

# Palisades Basketball League

## 2019 Rules for 4<sup>th</sup> and 5<sup>th</sup> Grade Leagues

- 1) Before the game begins, the coaches may confer with the referee about the rules, including the tightness of the whistle and the need (if one team has too few players) to play 4v4. Further adjustments to the whistle, if necessary, should be made at half-time (*i.e.* not during the game).
- 2) A game consists of two 18-minute halves, with a running clock, except for the last two minutes of each half. During the last two minutes of each half, the clock will be stopped for foul shots, timeouts, out-of-bounds calls, etc.
- 3) Teams are allowed 1 full timeout and one 30-second timeouts per half. Timeouts not used in first half do not carry over into the second half. If an extra period is played, each team will receive an additional 30-second timeout.
- 4) Coaches may substitute players freely. Substitutions must first report to the scorers table before entering the game.
- 5) Each girl should play roughly one-half of each game, but a coach can adjust playing time if a girl has not attended practice, shows up late for a game, or lacks enthusiasm to play.
- 6) Guest players are permitted during the regular season, but only with advance permission from the league. No guest players are permitted during the tournament, and no player can play in the tournament unless she has played in at least 3 of the regular season games, including the first or second game. Exceptions to this rule (because of injuries, school travel, etc.) will be made by the league commissioners.
- 7) The first half will begin with a jump ball; possession at the beginning of the second is dictated by the possession arrow.
- 8) No defense is permitted until the ball crosses the half court line; however, during the last 2 minutes of a game, defense is permitted anywhere on the court. Also, once a team brings a ball across the half court line, the other team is permitted to play defense on the entire court (*i.e.* even if the ball crosses back to the far court).
- 9) No zone defense is permitted.
- 10) The referee has broad and unchallenged discretion to enforce the rules, especially traveling and double dribbling. Generally, enforcement of the rules becomes stricter as the season progresses. For 4th and 5th graders, the rules involving traveling and double dribbling may not be enforced if the player does not gain a significant advantage by breaking them. However, once a player stops dribbling, she cannot start again. Enforcing the rules will tighten as the season progresses. Coaches, players, and fans should not question a call. If a

coach has a concern, he or she should discuss it with the referee during a break in the action.

11) The following rules are not enforced:

five seconds inside the paint  
over and back  
palming the ball while dribbling  
shot clock

12) Shots outside the 3-point line are worth 3 points.

13) If the score of the game becomes lopsided, the dominating team should limit its play as follows:

(i) if the dominating team is winning by 10, it must limit its defense to inside the 3-point arc;

(ii) if the dominating team is winning by 15 points or more, it must limit its defense to inside the key;

(iii) additional restrictions can be made upon agreement of the coaches.

14) Unsportsmanlike conduct by a player will result in a technical foul and her ejection from the game. There will be no intentional fouling for the purpose of preventing a player from shooting at all or to delay the game. Violations will result in a technical foul.

15) Any player who commits 5 fouls must be removed from the game. If a team commits 6 fouls in a half, the other team receives bonus foul shots.

16) If there is a tie at the end of regulation time, an extra 2-minute period is played. If there is a tie at the end of 2 minutes, there will be a sudden-death period which begins with a jump ball and ends when one team scores a point.

17) Good sportsmanship is strongly encouraged and includes, after the game, a team cheer for the opponents and shaking their hands. Players are not permitted to question a referee's call or to engage in "trash talk" with an opponent.

18) Parents are encouraged to cheer during games, but they should not shout specific instructions to players and are not allowed to sit or stand on the players side of the court.

19) Coaches should remind players and parents that we are guests of the Key School and our ability to play there depends on our conduct. No one should wander through the school or search rooms, lockers, or closets.

20) The first two teams playing on Saturday are responsible for setting up the gym. Set up includes cleaning the gym before play, and setting up chairs and tables for officials, teams and fans. The last two teams playing are responsible for cleaning up the gym and returning the chairs to the school cafeteria. Cleanup includes cleaning the gym and halls after play.

21) The home team provides the game ball, and it must be a girl's-size basketball.

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