



2020-21 League Rules

The League Mission is to provide young kids an opportunity to play in a structured basketball game with many teachable moments along the way about sportsmanship, teamwork and the team aspect of basketball. All members of the league - directors, coaches, players, referees, and fans - are held to the highest standards of sportsmanship.

General Rules for 5-on-5

1. Game referees will officiate all 1st-3rd grade divisional games with the intent to both manage the game and teach the game as needed. Game referees will officiate all 4th and 5th grade divisional games with more of an emphasis on the rules of basketball.
2. Before each game throughout the season, a brief meeting between all of the coaches (head and assistants) and the referee will take place to greet one another, review any specific rules, share any team issues, and ask any questions.
3. Baskets shall be 8' for grades 1-2, 9' for third grade and 10' for the 4th-5th grade divisions.
4. The 1st-3rd grade divisions will use 27.5 size ball. The 4-5th grade divisions will use the 28.5 size ball.
5. Coaches must give all players equal playing time.
6. Players must tuck their shirts into their shorts and pull their shorts up to their waists. No jewelry or earrings are allowed.
7. Coaches and team personnel are responsible for supervising their players.
8. Coaches must stay in front of their bench area while coaching
9. Coaches are also responsible for ensuring that their bench areas are clean of debris at the end of the game.
10. Fighting shall result in an immediate ejection and possible future penalties.
11. Any excessive complaining or verbal abuse displayed by a coach will result in an immediate ejection by the referee or a Mission 5&2 representative. The coach will not be allowed back in the gym for future games until there has been a discussion with Steve Cloran or Kath Cloran.
12. COVID-19 protocols must be followed. All participants need to wear masks while indoors at all times and spectators are not permitted. All policies will be updated as indicated by public health officials.

Game Procedures for 5-on-5 in Grades 3-5

1. Each game shall consist of four 10-minute quarters and be played with a running clock, except for the last one minute of the first half, the last one minute of the second half, and any unusual delays (ball leaves the court, injury, player needs to tie their shoe, etc.). If games are running on time the clock can be stopped while teams are setting up for foul shots.
2. If we do not have two teams by 10 minutes past the scheduled start of the game, the game shall be shortened to 15-minute halves and/or the game can begin with 4 players versus 4 players.
3. The time between quarters shall be one minute and half-time shall be no more than three minutes.
4. Games shall begin with a jump ball in the center of the court and shall continue with the alternating-possession procedure.

5. The first overtime session shall last two minutes. Any additional overtime sessions shall last 1 minute unless both coaches agree to end the game in a tie. All sessions shall begin with a jump ball. There will be a maximum of two overtimes periods.
6. Each team shall be entitled to use two time-outs per half and one time-out per overtime session. Each time-out shall last no more than 45 seconds.
7. Substitutions may only be made during stoppages of play. We highly recommend both teams sub half-way through each quarter and at the end of each quarter for efficient use of time.
8. Any player charged with five fouls is no longer eligible to play in the game.
9. The offense must advance the ball past half court within ten seconds.
10. At half-time, the scoreboard may be reset to 0-0 if one team is leading by an excessive amount of points. The actual score of the game is always kept at the scorer's table in the scorebook.

Offensive Rules for 5-on-5

1. Three pointers
 - a. For 1st-3rd grade divisions: all shots from the field will count as 2 points.
 - b. For 4th and 5th grade divisions: In the event that a game is officiated by only one ref, if the ref does not see a player's feet on what appears to be a 3-point attempt, the ref can ask one of the coaches if they saw the player's feet to determine if the shot was a 3-pointer or a 2-pointer. Otherwise, the shot will count as a 2-pointer.
2. Free Throws
 - a. During free throws, the players along the lane line cannot enter the lane until the ball is released from the shooter. The shooter cannot enter the lane until the ball crosses the plane of the rim.
 - b. Teams shall shoot one-and-one on the opposing team's seventh team foul in a half and shoot two shots on the opposing team's tenth team foul in a half.
 - c. 1st & 2nd Grade League: players, if needed, can be positioned closer to the basket as advised by the referee or approximately 2 feet inside the FT line. In the interest of time the referee can suggest free throws not be a part of the game for the first few weeks of play.
 - d. 3rd Grade League: players, if needed, can be positioned closer to the basket as advised by the referee or approximately 1 foot inside the FT line
3. With regards to "3 seconds in the lane", it is our intention to enforce this rule. It is the responsibility of the coaches to teach the concept and rule of "3 seconds in the lane" during team practices.
 - a. In our 1st - 3rd grade division, we will enforce this rule after repeated warnings and/or when the offense gains a clear advantage over the defense due to the violation.
 - b. In our 4th and 5th grade division, we will enforce this rule after just a few warnings and/or when the offense gains a clear advantage over the defense due to the violation.
4. Teams may not hold the ball in the free zone for more than 10 seconds.

Defensive Rules for 5-on-5

1. Grades 1-2: Man to man defense to mandatory (see 3v3 Guidelines for more information on defense).
2. For Grades 3-5: coaches can choose the defense they want to play based on their team personnel but it is **STRONGLY RECOMMENDED** that all teams play man-to-man. Based on our research and observations, we feel

very strongly that if you are able to teach your players man-to-man, they will learn the critical skills of how to play team basketball.

3. If a team is ahead by 10 points or more, they must pull back and play zone defense.
4. "Steal the pass, not the dribble" Rule:
 - a. 1st-2nd Grade: A defensive player may not steal the ball off a dribble or attempt to steal the ball off a dribble. They may steal off of a pass. Players will be warned first and any subsequent violations will result in a loss of possession.
 - b. Grade 3: If a game is lop-sided and/or a defender is clearly taking advantage of a poor dribbler, the referee will enact the "steal the pass, not the dribble" rule. The referee will always encourage the defender to play defense by sliding their feet and not to reach and swat at the ball.
5. FREE ZONE
 - a. 1st-2nd Grade Division
 - i. The area outside the 3-point line is known as the "Free Zone". No defense or defender is allowed in the "Free Zone".
 - ii. Full-court pressing is NOT allowed.
 - b. 3rd Grade Division
 - i. The area outside the 3-point line is known as the "Free Zone". No defense or defender is allowed in the "Free Zone".
 - ii. With 1 minute to go in the second half, the defense is allowed to guard the offense outside of the free zone but not beyond half-court. If a team is leading by 10 points or more, they cannot play defense in the free zone even in the last minute.
 - iii. Full-court pressing is NOT allowed.
 - c. 4th Grade Division
 - i. The area outside the 3-point line is known as the "Free Zone". No defense or defender is allowed in the "Free Zone" at the beginning of their defensive possession.
 - ii. Once the offense advances the ball past the three point line, the defense may defend the offense if the offense passes the ball back into the free zone.
 - iii. Due to the free zone / no pressure rule rendering the defensive team to remain behind the 3 point line until the basketball has crossed the 3 point line, shooting a 3 point shot before the basketball crosses the 3 point line is an unfair advantage for the offensive team. Therefore, an offensive player cannot shoot a 3 point shot until the ball has crossed the 3 point line. First offense, basket does not count and the offense gets the ball back. Second or more offense results in a turnover.
 - iv. With 1 minute to go in each half, the defense is allowed to guard the offense outside of the free zone but not beyond half-court. If a team is leading by 10 points or more, they cannot play defense in the free zone until the offense advances the ball past the three point line.
 - v. If the ball goes out of bounds the free zone will reset.
 - vi. Full-court pressing is NOT allowed.
 - d. 5th Grade Division
 - i. There is no "Free Zone" in our 5th grade division. Defense can be played anywhere on the court.
 - ii. Full Court Pressing is allowed unless a team goes up by 10 points or more. If a team has a 10-point lead, that team must stop pressing full-court but they can begin playing defense at half-court. If a team goes up by 20 points, no pressing (either full-court or half-court) is allowed and that team must pull back their defense to the 3-point line.

Guidelines for 3-on-3 Basketball - 1st & 2nd Grade League

The Mission 5&2 Guidelines for 3-on-3 Basketball have been created to promote an atmosphere of learning, effective & efficient team play, and positive play through general game, offensive, and defensive structures.

GAME STRUCTURE FOR 3-ON-3

1. The game will be managed by a Mission 5&2 employee in a way that promotes learning, effective & efficient play, and positive play (aka fun!). A coach may be asked to referee at one basket.
2. Teams will have 6 players on the court at once, 3 at each basket. Each team must have **ONE** designated representative at each basket: coach, assistant coach or parent helper if only one coach is present.
3. Coaches of each team must place their more experienced/athletic/capable players at one basket and their beginner players at another basket. This is crucial for the development of the beginner players who often get "lost" in the 5v5 setting.
4. The score will not be kept on a scoreboard.
5. Teams will play two 10-minute quarters with running clock. The clock will not be stopped for any reason. This will be followed by two 10-minute quarters of 5v5 that follow the League rules and guidelines.
6. Substitutions for both teams should occur mid-way through the quarter unless an injury occurs.

OFFENSIVE STRUCTURE FOR 3-ON-3

1. Play should begin at the marked spot at the top of the key with a CHECK BALL. This includes change of possession. At the change of possession due to steal or rebound, no "steal-backs" are permitted while the offensive team is getting the ball to the top of the key to check it up.
2. If there is foul - be it a shooting or a non-shooting foul - free throws will not be rewarded. The offensive team will just restart at the marked spot at the top of the key.
3. To promote learning, positive play, and team play, the ref and coaches may mandate that 1, 2, or 3 pass(es) be made before an offensive team can shoot/score.

DEFENSIVE STRUCTURE FOR 3-ON-3

1. Defensive teams must play man-to-man defense. Defensive teams may not play a triangle or upside down triangle zone defense.
2. Defenders may not steal the ball from a dribbler or offender who is holding the ball. Defenders may steal the pass. In other words, "**Steal the pass - NOT the dribble**".
3. There is a primary free zone and a secondary free zone.
 - a. The primary free zone is the court space above or outside of the 3-point line. The defense is never allowed to defend in the free zone.
 - b. The secondary free zone is the court space above or outside of the lane or 1-step above or outside of the lane. The secondary free zone will **ONLY** be enforced if the offensive team is unable to advance the ball to a scoring position due to poor skill or advanced defensive pressure or both.