

2020 Tri-C Youth Athletics Basketball League Game Rules

The following is a list of general rules that govern the Tri-C Youth Athletic basketball league this season.

General Rules of Play

Illinois High School Athletic Association Rules will govern, except the following.

The Game:

1. The game will consist of four quarters.
2. Basketball Quarter Length to standardize at Tri-C and CIS:
 - a. Tri-C will be 6 minute quarters for Kindergarten, 1/2 Boys, 2/3 Girls, and 3 Boys
 - b. CIS will be 10 minute quarters for 4/5 Boys and 6-8 Boys and 8 minute quarters for girls 4-6 grade.
 - c. Break between quarters will be 1 minute, half-time will be 5 minutes, and if needed OT will be 2 minutes with running clock
 - d. Running clock entire game except last minute of the 4th quarter, which will stop for fouls, timeouts, and dead ball occurrences.
 - e. Each coach has 3 time outs per game.
3. The clock will run continuously except during timeouts and the last minute of the fourth quarter.
4. Each team is allowed three (3) timeouts per game.
5. All teams must have a minimum of three players present at the start of a game or it is declared a forfeit. It is encouraged that the time should be used for play if this situation occurs.
 - a. If in the event one team does not have five players, the coaches may agree to play with an equal number of players on the court.
6. When possible, the goals will be lowered to nine feet for the two entry leagues (BC and GB).

Defense:

1. The defensive team may not guard an opponent in the backcourt. They may do so only after the offensive team crosses the half-line.

Violations:

1. In the entry leagues (BC and GB), the violation for being in the lane for three seconds is not in effect. It is however in other leagues.
2. In the entry leagues, a player may shoot free throws from 12 feet rather than the regulation of 15 feet. In the middle boy's league and the older girl's league, the free throw shooter must start behind the line. If their momentum carries them over the line, it is not a violation. In the older boy's league, they must remain behind the line or it is a violation.

Officiating:

1. The game officials are to report all technical fouls to a board member. Any player who receives two technical fouls in the course of the season will be subjected to a one game suspension (at a minimum).
2. Complaints regarding officials should be directed to the referee supervisor or another board member.

Substitutions:

1. Free substitution is in effect, but coaches should do so on a change of possession, resulting from a basket being made, or times when there is a dead ball.

Equipment:

1. The entry league teams, both boys and girls, will use a 27.5 basketball. The middle boy's league and the girl's older league will use a 28.5 or regulation girls' basketball. In the older boy's league, they will use a regulation 29.5 basketball.

Eligibility:

1. Children who are not registered with the league are not eligible to participate.

Scoring:

1. Where a three-point arc exists, a shot made from beyond said arc will count as three points.

Kindergarten & 1st Grade Rules

1. Teams will not switch sides at half time.
2. Subs will be made promptly every 5 minutes
3. Any player sitting on the bench shall be put into the game unless they are sitting for injury reasons.
4. Out of bounds will be enforced.
5. Shooting fouls will be enforced.
6. After 5 fouls in a half, the fouled player will shoot a 1 and 1 bonus shot
7. There will be no guarding until the team with possession of the ball reaches the three point arc of the defensive team.

Basketball K-3rd/No Steal

1. Age groups defined: Kindergarten, 1st and 2nd grade boys, 1st, 2nd and 3rd grade girls, 3rd grade boys
2. **NO Steal Rule:** No stealing or stripping of the basketball from the offensive player by the defensive player. A player may steal a pass but not to strip a player of the basketball. Once the basketball is passed until, it is in another offensive player's hands, the ball may be stolen. If the offensive player loses control of the basketball, the defensive player can steal the basketball at that time. We want to encourage each child to dribble the basketball without fear of getting it stolen, fouled, or even tackled. Focus should be on the footwork and body control of the defensive player. Defensive player guarding the basketball should not reach for the ball and maintain an arm's length distance.
 - a. If a player picks up the dribble and does not pass the ball within 5 second count, then coaches may call a "5" second count/violation. Play will be stopped, opposing team will inbound the ball at the level of the call, and play will resume.

Basic Basketball Terminology:

Airborne Shooter

1. An airborne shooter is an airborne player who has released the ball on a try for goal. An airborne shooter retains that status until that player has returned to the floor.
 - a. An airborne shooter is in the act of shooting.

Dribble

1. A dribble is ball movement caused by a player in control who bats, pushes or taps the ball to the playing court once or several times.
2. The dribble may be started by pushing, throwing, tapping or batting the ball to the playing court.
3. During a dribble, the ball may be batted into the air, provided that it is permitted to strike the playing court one or more times before the ball is touched again with either hand.

Foul

1. A foul is an infraction of the rules that is charged to a squad member or a coach and is penalized in various ways. Following are the types of fouls:
 - a. **Personal foul.** A personal foul shall be a foul committed by a player that involves illegal contact with an opponent while the ball is live.
 - b. **Common foul.** A common foul is a personal foul that is neither flagrant nor committed against a player trying for a field goal, nor part of a double, multiple or simultaneous foul.

Guarding

1. Guarding is the act of legally placing the body in the path of an offensive opponent. The guarding position shall be initially established and then maintained inbounds on the playing court.

Incidental Contact

1. All contact shall not constitute a foul. When 10 players move rapidly in a limited area, some contact is certain to occur. Incidental contact shall be contact with an opponent that is permitted and does not constitute a foul.

Jump Stop

1. A jump stop is executed when a player catches the ball while moving or dribbling with:
 - a. One foot on the playing court, jumps off that foot and lands simultaneously on both feet (no pivot foot).
 - b. Two feet off the playing court, lands on one foot, jumps off that foot and lands simultaneously on both feet (no pivot foot).

Pass

1. A pass is movement of the ball caused by a player who throws, bats or rolls the ball to another player. In order for a pass to be completed, the ball shall touch another player.

Pivot

1. A pivot takes place when a player who is holding the ball steps once or more than once in any direction with the same foot, while the other foot, called the pivot foot, is kept at its point of contact with the playing court.

Post Player

1. A post player is any offensive or defensive player in the lane area with or without the ball with her back to the basket. The lane area includes the three-second lane and approximately three feet just outside the lane.

Rebound

1. A rebound occurs when a player secures possession of the ball after a try for goal. In a rebounding situation, there is no player or team control.
2. To attain or maintain legal rebounding position, a player shall not:
 - a. Displace, charge or push an opponent.
 - b. Extend either or both shoulders, hips, knees or extend either or both arms or elbows fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with any of these body parts occurs.
 - c. Bend her body in an abnormal position to hold or displace an opponent.
 - d. Violate the principle of verticality.
3. Every player shall be entitled to a spot on the playing court, provided that such player gets there first without illegally contacting an opponent.

Screen

1. A legal screen is action by any player, offensive or defensive, with or without the ball, which, without causing contact, delays or prevents an opponent from reaching a desired position.
2. In establishing and maintaining legal screening tactics, the screener shall:
 - a. Stay within her vertical plane with a stance no wider than shoulder width apart and shall not lean into the path of an opponent or extend hips into that path, even though the feet are stationary.
 - b. Not be required to face in any particular direction at any time.

Verticality

1. Verticality applies to a legal position. The basic components of the principle of verticality are:
 - a. Legal guarding position must be established and attained initially, and movement thereafter must be legal.
 - b. From such position, the defender may rise or jump vertically and occupy the space within her vertical plane.
 - c. The hands and arms of the defender may be raised within her vertical plane while the defender is on the playing court or in the air.
 - d. The defender shall not be penalized for leaving the playing court vertically or having her hands and arms extended within the vertical plane.
 - e. The offensive player, whether on the playing court or airborne, shall not “clear out” or cause contact that is not incidental.
 - f. The defender may not “belly up” or use the lower part of the body or arms to cause contact outside her vertical plane.
 - g. The player with the ball shall be given no more protection or consideration than the defender in the judging of which, if either, player has violated the principle of verticality.