

# Lakewood Upward Basketball

## Rules/Regulations

Edited and arranged by Andrew Hartfield 2022

*Rules subject for review and change during and out of season for its sport. Any changes will be communicated and updated.*

**D4 – K; D3 – 1st-2nd Grade; D2 – 3rd-4th Grade**

*Games will be played 4v4 for D4, D3, and D2 teams.*

*Players are expected to play a minimum of one half of the game.*

### Court Size

- These games will be played on the cross-courts (1A, 1B, 2A, 2B).

### Goal Height

- D4 & D3: 8ft
- D2: 9ft

### Ball Size

- D4 & D3: 27.5"
- D2: 28.5"

### Game Length (clock does not stop)

- D4: 6 total, 5 minute periods
- D3 & D2: 6 total, 6 minute periods

### Substitutions

- D4, D3, D2: Substitutions will take place after each period. Players will play a whole period and then can be substituted. Players may only be substituted during a period for injury or for fouling out.

### Timeouts

- D4 & D3: None
- D2: 1, 30-second timeout per half

### Officiating

- D4, D3, D2: There will be 2 officials per game.

### Coaches allowed on the court

- D4 & D3: Yes, only 1
- D2: No, Must remain on the sideline by the bench the entire game.
- If a team has multiple coaches, only one can be either on the court or standing on the sideline. Any additional coaches must remain seated during play

### Start/restart of play

- D4, D3, D2: Away team will get the ball in the first period and it will alternate each period no matter what happens in the period for jump balls.

### Scoring

- D4 & D3: Not kept
- D2: Kept

### 3-second violation (occurs when an offensive player remains in the lane without the ball or without shooting)

- D4 & D3: Not called/enforced
- D2: Called/enforced

### 10-second violation (occurs when the offensive team fails to get past halfcourt in 10 seconds or less)

- D4, D3, D2: Not called/enforced due to the shortness of the court and for some players' inability to dribble quickly enough.

### Backcourt violation (occurs when an offensive player retreats behind the half court line after crossing already into the offensive half)

- D4 & D3: Not called/enforced due to the shortness of the court.
- D2: Called/enforced only if the offensive player retreats purposefully twice behind the half court line.

### Traveling (occurs when the ball carrier stops dribbling and moves their feet still (without keeping a pivot foot still))

- D4: Called but **not** a turnover. The player will resume from the call and be encouraged to dribble or pass/shoot when they stop.
- D3 & D2: Called AND a turnover.

### Double dribble (occurs when the ball carrier stops dribbling and then begins to dribble again or dribbles with both hands on the ball)

- D4: Called but **not** a turnover. The player will resume from the call and be encouraged to dribble or pass/shoot when they stop. Or encouraged to only dribble with one hand.
- D3 & D2: Called AND a turnover.

### Man-to-man vs Zone Defense options

- D4 & D3: Required to play man-to-man. Players will line up before the period and will be assigned to an opposing player based on similar height, size, and ability. Avoids the ball carrier being double/triple teamed and allows more learning ability.
- D2: Allowed to play zone or man-to-man defense during the game. Will not be required to line up before the period.

### Defending in the front court

- D4, D3, D2: Not allowed. Once the opposing team either is inbounding the ball or has obtained the defensive rebound, the offensive team must retreat behind their half court line to defend. This allows the opposing team to bring the ball up the court without pressure and develop how to dribble going forward.

#### Stealing off dribbles

- D4: Not allowed. Allows the players to develop dribbling the ball without fear of losing it.
- D3 & D2: Allowed.

#### Stealing off passes

- D4: Not allowed. Allows the players to develop passing the ball without fear of losing it.
  - If a player throws the ball up in a general area with multiple players on both teams around, it is up to the referee's discretion if this is a pass or a generic lob.
  - If it is deemed a generic lob, play will continue regardless if the defensive team gets it. If it is deemed a pass, the original ball carrier will get the ball back.
- D3 & D2: Allowed.

#### Blocking shots

- D4, D3, D2: Allowed. As long as it is deemed a shot at the basket, it will be allowed and play will not stop.

#### Fast breaks

- D4, D3, D2: Allowed.

#### Fouling out (fouls will be explained below)

- D4, D3, D2: If a player commits two fouls in a period, the player will have to sit out the remainder of the period but can return at their next assigned period according to the substitution chart.

## **Fouls**

A foul is any illegal contact made between a player and the opponent. A personal foul can be committed by the offensive or defensive player. When a foul is committed, the referee will blow the whistle and raise his/her arm with a fist to signal a foul has been committed.

Holding - The defensive player grabs the arm, hand, wrist, or jersey of the offensive player.

Blocking - The defensive player impedes the progress of the offensive player without establishing his/her position (i.e. "setting their feet").

Pushing - The defensive player pushes or shoves the offensive player in order to impede his/her movement or progress.

Player Control Foul - The offensive player runs into the defensive player who has established their position (both feet are set and stationary).

Illegal screens -

- "moving screen" - The offensive player setting screen/pick does not set their feet and moves into the way of the defensive player guarding the ball carrier.
- "arms out" - The offensive player setting the screen/pick leaves his/her arms out making himself/herself bigger getting in the way of the defensive player guarding the ball carrier.

Running through picks/screens - The defensive player runs through the offensive player who has legally established his/her position by setting his/her feet. The defensive player must make an attempt to get around the screen.

If any fouls by the defensive player occur while the offensive player is in motion to shoot, a shooting foul will be called and the same offensive player will be awarded free throw(s) for the value of the shot attempted. If the offensive player scores on the shot while being fouled, the player will be awarded two points AND get ONE free throw.

D4: The fouled offensive player will shoot ONE free throw from the spot of the foul.

D3 & D2: The fouled offensive player will shoot TWO free throws (or one if the shot was made) from the line.

If any fouls by the offensive player occurs when the offensive player is in motion to shoot, the shot will not be counted.

## D1 – 5th-6th Grade; J-League – 7th-8th Grade

*Games will be played 5v5 for D1 and J-League teams.*

*Players are expected to play a minimum of one half of the game.*

### Court Size

- Full court (1 or 2)

### Goal Height

- D1 & J-League: 10ft

### Ball Size

- D1: 28.5”
- J-League: 29.5” (boys only)

### Game Length (clock stops on the whistle)

- D1 & J-League: 4, 6 minute quarters

### Substitutions

- D1 & J-League: Players check in at the scorer's table and wait to be waived on when the clock is stopped.

### Timeouts

- D1 & J-League: 3 30-second timeouts and 1 60-second timeout for the game; A team cannot have more than 3 timeouts in the second half.

### Officiating

- D1 & J-League: There will be at least 2 officials per game.

### Coaches allowed on the court

- D1 & J-League: No, Must remain on the sideline by the bench the entire game.
- If a team has multiple coaches, only one can be either on the court or standing on the sideline. Any additional coaches must remain seated during play

### Start/restart of play

- D1 & J-League: Jump ball will start play at the beginning of the game and a possession arrow will be used for the remainder of the game.

### Scoring

- Scoring is kept.

### Man-to-man vs Zone Defense options

- D1 & J-League: Allowed to play zone or man-to-man defense during the game. Will not be required to line up before the period.

### Defending in the front court

- D1: Allowed only in the last two minutes of the 2nd and 4th quarters of the game. This is to ensure players can develop bringing the ball up without constant pressure. But full court presses can be allowed so players can learn how to press and handle the press.
  - It will not be allowed if a team is up by 15 points or more.
- J-League: No restriction on defending in the front court as with normal basketball.

## **Violations**

3-second violation (occurs when an offensive player remains in the lane without the ball or without shooting)

- D1 & J-League: Called/enforced AND turnover

10-second violation (occurs when the offensive team fails to get past halfcourt in 10 seconds or less)

- D1 & J-League: Called/enforced AND turnover

Backcourt violation (occurs when an offensive player retreats behind the half court line after crossing already into the offensive half)

- D1 & J-League: Called/enforced AND turnover

Traveling (occurs when the ball carrier stops dribbling and moves their feet still (without keeping a pivot foot still))

- D1 & J-League: Called/enforced AND turnover

Carry/Palming Basketball (occurs when the ball carrier moves his/her hand under the ball and scoops it while dribbling)

- D1 & J-League: Called/enforced AND turnover

Double dribble (occurs when the ball carrier stops dribbling and then begins to dribble again or dribbles with both hands on the ball)

- D1 & J-League: Called/enforced AND turnover

Fouling out (fouls will be explained below)

- D1 & J-League: If a player commits FIVE (5) personal fouls in a game, the player will have to sit out the remainder of the game. If a team commits 7 fouls in a half, the opposing team will shoot 1-and-1s (free throws) for the remainder of the half after every defensive foul. If a team commits 10 fouls in a half, the opposing team will shoot TWO free throws for the remainder of the half after every defensive foul.

Lane Violation (occurs on free throw when a player on either team steps into the lane before the ball hits the rim or if the shooting player steps across the line on the shot)

- D1 & J-League: Called on the defending team: shooting player retakes shot. Called on the shooting team: shot does not count.

Line Violation (Offensive player – occurs when either the player inbounding the ball steps over the line before releasing the ball)

- D1 & J-League: Called AND turnover after first warning

Line Violation (Defensive player – occurs when either the defending player crosses the line to interfere with the player inbounding the ball)

- D1 & J-League: Called AND inbound either retaken or taken for the first time; First time offense will be a warning, second and following offenses will result in a technical foul.

## **Fouls**

A foul is any illegal contact made between a player and the opponent. A personal foul can be committed by the offensive or defensive player. When a foul is committed, the referee will blow the whistle and raise his/her arm with a fist to signal a foul has been committed.

Holding - The defensive player grabs the arm, hand, wrist, or jersey of the offensive player.

Blocking - The defensive player impedes the progress of the offensive player without establishing his/her position (i.e. "setting their feet").

Pushing - The defensive player pushes or shoves the offensive player in order to impede his/her movement or progress.

Player Control Foul - The offensive player runs into the defensive player who has established their position (both feet are set and stationary).

Illegal screens -

- "moving screen" - The offensive player setting screen/pick does not set their feet and moves into the way of the defensive player guarding the ball carrier.
- "arms out" - The offensive player setting the screen/pick leaves his/her arms out making himself/herself bigger getting in the way of the defensive player guarding the ball carrier.

Running through picks/screens - The defensive player runs through the offensive player who has legally established his/her position by setting his/her feet. The defensive player must make an attempt to get around the screen.

If any fouls by the defensive player occur while the offensive player is in motion to shoot, a shooting foul will be called and the same offensive player will be awarded free throw(s) for the value of the shot attempted. If the offensive player scores on the shot while being fouled, the player will be awarded two points AND get ONE free throw.

D1: The fouled offensive player will shoot TWO or THREE free throws depending on where on the court the shooting foul occurred (or one if the shot was made) from the line.

If any fouls by the offensive player occurs when the offensive player is in motion to shoot, the shot will not be counted.

<i>Division (age group)</i>	<i>D4 (K)</i>	<i>D3 (1st-2nd)</i>	<i>D2 (3rd-4th)</i>	<i>D1 (5th-6th)</i>
Goal height	8ft	8ft	9ft	10ft
Players on court	4v4 (crosscourt)	4v4 (crosscourt)	4v4 (crosscourt)	5v5 (full-court)
Ball Size	25.5"	27.5"	28.5"	28.5"
Game time	6 periods, 5 minutes	6 periods, 6 minutes	6 periods, 6 minutes	4 quarters, 6 minutes
Clock	Doesn't stop	Doesn't stop*	Doesn't stop*	Stops on the whistle for normal plays
Starting off with ball	Away team, alternates each period	Away team, alternates each period	Away team, alternates each period	Jump ball to start, possession arrow used for remainder of game
Timeouts	None	None	1 30-second timeout per half	3 30-second and 1 full timeouts per game, but can only carry a max of 3 timeouts to the second half.
Score keeping	No	No	Yes**	Yes, used to determine playoffs
3-second violations	Not called	Not called	Called	Called
10-second violation	Not called	Not called	Not called	Called
Backcourt violation	Not called	Not called	Called***	Called
Man-to-man or zone	Man-to-man only	Man-to-man only	Both man-to-man and zone allowed	Both man-to-man and zone allowed
Coaches allowed on the court	Yes, only 1	Yes, only 1	No	No
Defending in the front court	No	No	No	Yes****
Stealing ball off dribble	No	Yes	Yes	Yes
Stealing ball off pass	No	Yes	Yes	Yes
Blocking shots	Yes	Yes	Yes	Yes
Traveling	Called, but no turnover	Called and turnover	Called and turnover	Called and turnover
Double Dribble	Called, but no turnover	Called and turnover	Called and turnover	Called and turnover
Fouls & fouling out	2 personal fouls and sit remainder of period, allowed to return to game	2 personal fouls and sit remainder of period, allowed to return to game	2 personal fouls and sit remainder of period, allowed to return to game	Team fouls: 7 (1-and-1), 10 (2 FT); Personal: 5 fouls for game
Fast breaks	Allowed	Allowed	Allowed	Allowed
Free throws	Yes*****	Yes*	Yes*	Yes
Notes	*Clock will stop under one minute for shooting fouls and ensuing free throws			
	**Score will be displayed in game but will not be used for playoffs			
	***Due to being on a smaller court, backcourt will only be called if the offensive team crosses back purposefully twice in a possession			
	****Defending in the front court will only be allowed in the last two minutes of the 2nd and 4th quarter; exception: if a team is leading by more than 15			
	*****free throw will be one shot from the spot of the shooting foul. If shot misses, play resumes. If shot scores, restart as normal basket			