

KAMLOOPS ELEMENTARY SCHOOL'S BASKETBALL PROGRAM



Please adhere to the language of the athletic guidelines/contract.

Reminder: it is mandatory for all players to review and sign a copy of this document prior the season beginning.

Student athletes, coaches, sponsors, parents and spectators are expected to use the guidelines outlined in this document as the foundation of the athletic program in their schools.

It is expected that **student athletes:**

- Are willing and eager to learn and improve their skills
- Demonstrate commitment to their teams by attending practices, meetings and games
- Participate with effort and enthusiasm
- Respect the decisions made by their coaches
- Demonstrate sportsmanship, appreciation, and respect for opponents, teammates, coaches, and officials
- Respect decisions made by officials at all times
- Demonstrate responsible behaviour at all team functions at their school and when travelling to other schools

It is expected that **coaches and sponsors:**

- Organize and plan the season by providing appropriate schedules, documents, and uniforms for their teams
- Focus on equal playing time and participation during the regular season
- Plan engaging activities for practices with a focus on the development of individual skills and team tactics
- Ensure that student athletes are having fun and enjoying their athletic experiences
- Demonstrate sportsmanship, appreciation, and respect towards their student athletes, opponents, other coaches, and officials
- Respect decisions made by officials at all times
- Use positive encouragement and reinforcement during practices and games and model appropriate behaviour

It is expected that **parents and spectators:**

- Applaud and value the effort of volunteer coaches, officials, and student athletes
- Show respect for officials and avoid questioning their decisions
- Provide only positive encouragement during game

Rules

CLOCK:

Duration of the Game:

- each quarter is **eight** minutes "stop time".
- one minute rest between quarters.
- five minute rest at halftime.
- final two minutes of the 4th quarter is stop time (After all baskets).

Overtime:

- **one** minute rest after the fourth quarter
- **four** minute overtime period
- **possession arrow** begins the overtime (**No Jump Ball**)

Time Outs:

- **1** one minute time out

Stop Time:

- the official signals the starting of the clock
- the timer signals the end of a quarter/game
- the official signals to stop the clock to administer fouls, violations, substitutions, and time outs.
- the official signals to stop the clock by blowing the whistle and raising a hand above the head.
- closed hand for fouls, open hand for violations, substitutions and time outs
- the official will signal the timer to start the clock by dropping the raised hand
 - jump ball – when the ball is tipped
 - throw in – when the ball is touched by a player on the court
 - foul shot – when the rebound is touched after a missed shot
- when a foul shot has been successful, time starts after a throw in has been completed
- for a time out after a basket is scored against you the timer can stop the clock if you **ask for a time out prior** to the basket being scored

TIME OUTS:

- each team is entitled to no more than **two (2) 60 second timeouts** in the first half, and **three (3) 60 second timeouts** in the second half.
- coaches ask for time outs at the scorers table. The scorers signal a timeout with the horn. These officials then signal the referees at the appropriate time:
 - o after a whistle due to a violation or foul
 - o when a basket is scored against the team that had asked for the time out before inbounding player takes possession on the end line
 - o before the ball goes into play – throw in, jump ball, foul shot
- a time out cannot be given when the ball is in play or alive, (timeouts can not be called in between foul shots)
- Time outs called by the offensive team in the last two minutes are inbounded in the front court, allowing the team to inbound from a point parallel with the three point line

SUBSTITUTIONS:

- To create a fair and inclusive playing field each team **must** begin the game with a minimum of 10 players **present** or forfeit the game. This rule will be enforced during playoffs. However, exception(s) may be made to smaller schools based on discussion with coordinators or commissioner
 - **If schools are unable to field 10 players for league games, game should still be played in consultation with opposing team's coach**
- in elementary basketball we are now playing 8 minute quarters, five players play the first four minutes of the first quarter and may then be substituted, at the first whistle closest to the four minute mark, by a different five players who play the second half of that quarter.
- One substitution will be allowed in both the first and the second half of each quarter with the provision that all the other rules stay the same regarding playing time. The person subbing out may not be subbed in or out again until a four minute time period has elapsed.
- Coaches may keep the same five in for the entire quarter but must then put a different five in for the second quarter and a different five in for the third quarter. These five may be the ones that played in the first quarter. Keep in mind the goal in elementary

basketball is equal play. **This should be an overarching policy for all coaches during the regular season and will be strictly enforced during the playoffs.**

- This pattern will continue for **three quarters** of the game.
- Substitutions are unlimited in the fourth quarter.
- Substitutions should go to the scorers table and await the referee's call for them to come on the floor
- Substitutions are permitted:
 - At any jump ball, foul or violation. The clock must be stopped.
 - For the foul shooter – after the last free throw is successful.

EQUIPMENT:

- A mini-basketball (size 5 - 27.5" inch) is to be used.
- Baskets are to be set at a height of 2.59m (8'6") at the elementary level.

DEFENSE:

Zone defense is illegal. Good helping man to man defense is encouraged.

- Defensive players must attempt to stay in close proximity of their checks when the ball is brought into the front court.
- **If players are covering an area not a player, that is a zone.**
- A player leaving their check to help cover another player (two defensive players on one offensive player) **must return to their check once the ball is picked up. This is considered good help defense.**
- **If a player is clearly beaten, a switch between defensive players may occur.**
 - The situation this rule tends to eradicate is where a defensive player pays no notice of his check and stays in the key area to "plug up the middle".
- **When the ball is in the key, illegal defense should never be called as it makes sense that defensive players are collapsing.**
- Referees should warn players and coaches from both benches at the same time if an infraction occurs. Thereafter, the offending team will receive a technical foul.
- **For the technical foul the shooting team may choose any player on the floor who will receive two shots with no line-up. Both teams shall retreat to center while shots are being taken. Shooting team then gets possession at center.**
- Technical fouls are considered bench fouls and will **not** count towards the penalty.

- Players may switch checks when screens are set. Players should attempt to **call switches verbally** so the referee can hear them. This action indicates to the referee that the action was intentional and not reactionary.

On Ball Carrier:

- above the 3 point line- Players may sag back to the 3 point line to guard his/her check.
No person to person set of rules suggest that any player must be within 6 feet of their checks at center court.
- Sagging players must be seen to be paying attention to their check.
- 3 point line or closer to the basket – Player checking the ball must be within close proximity of their check.

VIOLATIONS:

- Traveling
 - o pivot foot sliding – changing pivot foot
 - o more than a step and a half for passing/shooting
- Illegal dribble (Double Dribble)
 - o two hands dribbling at the same time
 - o stopping dribble and starting again before another player touches the ball.
- Fumble
 - o if a player fumbles the ball, the player may retrieve the ball even if the fumble occurs at the end of the dribble. The player may not start a new dribble.
- Lines
 - o Boundary lines are out. Center line is part of the back court (over and back). To be considered in the front court, the ball carrier must have three points of contact in the front court (two feet and the ball). Key lines are part of the key (three second rule and foul shots).
- Three second rule – talk the player out of the key – if the players continue to take advantage – be strict.
- **If after three seconds a player in the key starts to shoot or to leave the key area, allow the player to finish the play.** If the player hesitates at any part of the play – call it.

- If you are about to call "Three Seconds," first look for the ball. If it is loose from a fumble, being passed, held or dribbled – call it.
- Don't call three seconds when the teams are rebounding.
- Players have five (5) seconds to throw in a ball from out of bounds.
- Players have five seconds to shoot a foul shot; if time is violated player loses that foul shot.
- A player who is holding the ball and is not dribbling and is closely guarded has five seconds to pass/ shoot/ dribble. An infraction results in a throw in at the sideline.
- A team must advance the ball to the front court within ten (10) seconds of gaining team control on the court.
 - o To be considered in the front court and for the ten second count to end, three (3) points of contact must be established in the frontcourt, the ball is considered a point of contact.
 - o If there is a pass the count stops as soon as it touches anyone in the front court. If the receiver is straddling the line, the count stops and the receiver can only throw the ball forward farther into the front court.
 - o Throwing the ball back to a person in the backcourt would be over and back.

PRESS:

- Defensive teams must retreat past center after a basket or when a throw-in occurs in the backcourt.
- The defense may press or put pressure on the offensive team at all other times as long as it is not "zone" pressure.

OVER AND BACK VIOLATIONS

- If a team has control of the ball in the front court they may not take the ball into the backcourt. To be considered in the front court and for the ten second count to end both the ball handler's' feet and the ball must touch the front court.
- In order for over and back to be called all three of the following must be true:
 1. team must have team control in the front court (offensive zone)
 2. same team cause the ball to go into the backcourt (defensive zone)

3. same team must be the first to touch the ball in the backcourt. Note: **Centerline is considered part of the back court.**
- When an over and back violation has been committed the ball will go into play at the point nearest where the ball is touched.

JUMP BALL

- If two opposing players maintain a grip on the ball at the same time it is a jump ball
- There will be no jump balls but teams will alternate arrow possessions on each of these jump ball situations.
- Every game starts with a jump ball. At the beginning of each subsequent period and overtime, the team who the possession arrow favors receives the ball in their backcourt at the center line opposite the scorers table.
- Every jump ball is an arrow possession throw-in.
- How to establish an arrow possession:
 - o At the jump ball to start the game or overtime the team who does not gain initial possession receives the first arrow possession throw-in.
 - o The AP arrow points in the direction the ball will go at the next AP opportunity.
- When there is an arrow possession situation the ball is inbounded at the point nearest to where the ball is when the play is called.
- There are only two ways the AP arrow can change:
 1. The arrow possession throw-in is completed.
 2. The throw-in team commits a violation.

FOULS

Personal Fouls:

- Holding, charging, pushing, illegal use of hands, blocking.

Technical Fouls (Players):

- unsportsmanlike behavior, **hanging on the rim**, delay of game, taunting an opponent, obstructing vision by waving hands near eyes. **Award two shots without a line up and possession is given in the front court.**

Technical Foul: Coach, Substitute, Team Follower (parent or fan)

- **Any unsportsmanlike behavior by a coach, substitute, or team follower will result in a technical foul charged against the coach.** The penalty is two foul shots followed by possession of the ball at the sideline in the frontcourt.
- If a coach receives two technical fouls in the game the game shall be suspended and the teams sent home (**forfeiture will apply**).

In this situation, the commissioner of elementary basketball should be contacted.

Unsportsmanlike Fouls:

- Overly aggressive intentional contact – always award two foul shots and possession in front court.
- No line up for foul shots.
- If fouled in the act of shooting and basket scores – award 1 shot and ball at center.

Team Fouls:

- Team fouls are the accumulation of all the personal, technical, and unsportsmanlike fouls that are charged against the players and coaches of the team.
- On the 5th foul **in a quarter** and any fouls thereafter the team will shoot two shots.
- Team foul count is reset after each quarter.
- Fourth quarter fouls continue into overtime.
 - Exception: in the case of an offensive foul, award the ball to the opposition on the side near the infraction.

Offensive Fouls:

- Any foul (personal) that is committed by a player while the player's team is in control of the ball. No foul shots are awarded.

TEAM CONTROL:

- Team control starts when a player gains control of a live ball (rebound or interception, etc.) or when the ball is at his/her disposal for a throw-in.
- Team control continues until an opponent secures control, or the ball becomes dead, or on a shot for goal when the ball is no longer in contact with the hand of the shooter.

FREE THROWS (foul shots)

- are awarded as a result of personal fouls that occur when the fouling team has seven or more team fouls. (one and one).
- When a shooter is fouled and
 - a) The shot is unsuccessful – award the player two free throws.
 - b) The shot is successful – award the player one free throw.
- the only time a free throw is disallowed is if the shooter commits a violation.
- If an offensive player enters the key too soon on an unsuccessful free throw, the opposition is awarded the ball on the side. (on the last free throw only)
- If a defensive player enters the key too soon on an unsuccessful free throw, the shot is retaken.
- Free throws must hit the rim. If on the last free throw the ball doesn't hit the rim, the opposition is awarded the ball on the side in the backcourt.
- If two free throws are awarded, the rebound of the first free throw is “dead” and should be uncontested. Unintentional lane violations of unsuccessful first of two shots are pointed out to players but do not result in an extra shot or ball on the side.
- The distance from the foul line to the backboard is 3.97 m (13’).

Shooter:

- a player is in the act of shooting the moment he gathers the ball after the last dribble and begins to move to the basket. As soon as the ball leaves his hand, he is no longer in the act of shooting.

Host School Duties:

- The home team should provide: one timer, two official scorekeepers, two referees (when possible) and one person who manages the scoreboard. Two official scorers are necessary to help identify the players who score, mark the score sheet for fouls, points, running score, and to assist the referees in administering timeouts and substitutions.