

Champlain Valley Recreation Association



Guidelines & Rules 5th/6th & 7th/8th Grade Basketball Leagues

GUIDELINES:

- It is required by the league that the host team provide at least one official, if not two, per game. Officials will not include coaches of either of the two teams playing that particular game.
- Host sites must provide a scoreboard and staff person or volunteer to run the scoreboard and keep track of fouls and jump balls.
- All players must have a number on their jersey/uniform.
- The official size basketballs for the leagues are:
 - 5th/6th- Regulation Women's Ball- 28.5"
 - 7th/8th- Regulation Men's Ball- 29.5"
- All games will be played on a 10-foot hoop.
- The goal is to make the games an exciting and memorable event for all players. We hope that you, as a coach, will get into the spirit and remember that our program is for every child and the only outcome that is important is a positive one, one where every child is happy, has fun and enjoys the game of basketball.

RULES:

The CVRA Basketball League will play by Middle School Rules with the exception/addition of the following rules.

1. Start of Game:

- Coaches and players should be on site 5-10 minutes prior to the scheduled start time.
- Each team will be allowed a 5-minute warm-up time beginning at the scheduled start time.
- Games will start 5 minutes after the scheduled time. Ex. If the game is scheduled for 9:00am, the tip-off will start at 9:05am.
- Games will start when each team has at least four (4) players present. Officials will call a forfeit at Tip-Off if a team doesn't have enough players. Teams will then be created with the players who are present from both teams and they will scrimmage.

2. Length of Game:

- Playing time shall consist of four (4) quarters of six (6) minutes stop time.
- Depending on time, there will be a 2-minute half time and 1 minute between quarters.
- The Officials will have the authority to shorten the length of a quarter in order to stay within the 1-hour time block scheduled.

3. Stoppage of Clock:

- Clock will stop anytime that the whistle is blown.
- It will also stop for time-outs and any undue delay the official deems necessary, etc.

4. Timeouts:

- Each team will be allowed two (2) time outs per half of one (1) minute in length.

5. Substitutions

- Subs must report to the scorer's table and wait there until called out by an official or buzzed in by the scorer's table.
- Coaches need to have subs prior to a stoppage in play and have them report to the scorer's table.
- Coaches are not allowed to sub on the fly, from the bench or when a whistle stops the play.

6. Overtime:

- During the season games will end in a tie with NO overtime play. Games will end after the 4 quarters of play.
- There will be a 2-minute Overtime during the tournaments.

7. Time Played by Players:

- All players must be provided equal playing time with others on their team, no player sits out twice until everyone on the team has sat out once.
- All players must play a minimum of one quarter and one half of a quarter; this doesn't have to be consecutive, but the equivalent in the course of the game.

- No player will play over three quarters of a game, unless it is impossible due to lack of players that day.

8. Free Throws:

- Shooter is allowed ten (10) seconds to shoot his or her free throw.
- Players on the free throw sidelines can enter the lane on the release from the shooter.
- The shooter and the players behind the 3-point line, have to wait until the ball hits the rim.
- Free Throws Awarded:
 - One and one on the seventh (7th) team foul in each half.
 - 2 shots on the tenth (10th) team foul in each half.
 - Two shots on any intentional foul.
 - One shot if player is fouled in the act of shooting and basket is good; two shots if basket doesn't go.
 - One shot if a player is fouled in the act of shooting a 3 pointer and the basket is good; three shots if the basket doesn't go.

9. Personal Fouls:

- Personal fouls will be set at five (5) per game. Upon a player reaching this number they will sit out for the rest of the game.
- At any point in time the referees and or officials may sit out a child for un-sportsman like conduct.

10. Three Second/ Back Court Violation:

- **Three Second Rule:** An offensive player is allowed three (3) seconds in the lane before he/she must reset or his/her team loses possession of the ball. (Reset is moving out of the lane before the 3 seconds or if the ball is shot at the goal).
- **Back Court Violation:** A team loses possession if the ball goes back over the center line without it first touching an opposing player.

11. Defense:

- Player-to-player defense is the expectation for this league.
- Teams cannot play a trapping zone...**No Trapping Defenses** allowed.
- **NO DOUBLE TEAMING-** Double-teaming is not allowed, a player must make every effort to stay with their person or move off if a double team occurs. Officials will warn players of double teaming, giving them reasonable time to cover player to player. If not, double teaming will be called and ball will be awarded to the offensive team.
- Switching players is allowed in the event that someone's player drives past them. This form of help defense is ok and doesn't end up double-teaming.

12. Full Court Press:

- Full court press may only take place during the final 2 minutes of the 4th quarter.
- A team cannot press if they lead by 10 points or more.

13. Jump Ball:

- A jump ball will take place only at the start of the game.
- Thereafter the possession rule shall apply. Scorekeeper will indicate the next possession.

14. Officials:

- Officials have the right to stop play to explain and teach the rules for the improvement of players and the program.
- Officials are to be treated with respect from all coaches, parents, and players at all times. We all know that there will be differences in opinion at times; however, we can't let these differences control the game or the league. We must all work together to insure a fun, safe and enjoyable league for all.

15. Tournaments

- Tournament is a single elimination format.
- Playing time shall consist of four (4) quarters of five (5) minutes stop time.
- There will be a 2-minute Overtime, if needed.
- All regular season rules will be followed and enforced.
- All coaches need to abide by CVRA equal playing time guidelines and subbing players in.
- Tournament officials will monitor playing time, which may be adjusted to stay within the hour allotted.