

Elementary Basketball Rules

I PLAYERS

- Try to have at least 10 players at a game.
- All players should get equivalent court time.

II JUMP BALL

- Jump ball at center takes place at start of each half.
- Throw in for defending team:
 - After tie ball, alternating possession
 - When ball is sent out of bounds by both teams.
- Rules governing jump balls:
 - Each jumper may touch ball only twice (one hand at a time; cannot catch the ball).
 - Jumper cannot touch ball before highest point is reached.
 - Jumper may touch ball after second tap only after ball has touched floor or a non-jumper
 - Jumpers must be inside circle until after the ball is touched (do not have to jump).
 - All other players must remain outside circle until ball is tapped.
 - Cannot hit the ball with closed fist.

III TIME OUT

- Time out (2 per half) is not usually called when a quarter is split; however, it is called by coach only, when the team has possession.

IV POINTS

- Field basket: 2 points.
- Foul point: 1 point.

V SUBSTITUTION

- Teams **MUST** substitute a line at a time, i.e. mid- or end quarter.

- Individual substitution may be made because of injury, or if a single player asks to come off, only when ball is dead (referee is handling the ball, e.g. jump ball, time out, foul) and you have possession.
- Substitute may not enter the floor until beckoned by the referee.
- If the ball is in flight for the basket when the whistle blows for time, ball is in play until the ball is made or missed.

VII DRIBBLE

- There is no limit to the number of steps a player can take when the ball is not in contact with his hand.
- Player is allowed one and a half steps when the ball is in contact with his hand.

VIII PIVOT

- When a player comes to a stop on the count of one, he may pivot and use either foot as a pivot.
- On a one-two count stop, the rear foot may be used as a pivot.

IX VIOLATIONS

- Player has 5 seconds to put the ball in play from the sideline. Other team is awarded the ball for this violation.
- Player shall not run with the ball nor shall he kick it or strike it with his fist.
- Player shall not “double dribble”, i.e. stop and start again, use both hands at one time.
- 3-Second Rule:
 - This applies to an offensive player who parks in the opposing team’s key for 3 seconds or more while his/her team maintains possession of the ball and a shot has not been taken.
 - Please administer this rule judiciously, i.e. give a player a warning before penalizing the team. Also be liberal with the 3 seconds. We want to encourage constant flow in the game rather than having the game constantly stopped by whistles.
- Player cannot hold the ball longer than 5 seconds without doing something to continue play when checked within 1 meter.

- When establishing a check, allow some mobility or the checker could be charged with obstruction or reaching in.
- Intentional physical contact is a foul.
- Ball must be out of the backcourt within 10 seconds after the ball has been put into play.
- Ball must not be passed back over centerline after it has been brought up to the frontcourt.
- ***Out of bounds:***
 - Player shall not cause the ball to go onto or over the boundary lines.
 - While in possession of the ball, he shall not step on or over the boundary lines.

PENALTY:

- Throw-in by opponents from out-of-bounds spot nearest the violation.
- Player taking throw-in shall not step onto or boundary line?
- ***Personal:***
 - A player shall not hold, punch, charge, trip or impede the progress of an opponent by extended arm, shoulder, hip, knee, or by bending the body in other than the normal position, nor use any rough tactics.

PENALTY:

- Throw-in by opponents from out-of-bounds spot nearest the violation.

- ***Personal foul in the Act of Shooting***
 - A player shall not hold, punch, charge, trip or impede the progress of an opponent by extended arm, shoulder, hip, knee, or by bending the body in other than the normal position, nor use any rough tactics while a player is shooting at the basket.

PENALTY: point awarded the other team.

- a. If a basket is scored after the foul has been committed, 2 points are awarded, as well as one more point. The defending team takes possession from the end as if a basket was scored.
 - b. If no basket is scored, one point is awarded, and the fouled team takes possession of the ball at the sideline, even with the foul throw line.
- Each player is allowed ***four*** personal fouls; the ***fifth*** foul shall disqualify him/her from play.
 - ***Technical Foul***
 - Substitution
 - Not reporting to officials;
 - Too many players on the floor.
 - Unsportsmanlike conduct
 - Delaying game, abusive language, discourtesy to the officials.
 - Students will be removed from game if persistent in this area.

PENALTY: point awarded the other team and possession at the half line.

X OTHER RULES OF NOTE FOR SCHOOL DISTRICT NO.57

- Man-to-Man defense: **No Zone defense or double-teaming.**
- Basketball should be #5 ball.
- Basketball hoops should be 9 feet wherever possible.

- When the defense takes possession of the ball in their own half court, the other team must fall back over center without purposely interfering with the other team until they enter the offensive half.
 - If the ball is inadvertently lost by the offensive before they cross the centerline, the opposing team may pick it up and attack the basket.
 - Teams that interfere with the offense before they cross center will be warned to stop and then be called for a technical foul if repeated.
- Time of game:
 - Four 8 to 10 -minute quarters (quarters will be split into two 4 to 5-minutes halves to allow substitutions).
 - Straight time.
 - 1 minute between quarters.
 - 3 minutes between halves.
- Coaches from both teams may agree to adjust the players and/or the rules of play to make games fair in unbalanced situations.
- Email questions or comments to Steve at sfleck@sd57.bc.ca.
- HAVE LOTS OF FUN!!!!