

# ELEVATE BASKETBALL LEAGUE

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## RULES UNIQUE TO OUR BASKETBALL MINISTRY

### INTRODUCTION

THE GAME FORMAT, SUBSTITUTION SYSTEM, AND RULES FOR GAME PLAY, WHICH ARE UNIQUE TO OUR MINISTRY, ARE ORGANIZED TO PROVIDE A POSITIVE EXPERIENCE FOR EVERY CHILD.

### GAME DAY FORMAT

- › OFFICIALS EXPLAIN EXPECTATIONS OF PLAYERS BEFORE EACH GAME. THIS SETS THE TONE AND FOCUS FOR THE PLAYERS AND COACHES.
- › K5-1ST GRADE DIVISION GAMES WILL CONSIST OF SIX 5-MINUTES SEGMENTS AND AN 8-MINUTE HALFTIME. THIS ALLOWS GAMES THAT ARE SCHEDULED ON THE HOUR TO BEGIN AND END ON TIME.
- › 2ND-3RD GRADE DIVISION GAMES WILL CONSIST OF SIX 6-MINUTE SEGMENTS AND AN 8-MINUTE HALFTIME. THIS ALLOWS GAMES THAT ARE SCHEDULED ON THE HOUR TO BEGIN AND END ON TIME.
- › 4TH-6TH GRADE DIVISION GAMES WILL CONSIST OF FOUR 8-MINUTE SEGMENTS AND AN 8-MINUTE HALFTIME. THIS ALLOWS GAMES THAT ARE SCHEDULED ON THE HOUR TO BEGIN AND END ON TIME.
- › THE HOME TEAM DETERMINES WHICH TEAM RECEIVES POSSESSION FIRST FOR OUR LOWER DIVISIONS. IN JUMP-BALL SITUATIONS, POSSESSIONS WILL ALTERNATE. THIS PROMOTES FAIRNESS FOR BOTH TEAMS WHILE ADHERING TO NATIONAL FEDERATION OF HIGH SCHOOLS (NFHS) RULE FOR JUMP BALL SITUATIONS.
- › DURING EACH SEGMENT THE CLOCK RUNS CONTINUOUSLY STOPPING ONLY AT THE END OF EACH SEGMENT FOR PREDETERMINED SUBSTITUTIONS. THIS TIME SHOULD NOT BE TREATED AS A TIMEOUT. THIS ALLOWS COACHES TO LINE UP AND MATCH PLAYERS BASED ON HEIGHT AND ABILITY WITHOUT WASTING VALUABLE GAME TIME.
- › NO TIMEOUTS ARE USED IN OUR LOWER DIVISIONS. THIS ALLOWS MORE PLAYING TIME AND KEEPS THE GAMES ON TIME.
- › TIMEOUTS ARE AVAILABLE TO OUR OLDER DIVISION. THERE WILL BE 2 ONE MINUTE TIMEOUTS AVAILABLE TO USE IN THE SECOND HALF OF THE GAME.
- › AT THE END OF EACH SEGMENT, THE TEAM THAT RECEIVES THE BALL NEXT IS BASED UPON THE DIRECTION OF THE POSSESSION ARROW.
- › TEAMS SWITCH GOALS AFTER HALFTIME.
- › THROUGHOUT ALL DIVISIONS, ANY GAMES ENDING IN A TIE WILL BE FINISHED WITH A 2 MINUTE OVERTIME. WE WILL NOT EXCEED 2 OVERTIME QUARTERS UNLESS IT IS THE FINAL GAME OF THE DAY.
- › NO LEAGUE STANDINGS ARE MAINTAINED IN ANY LEAGUE.
- › COACHES ARE ALLOWED TO WALK THE SIDELINES AND ENCOURAGE THEIR PLAYERS WITHOUT STEPPING IN THE PLAYING AREA. K5- 1ST GRADE COACHES ARE ALLOWED ON THE COURT WITH THE PLAYERS. THE FOCUS IS TO INSTRUCT AND ENCOURAGE PLAYERS AT ALL TIMES.
- › ALL COACHES WILL ADHERE TO THE SUBSTITUTION SYSTEM. THE SUBSTITUTION SYSTEM ALLOWS FOR EQUAL PLAYING TIME FOR ALL PLAYERS AS WELL AS APPROPRIATE MATCH UPS.

## RULES FOR GAME PLAY

PLAY IS GOVERNED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS' (NFHS) RULES BOOK (WEBSITE: [WWW.NFHS.ORG](http://WWW.NFHS.ORG)), EXCEPT WHERE THE RULES UNIQUE TO OUR MINISTRY APPLY.

1. MAN-TO-MAN DEFENSE WILL BE PLAYED AT ALL TIMES. ZONE DEFENSES ARE NOT ALLOWED.
2. DEFENSIVE PLAYERS MUST STAY WITHIN ARM'S REACH OF THE PLAYER THEY'RE GUARDING. WE WILL ALLOW THE HELP POSITION IN OUR 4TH-6TH GRADE DIVISION.
3. DOUBLE-TEAMING IS NOT ALLOWED IN OUR K5-1ST AND 2ND-3RD DIVISIONS. HOWEVER, HELP DEFENSE IS PERMITTED IN OUR 4TH-6TH GRADE DIVISION IN THE FOLLOWING INSTANCES:
  - > **SCREENS:** DEFENSIVE SWITCHING IS ALLOWED ON OFFENSIVE PICKS OR SCREENS. THE NON-SCREENED DEFENDER CAN HELP HIS OR HER TEAMMATE BY TEMPORARILY SWITCHING UNTIL THE TEAMMATE RECOVERS TO DEFEND THEIR OFFENSIVE PLAYER. THIS PREVENTS THE OFFENSE FROM CONTINUALLY SETTING SCREENS TO GAIN AN ADVANTAGE.
  - > **FAST BREAKS:** DURING ANY FAST BREAK, ANOTHER DEFENSIVE PLAYER NOT ASSIGNED TO THE BALL HANDLER MAY HELP IN ORDER TO SLOW OR STOP THE FAST BREAK. UPON STOPPING THE FAST BREAK, DEFENDERS SHOULD RECOVER AND DEFEND THEIR ASSIGNED PLAYER.
  - > **LANE AREA:** IF A DEFENDER IS IN THE LANE, AND THE PLAYER HE OR SHE IS GUARDING IS WITHIN ARM'S REACH, THE DEFENDER IS ALLOWED TO PROVIDE HELP DEFENSE. SINCE MANY GOALS ARE SCORED IN THE LANE, THIS RULE PROVIDES THE DEFENSE MORE OPPORTUNITY TO PROPERLY DEFEND THIS AREA WITHOUT ABANDONING THEIR ASSIGNED OFFENSIVE OPPONENT. HERE IS AN EXAMPLE:
    - > THE BALL HANDLER BEATS HIS MAN AND DRIVES INTO THE LANE. AFTER DOING THIS, HE MEETS A SECOND DEFENDER WHO IS IN THE LANE. AS LONG AS THIS DEFENDER IS WITHIN ARM'S REACH OF HIS MAN, HE IS ALLOWED TO PROVIDE HELP UNTIL THE BALL HANDLER'S ASSIGNED OPPONENT CAN RECOVER. UPON RECOVERY, THE DEFENSIVE PLAYER THAT PROVIDED HELP MUST THEN RECOVER TO GUARDING HIS ASSIGNED PLAYER.
4. AT THE BEGINNING OF EACH SEGMENT, BOTH COACHES SHOULD LINE UP THE PLAYERS AT MID-COURT AND MATCH THEM UP BY ABILITY WITHOUT GIVING VERBAL CUES. COACHES ARE RESPONSIBLE FOR SETTING UP COMPETITIVE PAIRINGS ON THE COURT. IF BOTH COACHES AND REFEREES FORESEE A MATCH-UP PROBLEM DUE TO POSITION AND HEIGHT, PLAYERS CAN BE SHUFFLED AROUND TO CREATE A BETTER GAME SITUATION.
5. FULL-COURT PRESSES ARE NOT ALLOWED IN ANY DIVISION.
6. BACKCOURT VIOLATION WILL NOT BE CALLED IN OUR LOWER DIVISIONS. THE BACKCOURT VIOLATION WILL BE CALLED FOR OUR 4TH-6TH GRADE DIVISION.

7. OFFICIALS WILL CALL AND EXPLAIN ALL VIOLATIONS. THE DETAIL OF EXPLANATIONS WILL VARY ACCORDING TO THE AGE GROUP AND UNDERSTANDING OF THE PLAYERS.
8. WHEN POSSIBLE, OFFICIALS WILL ADVISE PLAYERS OF POTENTIAL VIOLATIONS BEFORE THE VIOLATION OCCURS. (5 SECOND CALL, 3 SECOND VIOLATION, AND MAN DEFENSE)
9. THE THREE SECOND VIOLATION WILL NOT BE CALLED IN THE K5-1ST AND 2ND-3RD GRADE DIVISIONS.
10. NO TECHNICAL FOULS OR PROTEST OF GAMES. EVERY ONE IS EXPECTED TO ABIDE BY OUR CODE OF CONDUCT POLICY.
11. SCORE WILL BE GIVEN FOR A BASKET IN THE WRONG GOAL.
12. A PLAYER COMMITTING TWO FOULS IN ONE FIVE OR SIX-MINUTE SEGMENT MUST SIT OUT THE REMAINDER OF THAT SEGMENT. THIS RULE IS ENFORCED AT THE DISCRETION OF THE WORKING OFFICIAL. IF A PLAYER IS WARNED MORE THAN ONCE IN REGARDS TO CORRECT PLAY IT MAY RESULT IN THEM BEING ASKED TO SIT.

THE NEXT PLAYER IN THE ROTATION COMES IN AS THE SUBSTITUTE. THIS DOES NOT CHANGE THE NORMAL ROTATION, BECAUSE THE FOULED OUT PLAYER DOES NOT COME BACK INTO THE GAME UNTIL SCHEDULED TO DO SO. THE PLAYER WHO COMES IN AS A SUBSTITUTE GAINS EXTRA PLAYING TIME. THIS EXTRA TIME DOES NOT AFFECT THE PREDETERMINED SUBSTITUTION SYSTEM.

THIS RULE ALLOWS THE OFFENDING PLAYER TIME TO REGROUP DURING THE REMAINDER OF THE SEGMENT WHILE REALIZING THAT THERE IS A CONSEQUENCE FOR THE VIOLATION.

PLAYERS IN OUR 4TH-6TH GRADE DIVISION WILL BE AWARDED 5 PLAYER FOULS FOR THE GAME.

13. NON-SHOOTING FOULS RESULT IN THE BALL BEING TAKEN OUT ON THE SIDE BY THE OFFENDED TEAM (NO BONUS RULE). ALL SHOOTING FOULS RESULT IN FREE THROWS. BY NOT ADMINISTERING BONUS SITUATION FREE THROWS, THIS ALLOWS ALL PLAYERS ON THE COURT TO CONTRIBUTE TO CONSISTENT GAME ACTION.  
**NOTE: IN THE K5-3RD GRADE DIVISIONS, A SHOOTING FOUL RESULTS IN REWARDING THE OFFENSIVE TEAM 2 POINTS. AFTER A FOUL IS CALLED, PLAY WILL CONTINUE INBOUNDS AT THE SPOT OF THE FOUL.**
14. THE GAME CLOCK RUNS CONTINUOUSLY WITH THE FOLLOWING RULES GOING INTO EFFECT WHEN FEWER THAN TWO MINUTES REMAIN IN THE GAME:
  - > NON-SHOOTING FOULS RESULT IN THE OFFENSIVE TEAM GETTING ONE POINT AND THE BALL.
  - > SHOOTING FOULS RESULT IN THE STOPPING OF THE CLOCK AND REWARD OF 2 FREE THROWS.
  - > PLAYERS FOULED IN THE ACT OF SHOOTING AND MAKING THE BASKET ARE CREDITED WITH THE BASKET PLUS ONE FREE THROW OPPORTUNITY.

## **ELEVATE RULE MODIFICATIONS**

PLAYERS PARTICIPATING IN YOUR K5-1ST GRADE AGE DIVISION ARE NEW TO THE BASIC CONCEPTS OF BASKETBALL AND ARE ALSO DEVELOPING MOTOR SKILLS NEEDED TO PLAY THE GAME. WITH THIS IN MIND, HAVE DEVELOPED SOME RULE MODIFICATIONS SPECIFICALLY FOR THIS AGE DIVISION. THESE MODIFICATIONS ARE FOUND IN AREAS OF THE GAME FORMAT AS WELL AS SOME COMMON BASKETBALL ADJUSTMENTS. THE CHART BELOW DETAILS DIFFERENT AREAS OF BASKETBALL TO SHOW WHAT IS ALLOWED FOR EACH AGE DIVISION:

### **ELEVATE BASKETBALL RULES ACCORDING TO EACH DIVISION:**

<b>DIVISION:</b>	<b>K5-1ST</b>	<b>2ND-3RD</b>	<b>4TH-6TH</b>
STEALING FROM THE DRIBBLE	NO	NO	YES
STEALING FROM THE PASS	YES	YES	YES
DOUBLE-DRIBBLE	YES	YES	YES
DOUBLE TEAM	NO	NO	YES
TRAVELING	YES	YES	YES
FEET SHUFFLING DURING SHOT	YES	YES	YES
FAST BREAKS	YES	YES	YES
FULL/HALF COURT PRESS	NO	NO	NO
3 SECOND VIOLATION	NO	NO	YES
HALF COURT VIOLATION	NO	NO	YES
GOAL HEIGHT	8FT	9FT	10FT
BALL SIZE	25"	28.5"	28.5"

## **SUBSTITUTIONS**

THE SUBSTITUTION SYSTEM IS DESIGNED TO PROVIDE EVERY PLAYER OPPORTUNITY FOR IMPROVEMENT. THE SUBSTITUTION SYSTEM ENSURES THE FOLLOWING:

- › EVERY CHILD WILL HAVE THE OPPORTUNITY TO BE A STARTER.
- › EVERY CHILD WILL PLAY AT LEAST HALF OF THE GAME.
- › EACH CHILD WILL PLAY AGAINST SOMEONE OF SIMILAR HEIGHT AND ABILITY.
- › PLAYING TIME FOR ALL PLAYERS IS VIRTUALLY EVEN OVER THE COURSE OF THE SEASON.