

Intramural Basketball Rules

GENERAL

The purpose of Kings Park Basketball (KPB) Intramural Program is to provide a “fun” and “learning” environment for the children of our community. It is the responsibility of everyone involved in the program, from the KPB Commissioners, Coaches, and Referees to the parents of the boys and girls participating, to contribute to this objective.

For boys and girls that are in Kindergarten thru 2nd grade, the program is considered “Instructional” and the coaches/instructors are primarily focused on developing the skills of the participants. This would include dribbling, passing and shooting. For 3rd graders and up, teams will be formed and a round-robin schedule will be played.

GYM/FACILITY RULES

KPB will utilize gym space within the Kings Park district and requires that all participants adhere to the following rules:

1. No food is permitted in any gym. Water bottles (for team players only) may be brought into the gym and kept on the sidelines (bench).
2. Absolutely no shoes of any kind are permitted on the gym floor; only sneakers are permitted on the play area of the gym. This applies to parents, friends, siblings and spectators as well.
3. No one (including parents, player’s friends and/or siblings) is allowed on the gym floor during practice or game breaks.
4. During games and practices, no one (including players, their friends and/or siblings) shall be running, dribbling or wandering around in the hallways or in the gym. An adult must accompany any child leaving the gym for drinks or bathroom.
5. All players, spectators and coaches should make sure that all personal belongings are picked up when leaving the gym. Make sure all water bottles or paper is picked up and discarded in the nearest trash can. If you have lost anything in the gym, please check with the “lost and found” within the facility.
6. Coaches must ensure that players are picked up before they leave the gym. Coaches must carry with them a list of their players’ phone numbers as well as emergency numbers at practices and games. It is a parent’s responsibility to get their child to and from all practices and games on time. If a child will not be able to attend a game or practice, please contact/notify the coach so that s/he plans accordingly.

EQUIPMENT GUIDELINES

Clinics will use appropriately sized basketballs based on grade level. Boys in grades 3 thru 6 and Girls will use a 28.5 size basketball for practices and games. Boys in grade 7 and above will use a regulation basketball.

THE GAMES

GENERAL

The following general guidelines apply to all Intramural games:

1. All team members will be given a uniform prior to the start of the season. All players must wear their designated uniform in order to play.
2. No player shall wear any jewelry other than medical alert tags. Any post earrings must be covered with tape. No player shall wear any type of bandana; only athletic headbands and wristbands are permitted. It is recommended that anyone wearing glasses should wear a safety strap or sport's goggles.
3. Coaches will be provided with ice packs and first aid kits. It is required that Coaches bring both to practices and games. Please contact the League if either needs to be replenished.
4. The League will provide a scorekeeper. If there are any discrepancies, they must be brought to the attention of the referee immediately for resolution.
5. Please respect the referees. They have a difficult job and will work with the Coaches to ensure a safe and competitive game experience.

GAME PLAYING TIME

Each game in the Intramural Program is allocated a 1-hour timeslot. In the event that the KPB does not supply a score/clock-keeper, the Coaches of the 2 teams, along with the referee, will designate a volunteer (parent) to manage the clock for the game. The following guidelines will apply to help assure that games can be completed on time:

1. Generally, playing time shall consist of (2) 20-minute halves running time duration. The clock will only be stopped for dead-ball situations during the final (1) minute of each half (clock will not be stopped after made basket at end of first half). However, at the 3rd/4th grade level, the clock will also be stopped for all shooting fouls and for 30 seconds to assist in matching up at scheduled 5-minute interval substitutions. There will be a 4-minute break at halftime.
2. In the 3rd - 6th grade divisions, during the last minute of the game, the clock will be stopped on all made baskets and dead-ball situations and will not resume until the ball crosses the mid-court line.
3. For 7th - 8th, the clock will stop during the last (2) minutes of the game for all dead ball situations, including shooting fouls, and made baskets, with the clock restarting once the ball crosses mid-court, provided the point difference is 15 or less.
4. Each game will begin with a jump-ball. Possession in subsequent periods will follow the alternating possession rule.
5. Overtime periods will be played for a regular season and playoff games. (see **OVERTIME** section below for guidelines).
6. Three-point shots will be acknowledged at the three-point arc provided the gym has a 3-point line clearly marked. The referee must put up his arm to acknowledge such a shot as a three-pointer.

MERCY GUIDELINES

1. No team may press if they have a lead of 15 points or greater.

OVERTIME

For both regular season and playoff games, as many Overtime periods as are necessary to break the tie shall be played.

1. Each Overtime period will be 3 minutes in duration. The clock will only be stopped for dead-ball situations during the final minute of each Overtime period.
2. Each Overtime period will begin with a jump ball at center court followed by the alternating possession rule.
3. There will be a 1-minute break between Overtime periods.
4. Each team will be allowed (1) 30-second timeout per Overtime period.
5. Team Fouls carry over from the final half played in regulation time.
6. A player that has fouled out cannot return for Overtime.
7. Each Overtime period is considered another quarter and the Individual Playing Time guidelines apply (see below). It is the Coach's responsibility to ensure that the "equal playing time" objectives are followed.

INDIVIDUAL PLAYING TIME

A primary objective of the Intramural Program is to provide equal playing time to all players on a team. It is the responsibility of the Coach to ensure that this objective is met.

1. Every player must play a minimum of one full half (or equivalent playing time, 20 minutes); the league prefers that there are no unscheduled substitutions except for injury or if a player fouls out. For 3rd/4th grade levels, coaches must substitute at the same time, preferably at first dead ball whistle at 5-minute intervals. At 3rd/4th grade level, the clock will stop for 30 seconds only to assist in matching up players. If a player arrives in the 2nd half, s/he will have to minimally play a prorated time, based on percentage of game remaining.
2. Any team that shows up for a game with more than 10 players may substitute as needed during a half in order to better manage equal playing time across all players. This should be done at a dead-ball situation. Please coordinate this with the other coach and the referee.
3. 7th grade and above leagues shall have free substitutions. Substitutions may only be made during dead ball situations. The referee must acknowledge all substitutions.
4. No player may play four quarters (or its equivalent) until all players have played, or are about to play, their third quarter (or its equivalent).
5. If a child should require injury time for catching their breath, using an inhaler, or putting on a Band-Aid (or anything else that would enable a child to return to the game immediately) they should do so.

TIMEOUTS

1. For all divisions, each team will be entitled to (3) timeouts per game.
2. Timeouts will be for 30 seconds.
3. Players or Coaches may call for a timeout during their team's possession or any dead-ball situation.
4. Referees may call a timeout for any reason they feel is needed in order to clarify the play of the game or for a safety situation.
5. Improper calling of timeouts will result in a technical foul.
6. Unused timeouts cannot be carried over, including into Overtime.

FOULS

1. A player who commits five personal fouls shall be out for the remainder of that game (including overtime).
2. If a team can only field less than 5 players due to players fouling out, they must do so for the remainder of the game. There are no other penalties (i.e. technical fouls) applicable.
3. Offensive fouls (including moving picks) are considered team fouls as well as personal fouls.
4. Any team acquiring seven or more team fouls in a half will be in a penalty situation. The opposing team will have a one-and-one opportunity at the foul line. On a team's 10th foul or more a two-shot penalty will be awarded.
5. A player fouled in the act of shooting will get two shots at the foul line. If the basket was made, the player will get one shot at the foul line.
6. 3rd graders (and if needed 4th graders) are allowed 2 steps in order to reach the basket. The intent is to allow the child to reach the basket. For 5th graders, the player is to take the shot at the free throw line but may step over the line after releasing the ball. All other grades will utilize the regular free-throw line.

TECHNICAL FOULS

1. A technical foul shall be counted towards the Team Foul total and will also be counted as a personal foul.
2. Technical fouls shall result in a penalty of (2) free throws followed by possession at half court. Any player from the opposing team that is in the game at that time may take the technical free throws.
3. Any player receiving (2) technical fouls during the course of a game, will be benched for the remainder of that game and treated as a fouled-out player. That player will also be suspended from the next scheduled game (even if it is a playoff game). The coach of this player **MUST** report this to the division coordinator and the commissioner.
4. Any coach receiving (2) technical fouls during the course of a game, will be asked to leave the gym. This coach **MUST** report this to the division coordinator and the commissioner.
Please, let us never see this situation arise.
5. A flagrant foul will result in a technical foul.
6. Unsportsmanlike conduct will result in a technical foul. Depending on the severity of the unsportsmanlike conduct, a player, coach or spectator may be disqualified, removed from play or asked to leave the gym. This may also result in dismissal from the Intramural Program. The coaches involved in the game where such an incident occurs **MUST** report this to the division coordinator and the commissioner.

DEFENSE

3/4th and 5/6th Grade Divisions

1. Man-to-man defense shall be played the entire game; no zone defense. Defensive coverage assignments may switch at any time as long as defenders are attempting to play man-to-man defense. Violations result in warning(s), then technical fouls. This is a judgment call by the referee.
2. Man-to-man defense requires that a defender be within 3 feet of an offensive player that is in the play of action.
3. When a group of offensive players (2 or more) remove themselves from the offense above the foul line (clear out), a 15 ft perimeter from the center of the basket, no defender will be forced to play defense until they clearly join the offensive play.
4. No double-teaming is permitted except: (i) on a direct drive to the basket, (ii) the player has the ball in the paint/key area, (iii) when any defender can be within 3 feet of his/her assignment and the ball or (iv) during the last (2) minutes of the game. Violations result in warning(s) then technical fouls.

5. There is no pressing in the backcourt at any time, the defense must fall back (behind the half court line) after change of possession, however, if the offensive team attempts a fast break, the defensive team can pick up man to man defense in the backcourt.
6. The "fall-back" concept applies for any change of possession in the defensive half of the court. After a basket has been scored or after a possession change, the team that has just scored or lost the ball must immediately return behind the mid-court line to assume their defensive position (accept as noted above when the offensive team attempts to fast break and then man to man defense can be picked up in the backcourt). Players on the team that are now on defense must make an effort to "fall-back" immediately. The referee will have the right to allow play to continue if this effort is not demonstrated.
7. For the 3rd/4th grade division only, stealing is prohibited while the offensive player is outside of the paint, except that stealing is allowed in the last (2) minutes of the game.

7th - 8th Grade Division

1. Man-to-man or zone defense may be played.
2. The defense must fall back (behind the half court line) after change of possession, however, if the offensive team attempts to fastbreak, the defensive team can pick up man to man defense in the backcourt.
3. Pressing is allowed during the last (2) minutes of the game, provided that there is no more than a 15-point spread between the teams.

9th - 12th Grade Division

1. Man-to-man or zone defense may be played.
2. There is no "fall-back" rule.
3. Any form of press defense may be played over the entire court.
4. No team shall press if they have a lead of 15 points or greater.

OFFENSE

3/4th and 5/6th Grade Divisions

1. The offense shall not position itself in a manner that creates a one-on-one situation (four players on one side of the court, thus creating a one-on-one situation). Such violation will result in the offense giving up possession of the ball and the opposing team getting the ball at half court.
2. An offensive player who has possession of the ball and is unable to dribble, pass or shoot (due to a defensive player) for more than five seconds turns possession over to the opposing team at half court.
3. The player throwing the ball into play shall not consume more than five seconds and cannot cross or step on the out-of-bounds line.
4. An offensive player shall not be allowed to remain in the free throw lane or key while the ball is in control in the frontcourt for more than three seconds.
5. A player shall not, nor any member of his team, be in continuous control of a ball which is in his backcourt for more than ten consecutive seconds.
6. For the 3rd/4th grade division only, fast breaks are only allowed if there is a long rebound (above the three-point line) or a defensive player steals a pass above the three-point line.

7th - 8th Grade Division

1. An offensive player who has possession of the ball and is unable to dribble, pass or shoot (due to a defensive player) for more than five seconds turns possession over to the opposing team at half court.
2. The player throwing the ball into play shall not consume more than five seconds and cannot cross or step on the out-of-bounds line.

3. An offensive player shall not be allowed to remain in the free throw lane or key while the ball is in control in the frontcourt for more than three seconds.
4. A player shall not, nor any member of his team, be in continuous control of a ball which is in his backcourt for more than ten consecutive seconds.

9th - 12th Grade Division

1. An offensive player who has possession of the ball and is unable to dribble, pass or shoot (due to a defensive player) for more than five seconds turns possession over to the opposing team at half court.
2. The player throwing the ball into play shall not consume more than five seconds and cannot cross or step on the out-of-bounds line.
3. An offensive player shall not be allowed to remain in the free throw lane or key while the ball is in control in the frontcourt for more than three seconds.
4. A team may not be in continuous control of a ball in their backcourt for more than ten consecutive seconds.

REFEREES

The referee is not an NBA-sanctioned referee nor is this an NBA game. Please refrain from calling fouls from the sidelines or challenging calls. A Coach's field of vision is sometimes different from that of the referee. If there is a continuing rule infraction occurring away from the ball, alert the referee at a timeout or between halves. Sometimes, in order to allow the players to play, the referee may have to allow/ignore minor infractions to allow the game to progress.

Unsportsmanlike conduct from any coach, player, spectator or parent will not be tolerated and will result in a technical foul and possible dismissal from the gym and program. **Please, let us avoid this situation from occurring.**

SUMMARY SHEET

	Rookies 3rd/4th	Pros 5th/6th	Legends 7th/8th	Legends 9th/12th
Game Time	2 x 20 minutes	2 x 20 minutes	2 x 20 minutes	2 x 20 minutes
Clock Stoppage	all dead ball situations in the last minute per half, when shooting free throws, 30 seconds during scheduled substitutions.	all dead ball situations in the last minute per half	all dead ball situations in the last 2 minutes per half	all dead ball situations in the last 2 minutes per half
Free Throw Clock Stoppage during Game	Yes, until shooter receives the ball	No	No	No
Fall-Back Clock Stoppage *	Yes	Yes	Yes	No
Pressing	No	No	No, except last 2 minutes of each half	Yes, any Type
Zone Defense	No	No	Yes	Yes
Substitutions	coaches to agree on scheduled substitutions, recommend 3x per half (5 minute intervals).	coaches may agree on scheduled substitutions.	coaches may agree on scheduled substitutions.	Anytime

Timeouts – 3 TOs per game; 1 TO in overtime

Overtime (OT) - 3 minutes per OT. Will play OT until a winner is determined.

***Fall-Back Clock Stoppage:** During the last minute of the game, the clock will be stopped on all made baskets and dead-ball situations and will not resume until the ball crosses the mid-court line.