

Sandwich Youth Basketball

Rules of Play

P.O. Box 775, Forestdale, MA 02644

General Play Rules and Information

If any questions or situations arise, contact the appropriate commissioner for resolution. If the commissioner cannot resolve the situation, the commissioner will present the situation to the Board for resolution or clarification. Under no circumstances will coaches bypass the commissioners and approach the Board directly for resolution to any situation.

Grade 3

At the 3rd grade level each team will have a Clinic/Game each Saturday. Two teams will share a gym and have a 30-minute practice using half of the gym. A game will be played during the second half hour. Student refs will assist the coaches with practice and officiate the game in the second half hour.

Playing Time

ALL PLAYERS MUST PLAY A MINIMUM OF 2 FULL QUARTERS PER GAME.

6-MINUTE RUNNING TIME PER QUARTER WITH 1 MINUTE BETWEEN QUARTERS.

NO RUNNING SCORE IS TO BE KEPT DURING ANY GAME. PLEASE DISCOURAGE THE KEEPING OF THE SCORE BY THE PLAYERS OR PARENTS!

MAXIMUM PLAY TIME FOR ANY PLAYER IS THREE (3) QUARTERS!

Substitutions

2. 1. The "TOP 5" players are to be chosen by the coach at the beginning of the season. This "TOP 5" rule is strictly enforced, as both teams "TOP 5" will play against each other. The Commissioner must approve changes to the designated "TOP 5". The "TOP 5" and the "BOTTOM 5" players will rotate the start of each game as follows: odd weeks the "TOP 5" will start the game and even weeks the "BOTTOM 5" will start the game.

3. The remaining players of the team play together in the first half. If Team A has less than 10 players, the coach from Team B will select the player(s) to make up the 5 players on the floor from those player(s) who played in the 1st quarter.

4. There is no "TOP 5" rule for the 3rd and 4th quarters. Free substitutions can be made as long as the number of minutes of play for every player is upheld. The Referee will halt play in the 3rd and 4th quarters, as close to the halfway point as possible for player substitutions only. Substitutions will be made at this time only.

Defense

1. MAN TO MAN, NO double-teaming is allowed.

2. NO FULL COURT DEFENSE AT ANY TIME. Defense begins at half court.

3. NO STEALING OFF THE DRIBBLE AT ANY TIME. This rule includes the deliberate attempt to force the dribbling player to lose his/her dribble by the defensive player. Making contact with the ball with any part of the defensive player's body in a deliberate fashion will constitute a violation of this rule.

The coaches are to maintain order during games; players not in the game are to remain on the bench.

Games must end on time to maintain the schedule for the entire day games. If your game seems to be running long the referee may end the game prematurely.

Grade 4

Playing Time

ALL PLAYERS MUST PLAY A MINIMUM OF 2 FULL QUARTERS PER GAME.

12-MINUTE RUNNING TIME PER QUARTER WITH 5-MINUTE HALF TIME.

NO RUNNING SCORE IS TO BE KEPT DURING ANY GAME. PLEASE DISCOURAGE THE KEEPING OF SCORE BY THE PLAYERS OR PARENTS!

MAXIMUM PLAY TIME FOR ANY PLAYER IS THREE (3) QUARTERS!

Substitutions

1. The "TOP 5" players are chosen based upon prior year coach's evaluation. The teams are created based upon these evaluations in order to ensure that the players of equal ability from each team are competing against each other. This "TOP 5" rule is strictly enforced, as both teams "TOP 5" will play against each other. The Commissioner must approve changes to the designated "TOP 5". The "TOP 5" and the "BOTTOM 5" players will rotate the start of each game as follows: odd weeks the "TOP 5" will start the game and even weeks the "BOTTOM 5" will start the game.
2. The remaining players of the team play in the 2nd Quarter. If Team A has less than 10 players, the coach from Team B will select the player(s) to make up the 5 players on the floor from those player(s) who played in the 1st quarter.
3. There is no "TOP 5" rule for the 3rd and 4th quarters. Free substitutions can be made as long as the number of minutes of play for every player is upheld. The Referee will halt play in the 3rd and 4th quarters, as close to the halfway point as possible for player substitutions only. Substitutions will be made at this time only.
4. A late arrival of a "TOP 5" player during the 1st quarter MUST be placed into the game immediately and will replace a player who is not normally a "TOP 5" player. A "TOP 5" player cannot play in the 2nd Quarter unless chosen by the opposing coach.
5. Any time a team has three (3) fewer players than the other team, the "TOP 5" player rule is waived. Both coaches make selections for the 1st and 2nd quarter as they see fit as long as all players play in the first half. No substitutions in the 1st or 2nd quarter except for injury or discipline. Two (2) full quarters of play and late arrival rules are still in effect.
6. In all cases, the opposing coach chooses the replacement player(s) in the 2nd quarter, for any of the above reasons.

Substitutions in the 1st Quarter

- A. A late arriving "TOP 5" player
- B. An Injured Player
- C. An obvious disciplinary requirement
- D. Ejected player

Defense

1. MAN TO MAN, NO double teaming.
2. NO FULL COURT DEFENSE AT ANY TIME.
3. Stealing off the dribble will be allowed within the 3 point arc only. This rule includes the deliberate attempt to force the dribbling player to lose his/her dribble by the defensive player. Making contact with the ball with any part of the defensive player's body in a deliberate fashion will constitute a violation of this rule.

The coach is to maintain order during games; players not in the game are to remain on the bench.

Grade 5 & 6

Playing Time & Rules

1. **ALL PLAYERS MUST PLAY A MINIMUM OF 2 FULL QUARTERS PER GAME. NO PLAYER MAY PLAY MORE THAN 24 MINUTES IF THE TEAM HAS 6 OR MORE PLAYERS.**
2. **6 MINUTE STOP TIME PER QUARTER WITH 5 MINUTE HALF-TIME.**
3. **Four (4) Time Outs may be called at any time. In the event of overtime, one (1) time out will be awarded to each team and any unused time outs can be carried over to each overtime.**
4. **Overtime will commence immediately at the end of the 4th quarter with a jump ball at center court. The overtime length is three (3) minutes and only one (1) overtime will be played.**
5. **MAXIMUM PLAY TIME FOR ANY PLAYER IS THREE (3) QUARTERS which is 18 minutes!**

Substitutions

1. The "TOP 5" players are chosen based upon prior year coach's evaluation. The teams are created based upon these evaluations in order to ensure that the players of equal ability from each team are competing against each other. This "TOP 5" rule is strictly enforced, as both teams "TOP 5" will play against each other. The Commissioner must approve changes to the designated "TOP 5". The "TOP 5" and the "BOTTOM 5" players will rotate the start of each game as follows: odd weeks the "TOP 5" will start the game and even weeks the "BOTTOM 5" will start the game. Inform your commissioner who your "TOP 5" and the "BOTTOM 5" players are. Any changes after the season begins must be approved by your commissioner based on odd and even weeks, and "TOP 5" & "BOTTOM 5".
2. The remaining players of the team play in the 2nd Quarter. If Team A has less than 10 players, the coach from Team B will select the player(s) to make up the 5 players on the floor from those player(s) who played in the 1st quarter.
3. If teams have a different number of players: Team A has 10 players, Team B has 9 players or less; Team A players must play a minimum of 1.5 quarters, All team B players must play a minimum of 2 quarters. If both teams have less than 10 players, all players must play a minimum of 2 quarters.
4. There is no "TOP 5" rule for the 3rd and 4th quarters. Free substitutions can be made as long as the number of minutes of play for every player is upheld.
5. The Referee will halt play in the 3rd and 4th quarters, as close to the halfway point as possible for player substitutions only. Substitutions will be made at this time only.
6. A late arrival of a "TOP 5" player during the 1st quarter MUST be placed into the game immediately and will replace a player who is not normally a "TOP 5" player. A "TOP 5" player cannot play in the 2nd Quarter unless chosen by the opposing coach.

Substitutions in the 1st Quarter

- A. A late arriving "TOP 5" player
 - B. An Injured Player
 - C. An obvious disciplinary requirement
 - D. Ejected player
7. An injured player may re-enter the game at any time replacing the player that substituted for him/her.
 8. A player taken out of a game for disciplinary reasons cannot re-enter the game in the 1st quarter, and will only play in the 2nd quarter if selected by the opposing coach.
 9. Any time a team has three (3) fewer players than the other team, the "TOP 5" player rule is waived. Both coaches make selections for the 1st and 2nd quarter as they see fit as long as all players play in the first half. No substitutions in the 1st or 2nd quarter except. At half way point of play late arrival rules are still in effect.
 10. Any team that only has 6 players each player must play a minimum 18 minutes.

****ANY PLAY TIME MISSED DUE TO THE ABOVE REASONS COUNTS TOWARD TOTAL PLAYING TIME.**

Defense

1. MAN TO MAN, DOUBLE TEAMING OF THE BALL INSIDE THE 3 POINT ARC ONLY.
 2. FULL COURT DEFENSE ALLOWED IN THE LAST 2 MINUTES OF THE 4TH QUARTER & ENTIRE OVERTIME, UNLESS THE DEFENSIVE TEAM HAS A 12 POINT OR GREATER LEAD.
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Grade 7 & 8

Playing Time & Rules

1. **ALL PLAYERS MUST PLAY A MINIMUM OF 2 FULL QUARTERS PER GAME. NO PLAYER MAY PLAY MORE THAN 24 MINUTES IF THE TEAM HAS 6 OR MORE PLAYERS.**
2. **14-MINUTE STOP TIME PER HALF WITH 5-MINUTE HALF TIME.**
3. **Four (4) Time Outs may be called at any time. In the event of overtime, one (1) time out will be awarded to each team and any unused time outs can be carried over.**
4. **Overtime will commence immediately at the end of the 4th quarter with a jump ball at center court. The overtime length is three (3) minutes and only one (1) overtime will be played.**

Substitutions

1. Substitutions will only be allowed every 3 ½ minutes.
2. If teams have a different number of players: Team A has 10 players, Team B has 9 players or less; Team A players must play a minimum of 1.5 quarters, Team B players must play a minimum of 2 quarters. If both teams have less than 10 players, all players must play a minimum of 2 quarters.
3. ANY TEAM WITH ONLY SEVEN (7), EIGHT (8) OR NINE (9) PLAYERS, THE MAXIMUM PLAYING TIME FOR ANY ONE PLAYER IS TWENTY-ONE (21) MINUTES.
4. Any team with 6 players each player must play a minimum of 21 minutes.

Defense

1. ANY DEFENSE IS ALLOWED, INCLUDING FULL COURT DEFENSE, AT ANY TIME.
 2. NO FULL COURT DEFENSE FOR ANY DEFENSIVE TEAM HAVING A 12-POINT OR GREATER LEAD.
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General Information for ALL Grades

Coaches must remain in front of and within the length of their bench.

Coaches are responsible for their players after practice and games to insure the players are picked up and will be taken safely home. If a team has more than one on the bench; only one coach may stand at a time, the second coach must sit.