

**Mantua PTA Youth Basketball League
General Information and Rules
(Revised October 2024)**

**HIGHLIGHTED TOPICS/CHANGES
FOR 2024-2025 MANTUA BASKETBALL SEASON**

Free Throws. Changes made to all free throw rules by the National Federation of High Schools (NFHS) rule updates in 2023 remain in effect. This change eliminates the one-and-one for common fouls beginning with the seventh team foul in the half, and establishes the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter, and resets the fouls at the end of each quarter. A change has been made to the Mantua rules for this season—the 3rd-4th grade league will follow the same rules as the 5th-6th grade league—players are allowed to enter the lane when the ball is released.

Flopping. NFHS has added a new definition and penalty for “flopping”. “Flopping” (faking being fouled) is PROHIBITED. This is when a player simulates being fouled or makes theatrical or exaggerated movements when there is no illegal contact. Examples include embellishing the impact of incidental contact on block/charge plays or field goal attempts, using a “head bob” to simulate illegal contact and using any tactic to create an illusion of being fouled to gain an advantage. As with other offensive rule violations, the first instance will receive a warning, and a second violation will result in a team technical foul.

Double Teaming. This rule has been difficult to enforce, and difficult for players, coaches and parents to understand. The guidance has been shifted to try to make this easier to coach and enforce.

Backcourt Defense. In the 3rd-4th grade league, backcourt defense on a dead ball will never be allowed. Previously, this was allowed during the last 2 minutes of the playoff games. This was confusing for the younger players and we have removed this playoff modification.

Special allowances for first 2 weeks in 3rd-4th grade leagues. During the first 2 games of the season, the defender is not allowed to steal the ball from the ball-handler. Additionally, violations (i.e., traveling, illegal dribble, etc.) will be called as usual, but, after an explanation by the official, the ball will be returned to the offense with a throw-in from out of bounds.

Equal Participation. It is the expectation that coaches will read the rules on player participation carefully, and do what they need to do to ensure that every player receives equal and fair playing time each game and over the course of the season. One shift in the rules, noted in 5.2, states that, “The coaches will be responsible for ensuring that all their players have met the player participation requirements.” It will not be the responsibility of the referees to monitor equal playing time, but they will issue penalties if violations to the rules are noted.

1.0 GENERAL INFORMATION

1.1 Program Objective

The primary objective of the Mantua PTA Youth Basketball is to provide a positive and constructive environment for the youth of our community to learn to play and enjoy the game of basketball. The goals of our league are not only to provide instruction on the fundamentals of the game, but also to promote sportsmanship, team play, self-discipline, and fair play. Coaches, players, as well as parents and fans must conduct themselves in a manner reflecting these goals.

1.2 Organization and Administration

Overall League Governance: The league is run by parent volunteers who act in roles ranging from commissioner to referee to coach. ALL parents/guardians are encouraged to volunteer. In general, the enforcement of the league rules is carried out by the following key individuals:

- a. Mantua Basketball League Commissioner
- b. Mantua Basketball League Scheduler
- c. League Commissioner for each of the four age specific leagues
- d. Head of Referees
- e. Coaches/Assistant Coaches

Overall League Structure: The four leagues are as follows:

- 3rd and 4th grade boys
- 3rd and 4th grade girls
- 5th and 6th grade boys
- 5th and 6th grade girls.

1.3 Player Eligibility: All players must complete a registration form. Once leagues have reached capacity within age groups, waiting lists will be developed if needed and additional players will be taken on a first come first served basis at the discretion of the respective League Director.

1.4 Player Evaluations: All registered players must attend a skill evaluation session. These player evaluations will be used to inform a player draft, which will be led by the league commissioner and the coaches for that league. The goal of the evaluation sessions and the draft is to create balanced teams and promote an equivalent level of competition across all teams in each league. Player evaluation dates and locations will be posted on the Mantua PTA Basketball website. Requests for players to play with certain coaches or other players are at the discretion of each coach during the process of the draft for that league.

1.5 Team Selections: The number of teams in each division will be based upon the number of players registered AND the number of volunteer coaches. Coaches' sons/daughters will be assigned to a round based on their evaluation scores, and then drafted by the coaches during the draft. At the discretion of the League Director, players not attending an evaluation session can be drafted or assigned to teams, by the League Director, during and/or after completion of the draft. Player trades are generally discouraged and may only be considered to address untenable situations. Any proposed trade is at the discretion of, and must be approved by, the respective League Commissioner.

1.6 Season/Standings/Postseason: The winter season runs from November through mid March.

Practices and clinics (for coaches and referees) will be available prior to the start of the regular season. Game schedules and player jerseys will be distributed prior to the start of the regular season. Leagues have approximately 10 regular season games, normally played on Saturdays and Sundays. Game records and standings will be maintained for all leagues. Final standings will help determine seeding for the post-season tournament for each league (late February/early March). Winning coaches from each game are required to post scores to the website within 24 hours of completion of the game.

1.7 Play: In general, the Mantua PTA Youth Basketball League adheres to the rules of basketball as adopted by the National Federation of High Schools. The rules that appear below either elaborate upon or, in some cases, alter those rules for the purposes of supporting the developmental aspect of Mantua PTA Basketball. **PLEASE ENSURE YOU READ THE ENTIRE SET OF RULES TO MINIMIZE ANY MISUNDERSTANDINGS WITH THE OFFICIALS AND LEAGUE DIRECTORS.**

2.0 COURTS AND EQUIPMENT

2.1 Facility Usage: All teams will follow Fairfax County Department of Recreation building rules and regulations. It is a requirement that a Volunteer Building Director (VBD) is present and watchful during any and all activities in gyms that are being used by Mantua Basketball. To ensure compliance, each team is required to have one parent (not including the coach or their assistants) as VBDs. During games, coaches and assistant coaches on the bench, or table personnel, may NOT act as the VBD. VBDs will be trained in proper procedures. Mantua Basketball, coaches, players, parents, and fans are guests of the schools. As such we must follow all directions and requests given by all members of school staff. The following are excerpts from the Recreation Department Regulations as they apply to our league:

1. Use of the facility is restricted to the area of the gym assigned;
2. Participants must wear appropriate athletic shoes while engaged in an activity in the gym. Any shoes that mark or damage the floor are prohibited;
3. Bouncing, dribbling or throwing a basketball in areas other than the gym is prohibited;
4. Food and/or beverages are NOT permitted in the gym (clear water is permitted);
5. Smoking is not permitted in the building;
6. No immoral or unbecoming conduct is permitted; no alcoholic beverages may be served or consumed and no gambling may take place on school property;
7. The gym will be left in a neat and orderly condition.
8. Coaches/VBDs must report facility damage or major violations to their League Director

2.2 Care of Equipment: Coaches and VBDs will not allow anyone to grasp or hang from basketball rims (dunks are NEVER allowed) or nets or play on other equipment that may be in the gym (volleyball stanchions, other gym equipment) at any time. **Dunking the basketball, hanging on or grasping the rim, regardless of basket height or location (including the side baskets), is prohibited at all times. Violation of these rules, BY PLAYERS or COACHES as well as by FRIENDS OR FAMILY MEMBERS (WHO SHOULD NOT BE IN THE BENCH AREA), prior to or during warm-ups, games, or between quarters or halves is a technical foul which will be administered as soon as play commences/resumes.**

2.3 Uniforms: Game jerseys will be supplied by Mantua Basketball and are mandatory for games. Jerseys shall be tucked in at all times during the game. Referees should warn players concerning

the jerseys being tucked in and if necessary, ask the coach to assist in enforcing the rules. With just cause, at the discretion of the senior game referee, a player may be allowed to play without an official Mantua Basketball jersey.

2.4 Basket Height and Ball Size: The shall be eight (8) feet for 3rd and 4th grade leagues and ten (10) feet for 5th and 6th grade leagues. Intermediate size (28.5 inch diameter) basketballs shall be used by all leagues.

2.5 Jewelry: Players must remove all earrings, watches, rings, necklaces, bracelets (to include rubber band and string bracelets), and other jewelry before games. If pierced earrings must remain in, then tape or other protective measures must be taken. If glasses are worn, they should be secured with an elastic to prevent breakage or interruption to the game. If medical alert bracelets/necklaces or some religious necklaces must remain in, they must be taped to the body.

2.6 Casts: Players wearing hard (plastic or plaster) casts are prohibited from participating in games. Additionally, players wearing splints are also prohibited from participating in games. These rules exist to protect the player wearing the cast or splint as well as the other players.

3.0 RESPECT FOR PLAYERS AND OFFICIALS

3.1 Respect for Players: It is the responsibility of all participants (coaches, officials, spectators, parents and players) to respect every player. Sportsmanship and fair play are a must.

3.2 Officials: Scheduled games will be officiated by parent volunteers who have completed training with the Head Referee. In the event that referees are not on the court at game time, coaches will solicit parent volunteers and play the game until assigned officials arrive. Coaches will notify the Head Referee whenever this occurs.

3.3 Respect for Officials: Coaches WILL respect the decision of the referees and set a good example for the players and parents. A coach or parent WILL NOT shout at or approach a referee with the intent of arguing a call. In the case of a correctable error, a time out must be called prior to the next dead ball by either team. Further, it is the responsibility of coaches to control their assistant coach(s), players, and parents and guests of the players. If, in the judgment of the official, a parent or guest is interfering with the proper conduct of the game, the official will request that the appropriate coach control the offending individual(s). If the situation continues, the coach will be subject to a direct technical foul. Note that assistant coaches receiving a single technical foul are ejected immediately and must leave the visual confines of the gym. Also note that if a situation involving a parent or guest persists, the game officials may elect to forfeit the game to the opposing team. Spectators are prohibited from entering the area of play immediately before, during, or after a game, unless motioned on court by an official. Referees are required to report all technical fouls to the League Commissioner and Head Referee who will inform the appropriate League Director.

3.4 Language: Inappropriate, abusive or profane language will not be tolerated. Profanity by game participants, including bench personnel, is subject to an immediate technical foul and ejection. Abusive language from spectators may result in a bench technical after the game officials have warned the head coach of the unacceptable conduct.

3.5 Respect for Court Time: Court time for each team is a precious commodity with each team nominally only getting one practice and one game a week. Therefore, use of the court before a scheduled practice or game is restricted to the players involved in the practice/game currently being

played or about to be played. Coaches are asked to ensure that their players, and the family and friends of their players, do not interrupt practices/games in progress while they wait to begin a subsequent practice or game. Likewise, coaches should encourage their players, and the family and friends of their players, to leave the gym promptly at the conclusion of a practice and to leave the bench area promptly at the conclusion of a contest.

4.0 SCORING, TIMING, AND BENCH REGULATIONS

4.1 Scorekeeping & Timekeeping: An official scorebook and game clock will be provided by the league. Each team shall provide one person to keep the scorebook or the clock. As part of the officiating crew, the scorekeepers and timers must remain impartial during the entire game and maintain focus to keep accurate records. The scorekeeper shall keep track of player participation (see section 5.0), the score, and personal fouls. In the event of a conflict as to the score, personal fouls, etc., the **scorekeeper shall consult with the referee(s) to resolve the conflict**. The referee shall ensure that the score book reflects accurately the final score and write it in large numerals across the page at the conclusion of the game

4.2 Team Benches

4.2.1 Teams and coaches shall be positioned on each side of the score table—**visitors to the left (clock side) and home to the right (stage side)**. A team sits near the basket they shoot in during the last half of the game; therefore, teams should warm up at the basket farthest from their “bench”.

4.2.2 No spectators shall be allowed to view the game from the side of the court where the scorekeeper and the teams are located. There shall be a five (5) foot "neutral zone" on each side of the scorer's table. No more than one player or coach may enter this zone at a given time to check on the score or fouls with the scorekeeper.

4.3 General Timing Regulations:

4.3.1 Game time:

- Four quarters constitute a full game and each quarter will last six (6) minutes.
- The time clock shall run continuously during each quarter but will stop on every official's whistle consistent with the following:
 - violations, fouls, and out-of-bounds situations
 - timeout granted by the official or at the conclusion of a period
 - in the event of an injury where the referee(s) calls an official timeout to ensure player safety
- The time clock shall start after each dead ball based on the officials signal when touched by a player in bounds after a foul shot or on a throw-in from out of bounds
- It is the goal to end all games within 70 minutes. If the games are running long and in the opinion of the head referee the game will not end by 5 minutes before the next game is scheduled to start, both coaches will be notified that there will be a running clock.
- NOTE: If a running clock has already been started, then when the game clock reaches one minute remaining in the 4th Quarter, the clock will stop on all whistles.

4.3.2 Start of Play:

- Teams must be available to take the court within five (5) minutes of the scheduled game time or when officials call for play to begin.

- A team MUST start a game with a minimum of four (4) players.
- Failure to field a team with four (4) or more players by game start will result in the forfeiture of the scheduled game.
- Games may be delayed for a maximum of 10 minutes from the scheduled start time to allow a team to wait for a fourth or fifth player. However, games already delayed due to earlier events shall not be further delayed to await team member(s) arrival. In the event a team must play all or a portion of a game with four players the opponent must play with four players, as outlined in rule 5.1.8. Coaches are urged to give additional playing time to more developing players if they are coaching against short-handed teams.
- Note that game officials are prohibited from refereeing a forfeited game.

4.3.3 Jump Balls and Ball Possession:

- A jump ball will begin each game.
- All other held ball situations will be resolved by alternating possession.
- The start of the 2nd, 3rd, and 4th quarters will be determined by alternating possession.
- NOTE: The referees will keep track of the team possession.

4.3.4 Quarter and Half-Time Breaks:

- One (1) minute will be allocated between the 1st/2nd, and 3rd/4th quarters.
- Three (3) minutes will be allocated for halftime.
- The referee will indicate the amount of time to be placed on the clock for breaks.

4.3.5 Timeouts:

- Each team is allocated three (3), one (1) minute timeouts per game but not more than two timeouts in any half. Coaches and/or players may call timeouts.
- A team may use no more than two (2) consecutive timeouts.
- Referees may curtail the length of a timeout as needed if the game is running long.
- Referees may refuse a timeout if it would cause the game to go past its time limit.

4.3.6 Overtime:

- In the event that a game is tied at the end of regulation play, there shall be a two (2) minute overtime period, time permitting. A good-faith effort (subject to time and the necessity of starting subsequent games) shall be made to complete each game. Overtime periods shall begin with a jump ball. During the regular season, additional timeouts may not be carried over from regulation play.
- In the case of a tied tournament game, an additional two (2) minute period will be played. Each overtime period will start with a jump ball. There is no limit on how many two minute periods may be played in order to break the tie and determine a winner.
- One (1) additional time out per overtime period will be granted and added to any remaining timeout. Each team will be limited to taking two timeouts in any overtime period (1 carryover + 1 new).

4.3.7 Fouling Out and Continuation of Play:

- According to Rule 4.3.2, a team must begin the game with four players, but if no substitutes to replace disqualified or injured players, it must continue with fewer than four. When there is only one player participating for a team, the team shall forfeit the game, unless the referee believes that team has an opportunity to win the game.

5.0 PLAYER PARTICIPATION

5.1 Participation:

Mantua Basketball is a developmental league for players of all skill levels. Coaches will, to the best

of their abilities, equalize the playing time of ALL players over the course of the season and will be required to abide by participation rules for each game to ensure balance.

5.1.1. Scorebook Entry. ALL players must be entered in the scorebook prior to the beginning of the game. NOTE: Adding a player to the scorebook after the game has begun will result in a bench technical against the offending team, to be assessed immediately after the determination by the officials of the first violation.

5.1.2. If a team has seven (7) or more players, then ALL players MUST play:

- A minimum of one (1) uninterrupted quarter per half.
- Each player MUST play a minimum of two (2) quarters per game.
- Each player MUST sit out one (1) complete quarter per game.

5.1.3. If a team has six (6) players then ALL players MUST play a minimum of three (3) uninterrupted quarters per game.

- If a team will have 6 or fewer players for the game, the coach must notify the referees and the opposing coach, so that the opposing team can choose to play a single player for four quarters.
- Note: The team with 5 or 6 players may be advantaged since they will have at least 1 of their players able to play all four quarters. To offset that potential advantage, the opposing team is thus allowed to play one of their players for all four quarters as well. However, in the event that the opposing team is winning by a significant margin, they are encouraged to substitute players in the normal way so that all of their team members get an equitable amount of playing time.

5.1.4 Substitution. Nominally, there shall be quarter substitution only; that is, there shall be no substitution (ergo, uninterrupted) allowed during a quarter. The scorer will use a consistent identifying mark (for example, an "X" instead of a "/") for players that have played an entire quarter. Any player that starts the quarter must finish it. There are three exceptions:

- If a player is injured or disciplined (due to ejection or prior coordination with league director)
- If a player is disqualified upon committing a fifth personal foul;
- At the mid-way point of the 4th quarter ONLY, coaches may make substitutions on a dead ball or other stoppage of play, in an effort to equalize playing time.
- **NOTE:** If an injured player leaves the game but then returns in a very short time (under a minute), game officials may use their discretion in the application of this rule in counting a player's participation for that quarter.

5.1.5 Mechanics for Substitution. When a coach decides to substitute one or more players the following sequence must occur:

1. Player(s) reports to the scorer's table and takes a knee so as not to obstruct the play on the court;
 2. At the next dead ball, the scorer/coach alerts the refs that a player substitution is being requested;
 3. A referee motions the player(s) into the game. The player(s) may NOT enter the game unless motioned into the game by a referee. Substitutions that occur during a timeout or between quarters do not require step c);
 4. An equal number of players exit the game.
- NOTE: Substitutions are permitted around the midpoint of the 4th quarter only, on a dead ball, once acknowledged by a referee. Dead ball situations occur when the clock is

stopped. Substitutions requested during free throws are executed immediately before the final free throw attempt (EXCEPTION: when the free throw shooter is being substituted for, the substitution takes place after the last free throw IF made, else no substitution is allowed at that time).

5.1.6 Late Arrival:

- If a player(s) arrives during the 1st quarter, they are required to play the entire 2nd quarter and at least one (1) quarter in the 2nd half.
- If a player(s) arrives before the beginning of the 3rd quarter, they are required to play at least one (1) quarter in the 2nd half.
- Players arriving after the beginning of the 3rd quarter are not required to play in the game at the coach’s discretion.
- NOTE: Coaches are encouraged to speak with the opposing coach and game officials as needed to best meet the intent of the rule. Officials are encouraged to exercise proper judgment in the application of the player participation penalties in these instances.

5.1.7 Participation Rule Summary

# of Players	Minimum # of Quarters/ Player	Late Arrival
7, 8, 9 or 10	2 total, 1 in each half. Each player must sit 1 quarter/game	<ul style="list-style-type: none"> ● During 1 quarter – must play 2nd quarter and 1 in 2nd half ● Before start of 3rd – must play in the 2nd half ● Before start of 4th – coach’s choice
6*	3	
5*	Requires no explanation	

* Note: If a team will have 6 or fewer players for the game, refer to 5.1.3 above.

5.1.8 Minimum Number of Players

1. If a team only has 4 players available, the opposing team will only play 4 players. Teams will not play 5 players against 4 players unless as noted below.
 - a. This rule does not apply if a team has only 5 players and one player fouls out. The opposing team may play 5 players against 4 players in this situation.
 - b. If the team with 4 players has a lead of more than 10 points, the team with more players can play 5 players against 4 players.
 - c. Substitution rules will not be enforced against the team with more players. Coaches are allowed to play more experienced players a greater amount of time in order to balance competition. Coaches are required to exercise discretion and ensure playing time is equalized throughout the season if a more experienced player gets more playing time in this scenario.

5.2 Participation Rule Enforcement, Violations, and Penalties:

1. Before the start of the game, the referees will remind each coach of the player participation rules. The coaches will be responsible for ensuring that all their players

- have met the player participation requirements.
2. If an infraction is noted (all players have not met the requirement):
 - a. The coach will be notified and will be expected to place players in the game as needed to ensure that the requirement is satisfied prior to the end of the game.
 - b. A technical foul will be called. The technical foul will be considered a flagrant foul resulting in two foul shots, turnover of possession to the opposing team, and removal from the game of players,
 - c. If a coach is notified and does not or cannot comply with the requirement, the team will forfeit the game. The Head Referee and the League Director will be notified and appropriate action taken.

5.3 Courtesy Matchup: Coaches may request a "line-up" of the teams at the beginning of a quarter or when a substitution is made. This allows team members a chance to determine who they are to guard.

6.0 League Specific Rules, Modifications and Exceptions

Except as noted in this rules book, Mantua Basketball shall adhere to the National Federation of High Schools (NFHS) Rules Book for 2024-2025.

6.1 Boys and Girls 3rd and 4th Grade League

Standard basketball rules shall apply except as noted below:

6.1.1 Court and Equipment:

1. The foul line is moved up approximately 2 feet.
2. The basket height is 8 feet.
3. A compact size 28.5" ball will be used.

6.1.2 Players, Substitutes, and Equipment:

- One minute prior to the start of each quarter and after any substitution made, teams shall assemble at mid-court and coaches shall make defensive player assignments.

6.1.3 Fouls and Penalties:

6.1.3.1 Defensive rules:

1. Zone defenses are PROHIBITED at all times.
 - a. Simply stated, players may not guard an area of the court.
2. Man-to-man defense is REQUIRED in the frontcourt.
 - a. Players must stay within arms' length of their offensive player.
 - b. NOTE: Defensive players are not required to stand next to an offensive player who chooses to stand away from the basket - if the offensive player is standing away from the basket and out of the play, the defensive player can back off up to about 5 feet from their player.
3. Double-teaming of the ball handler is allowable as follows:
 - a. While any part of the ball handler is within the frontcourt lane.
 - b. While the ball handler is within arms' reach of an offensive teammate, that player's defender may play defense on the ball handler.
 - c. So-called "help defense" is permitted. That is, when the ball handler beats their defender, defenders may leave their offensive players and move to intercept the ball handler to prevent an easy layup.
 - d. If/when the ball handler's immediate progress is halted, defensive players must

- return to their most recent offensive player.
- e. Note that abuse of this rule is very difficult for the referees to judge so coaches are required to instruct their players correctly.
 - f. NOTE: Double-teaming of an offensive player without the ball is PROHIBITED at all times
4. Backcourt (“full court press”) defense is PERMITTED during a live ball EXCEPT if the defending team leads by 11 or more points.
 5. Backcourt defense is NOT PERMITTED for a dead ball. The ball is considered dead after any whistle or after a made field goal try or foul shot. Thus, when the offensive team is inbounding the ball, it is considered a dead ball and backcourt defense is not permitted.
 6. During the first 2 games of the season, the defender is not allowed to steal the ball from the ball-handler. Steals are allowed on passes, but if the ball-handler is in possession of the ball (either dribbling it or holding it) the defensive player cannot grab it or attempt to knock it away.

PENALTIES (1-4: Illegal Defense):

- Violation of any of the above shall result in a warning for illegal defense with the offensive team retaining possession. The official will also explain the nature of the violation.
- Subsequent violations for illegal defense will result in a technical foul being called on the defensive team (2 free-throws plus the ball to the offensive team).
- NOTE: If, in the judgment of the official, inexperienced players are unintentionally causing the violation of the defensive rules, the coach and official must take action to explain the nature of the infraction to the players. The official has the option of NOT calling a technical in this situation.
 - However, if in the judgment of the official, the coach is intentionally directing players to play defense illegally or is not taking action to prevent it from doing so, a technical foul can be called on the coach.

6.1.3.2 Offensive rules:

1. A five-second lane violation rule shall be enforced.
 2. A five-second closely guarded violation may be called against an offensive player with the ball when that player is continuously guarded within five feet for five seconds or more, and the offensive player does not pass, shoot or dribble within that time. If the violation is called, the offensive team will lose possession.
 3. Offenses that are designed to repeatedly isolate the offense’s best dribbler/player on a defensive player are PROHIBITED.
 - a. The offense is required to attempt to involve the entire team.
 4. Stalling offenses are PROHIBITED.
 - a. The offense is required to advance the ball to the basket.
 5. “Flopping” (faking being fouled) is PROHIBITED.
 - a. This is when a player simulates being fouled or makes theatrical or exaggerated movements when there is no illegal contact. Examples include embellishing the impact of incidental contact on block/charge plays or field goal attempts, using a “head bob” to simulate illegal contact and using any tactic to create an illusion of being fouled to gain an advantage.
- NOTE: For 3 and 4 above, these offenses include (but are not limited to) four corner, spread, and overloading offenses (i.e., stationing all 4 non-dribblers away from the basket).

PENALTIES (3-4: Illegal Offense):

- Violation of any of the above shall result in a warning for illegal offense or flopping with the offensive team retaining possession. The official will also explain the nature of the violation.
- Subsequent violations for illegal offense or flopping will result in a technical foul being called on the offensive team (2 free-throws plus the ball to the defensive team).
 - NOTE: If, in the judgment of the official, inexperienced players are unintentionally causing the violation of the offensive rules, the coach and official must take action to explain the nature of the infraction to the players. The official has the option of NOT calling a technical in this situation. However, if in the judgment of the official, the coach is intentionally directing players to play offense illegally or is not taking action to prevent it from doing so, a technical foul can be called on the coach.
- NOTE: During the first two games of the season only, violations (i.e., traveling, illegal dribble, etc.) will be called as usual and, after an explanation by the official, the ball will be returned to the offense with a throw-in from out of bounds.

6.1.4 Free-throw Regulations:

- The free throw bonus is established as an award of two free throws and occurs beginning with the team's fifth common foul in each quarter and resets the fouls at the end of each quarter. The one-and-one free throw bonus is eliminated.
- Players along the lane may enter the lane once the ball is released by the shooter. Any player releasing into the lane IS NOT permitted to cross the free throw line nor touch the free throw shooter until the ball touches the ring or backboard or until the free throw has ended.
- The shooter and any players standing behind the three point line (free throw extended) may not cross the boundary (free throw line or three point line) until the ball touches the ring or backboard or until the free throw has ended.
- On a free throw, the ball MUST hit the rim or go through the hoop; if neither happens (air ball or a contact off the backboard without subsequently hitting the rim), it's considered a dead ball.

6.3 Boys and Girls 5th and 6th Grade League

Standard basketball rules shall apply except as noted below:

6.3.1 Court and Equipment:

1. The foul line is normal.
2. The basket height is 10 feet.
3. A compact size 28.5" ball will be used.

6.3.2 Players, Substitutes, and Equipment:

- One minute prior to the start of each quarter and after any substitution made, teams shall assemble at mid-court and coaches shall make defensive player assignments.

6.3.3 Fouls and Penalties:

6.3.3.1 Defensive rules:

1. Zone defenses are PROHIBITED at all times.
 - a. Simply stated, players may not guard an area of the court.

2. Man-to-man defense is REQUIRED in the frontcourt.
 - a. Players must stay within arms' length of their offensive player.
 - i. NOTE: Defensive players are not required to stand next to or near an offensive player who chooses to stand away from the basket (defense player not required to give up help defense position within the 3 point arc).
3. Double-teaming of the ball handler is allowable as follows:
 - a. While any part of the ball handler is within the frontcourt lane.
 - b. While the ball handler is within arms' length of an offensive teammate, that player's defender may play defense on the ball handler.
 - c. So-called "help defense" is permitted. That is, when the ball handler beats their defender, defenders may leave their offensive players and move to intercept the ball handler to prevent an easy layup.
 - d. If/when the ball handler's immediate progress is halted, defensive players must return to their most recent offensive player.
 - e. Note that abuse of this rule is very difficult for the referees to judge so coaches are required to instruct their players correctly.
 - f. NOTE: Double-teaming of an offensive player without the ball is PROHIBITED at all times.
4. Backcourt defense is PERMITTED during a live ball EXCEPT if the defending team leads by 11 or more points.
5. Backcourt ("full court press") defense is NOT PERMITTED for a dead ball EXCEPT in the last two minutes of the game and any overtime period, if the defending team does not lead by 11 or more points. The ball is considered dead after any whistle or after a made field goal try or foul shot. Thus, when the offensive team is inbounding the ball, it is considered a dead ball and backcourt defense is not permitted.

PENALTIES (1-4: Illegal Defense):

- Violation of any of the above shall result in a warning for illegal defense with the offensive team retaining possession. The official will also explain the nature of the violation.
- Subsequent violations for illegal defense will result in a technical foul being called on the defensive team (2 free-throws plus the ball to the offensive team).
 - o NOTE: If, in the judgment of the official, inexperienced players are unintentionally causing the violation of the defensive rules, the coach and official must take action to explain the nature of the infraction to the players. The official has the option of NOT calling a technical in this situation. However, if in the judgment of the official, the coach is intentionally directing players to play defense illegally or is not taking action to prevent it from doing so, a technical foul can be called on the coach.

6.3.3.2 Offensive rules:

1. A three-second lane violation rule shall be enforced.
2. A five-second closely guarded violation may be called against an offensive player with the ball when that player is continuously guarded within five feet for five seconds or more, and the offensive player does not pass, shoot or dribble within that time. If the violation is called, the offensive team will lose possession.
3. Offenses that are designed to repeatedly isolate the offense's best dribbler/player on a defensive player are PROHIBITED.
 - a. The offense is required to attempt to involve the entire team.
4. Stalling offenses are PROHIBITED.

- a. The offense is required to advance the ball to the basket.
- 5. "Flopping" (faking being fouled) is PROHIBITED.
 - a. This is when a player simulates being fouled or makes theatrical or exaggerated movements when there is no illegal contact. Examples include embellishing the impact of incidental contact on block/charge plays or field goal attempts, using a "head bob" to simulate illegal contact and using any tactic to create an illusion of being fouled to gain an advantage.
- NOTE: For 3 and above, these offenses include (but are not limited to) four corner, spread, and overloading offenses (i.e., stationing all 4 non-dribblers away from the basket).

PENALTIES (3-4 Illegal Offense):

- Violation of any of the above shall result in a warning for illegal offense or flopping, with the offensive team retaining possession. The official will also explain the nature of the violation.
- Subsequent violations for illegal offense or flopping will result in a technical foul being called on the offensive team (2 free-throws plus the ball to the defensive team).
- NOTE: If, in the judgment of the official, inexperienced players are unintentionally causing the violation of the offensive rules, the coach and official must take action to explain the nature of the infraction to the players. The official has the option of NOT calling a technical in this situation.
 - However, if in the judgment of the official, the coach is intentionally directing players to play offense illegally or is not taking action to prevent it from doing so, a technical foul can be called on the coach.

6.3.4 Free-throw Regulations:

- The free throw bonus is established as an award of two free throws and occurs beginning with the team's fifth common foul in each quarter and resets the fouls at the end of each quarter. The one-and-one free throw bonus is eliminated.
- Players along the lane may enter the lane once the ball is released by the shooter. Any player releasing into the lane IS NOT permitted to cross the free throw line nor touch the free throw shooter until the ball touches the ring or backboard or until the free throw has ended.
- The shooter and any players standing behind the three point line (free throw extended) may not cross the boundary (free throw line or three point line) until the ball touches the ring or backboard or until the free throw has ended.
- On a free throw, the ball MUST hit the rim or go through the hoop; if neither happens (air ball or a contact off the backboard without subsequently hitting the rim), it's considered a dead ball lane violation.