock stops for all whistles).</p> <ul style="list-style-type: none"><li>• Substitutions at approximately the 3:30 minute mark of each quarter (half-way through). This is not a time out. Players must be ready to go.</li><li>• There will be a one-minute break between each quarter and 2 minutes for half time.</li><li>• There will be one (1) 2-minute overtime in a tie game, unless BOTH coaches agree not to play overtime. There is no second overtime.</li></ul> <p>• <b>7/8 Division</b> – The game will consist of four (4) eight (8) minute quarters, stopped clock (clock stops for all whistles).</p> <ul style="list-style-type: none"><li>• Substitutions at approximately the four (4) minute mark of each quarter (half-way through). This is not a time out. Players must be ready to go.</li><li>• There will be a one-minute break between each quarter and 2 minutes for half time.</li><li>• There will be one (1) 2-minute overtime in a tie game, unless BOTH coaches agree not to play overtime. There is no second overtime.</li></ul> <p><b><u>Girls</u></b></p> <ul style="list-style-type: none"><li>• <b>3/4/5 Division</b> - The game will consist of four (4) six (6) minute quarters, stopped clock (clock stops for all whistles).</li><li>• Substitutions at approximately the 3-minute mark of each quarter (half-way through). This is not a time out. Players must be ready to go.</li><li>• There will be a one-minute break between each quarter and 2 minutes for half time.</li><li>• At half time, each team will select two (2) players to take a free shot from a place of their choosing. This <b>MUST</b> be players who have not scored in the first half of the game and do not get many opportunities to touch or shoot the ball. Players may shoot the ball from anywhere – it is recommended as close to the basket as possible.</li><li>• There will be no overtime.</li></ul>
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	<ul style="list-style-type: none"> <li>● <b>6/7/8 Division</b> – The game will consist of four (4) eight (8) minute quarters, stopped clock (clock stops for all whistles).</li> <li>● Substitutions at approximately the four (4) minute mark of each quarter (half-way through). This is not a time out. Players must be ready to go.</li> <li>● There will be a one-minute break between each quarter and 2 minutes for half time.</li> <li>● There will be one (1) 2-minute overtime in a tie game, unless BOTH coaches agree not to play overtime. There is no second overtime.</li> </ul>
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<b><u>Player Playing Time</u></b>	<ul style="list-style-type: none"> <li>● Each Quarter will be divided up into 2 segments (half of a quarter) with substitutions at the midway point of the quarter. Each player must play in at least one segment in each Quarter. The only exception is if there are more than 10 on the team.</li> <li>● All players must play a minimum of four (4) full segments with a minimum of one segment in every quarter. 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.</li> <li>● Exception: With six (6) players, all players must play a minimum of three (3) full quarters. With six players a coach <u>may</u> substitute midway through each segment. Playing time <u>must</u> still be balanced.</li> <li>● <b>All players must go to the scorer's table to check in to the game.</b></li> <li>● If a player comes late to a game, he/she <b>MUST</b> play half of the time remaining in the game (time beyond that is at the coaches' discretion).</li> <li>● Any violation of these substitution rules will result in a warning the first time this occurs and may result in a forfeiture of any subsequent games.</li> <li>● Coaches can choose any players to play in overtime, regardless of how much they have played in regular time.</li> <li>● If a player is injured and needs to sit, another player may take their place. The substitute player will have this count towards their playing time unless this injury happens within the last minute of the segment. The injured players may be substituted back in at any time that quarter.</li> </ul>
<b><u>Time Outs</u></b>	<ul style="list-style-type: none"> <li>● Each team will have two (2) time-outs per half.</li> <li>● Each team will receive one (1) time-out in each overtime period.</li> <li>● If a coach calls a time-out they do not have, his team will be issued a one-shot technical foul and possession will go to the other team.</li> </ul>

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<p><b><u>Defense</u></b></p>	<p><b><u>Boys</u></b></p> <ul style="list-style-type: none"><li>• <b>3<sup>rd</sup>/4<sup>th</sup> grade:</b> Man to man defense is mandatory for the whole game. No double teaming (trapping) is allowed – warnings will be issued but no technical fouls will be awarded. Defensive switching is permitted. Man to Man Defense will begin at the top of the three-point line, extended across the whole court. Once the team has crossed this line the defense may go across it.<ul style="list-style-type: none"><li>• In the last two minutes of the game, the defense may pick up the play at half court. This applies for overtime as well.</li><li>• If the offense is staying beyond the 3-point line without attempting to cross, the referee at their judgement, may enforce a delay of game penalty (possession to the other team)</li></ul></li><li>• <b>5<sup>th</sup>/6<sup>th</sup> grade:</b> 1<sup>st</sup> Half: Man-to-Man Only. No Double teaming allowed. Defensive switching is permitted. 2<sup>nd</sup> Half: Any halfcourt defense is allowed (double teaming / trapping is allowed).<ul style="list-style-type: none"><li>• The second segment of the 4<sup>th</sup> 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 the lead cannot press with a lead of 15 points or more, the trailing team may press.</li></ul></li><li>• <b>7<sup>th</sup>/8<sup>th</sup> grade:</b> teams may play any half-court defense the entire game (man to man or any zone type defense). Double teaming / trapping is allowed.<ul style="list-style-type: none"><li>• 4<sup>th</sup> Quarter: Any defense is allowed (including double teaming / trapping) and pressing is allowed with up to three players up to 15-point differential. The team with the lead cannot press with a lead of 15 points or more, the trailing team may press.</li></ul></li></ul> <p><b><u>Girls</u></b></p> <ul style="list-style-type: none"><li>• <b>3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> grade:</b> 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 the top of the three-point line, extended across the whole court. Once the team has crossed this line the defense may go across it.<ul style="list-style-type: none"><li>• In the last two minutes of the game, the defense may pick up the play at half court. This applies for overtime as well.</li><li>• If the offense is staying beyond the 3-point line without attempting to cross, the referee at their judgement, may enforce a delay of game penalty (possession to the other team)</li></ul></li><li>• <b>6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade:</b> 1<sup>st</sup> Half: Man-to-Man Only. No Double teaming / trapping allowed. Defensive switching is permitted. 2<sup>nd</sup> Half: Any halfcourt defense is allowed (double teaming / trapping is allowed).<ul style="list-style-type: none"><li>• The second segment of the 4<sup>th</sup> 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 the lead cannot press with a lead of 15 points or more, the trailing team may press.</li></ul></li></ul>
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<b><u>Possession</u></b>	<ul style="list-style-type: none"><li>• 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.</li><li>• Referees will track alternating possessions.</li></ul>
<b><u>Out of Bounds</u></b>	<ul style="list-style-type: none"><li>• 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).</li></ul>
<b><u>Lane Violation</u></b>	<ul style="list-style-type: none"><li>• 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.</li><li>• No violations for three (3) seconds in the Boys' 3/4 and Girls 3/4/5 divisions.<ul style="list-style-type: none"><li>○ Refs will still monitor and chase players out of the key.</li></ul></li></ul>
<b><u>Ball Size</u></b>	<ul style="list-style-type: none"><li>• All teams will use the smaller 28.5 (or WNBA) balls, <b>except</b> for the 7<sup>th</sup>/8<sup>th</sup> grade boys. They will use 29.5.</li></ul>
<b><u>Fouls</u></b>	<ul style="list-style-type: none"><li>• Two (2) foul shots are awarded for fouls committed in the act of shooting.</li><li>• Five fouls on a player will result in that player being removed from the game. The exception to this rule is if a team has only four or five eligible 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 two-shot technical foul and possession.</li><li>• Two foul shots will be awarded for each common foul when an opposing team commits five or more fouls in a quarter. Team fouls will be reset at the beginning of each quarter and do not carry over to subsequent quarters. If there is OT, team fouls from the 4<sup>th</sup> quarter will carry over.</li><li>• 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.</li></ul>

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	<ul style="list-style-type: none"><li>● 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"><li>○ 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.</li></ul></li><li>● 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.</li><li>● A two shot technical foul will be awarded for unsportsmanlike conduct by either a player or a coach.</li><li>● If a team plays with too many players on the court (more than 5), a two shot technical foul will be assessed and possession will go to the other team. The referees, at their discretion, may remove one (1) basket from the offending team's score.</li><li>● A two shot technical foul will be awarded for intentional or flagrant fouls.</li><li>● No offensive clear out plays will be allowed – a warning will be issued for the first offense and a one-shot technical foul will be issued for all subsequent offenses.</li><li>● 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.</li><li>● Any coach or player heard swearing by the referee will result in a two shot technical foul and ejection from the gym.</li></ul>
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