



ICB Recreational Basketball League

(3rd/4th, 5th/6th & 7th/8th – Grade)

Rules & Regulations

(New Rule Changes in Red)

Section 1: Length of Game

- **3rd & 4th Grade**
 - *Playing time shall consist of four 7 minute quarters of stop time. (The clock stops for each whistle.)*
 - Teams will have a one minute break between quarters.
 - Teams will have a five minute break between halves.
- **5th & 6th Grade**
 - *Playing time shall consist of four 8 minute quarters of **StopTime**. (The clock stops for whistle.)*
 - Teams will have a one minute break between quarters.
 - Teams will have a five minute break between halves.
- **7th & 8th Grade**
 - Playing time shall consist of four 8 minute quarters of stop time. (The clock stops for each whistle.)
 - Maximum game length is 1 hour and 15 minutes.
 - Teams will have a one minute break between quarters.
 - Teams will have a five minute break between halves.

Section 2: Overtime

- **All Grades**
 - *One 2 minute period of stop time will be played if the game is tied at the end of regulation.*
 - *Overtime will start via a jump ball at midcourt.*
 - *Each team will start the overtime w/one full & one 30 sec time out regardless of how many timeouts may be left over from regulations play. No additional time outs will be rewarded if additional over time periods are required.*
 - *If the teams are tied at the end of the overtime a second and final 2 minute stop time period will be played. No additional time outs issued. If the teams are still tied after 2 OT's than the game will be scored as a tie. (except in the playoffs where additional 2 minute OT's will be played until there's a winner)*

Section 3: Time Outs

- **3rd & 4th Grade**
 - (3) - Full Time Outs (60 Seconds) – For entire Game
 - (2) - 30 Second Time Outs – For entire Game



Independent Community Basketball League
Updated 9/10/2008

- **Only the head coach, assistant coach or one of the five players on the floor may call a time out.**
 - Time outs can only be called when your team has possession or during a held/dead ball.
-
- **5th & 6th Grade**
 - (3) - Full Time Outs (60 Seconds) – For entire Game
 - (2) - 30 Second Time Outs – For entire Game
 - **Only the head coach, assistant coach or one of the five players on the floor may call a time out.**
 - **Time outs can** only be called when your team has possession or during a held/dead ball.
 - **7th & 8th Grade**
 - (3) - Full Time Outs (60 Seconds) – For entire game.
 - (2) - 30 Second Time Outs – For entire game.
 - Time outs not used in the first half **will not carry over** to second half. Unused timeouts in the second half of a game ending in a tie **will carry over** to the overtime period.
 - **Only the head coach, assistant coach or one of the five players on the floor may call a time out.**
 - Time outs can only be called when your team has possession or during a held/dead ball.

Section 4: Playing Time

- **3rd & 4th Grade**
 - This recreational league and especially this age group, is designed to develop basic fundamental skill sets and good sportsmanship not to win basketball games.
 - All players must play an fair amount of time provided they attend practices and they exhibit good behavior during those games and practices.
 - The coach has the discretion to reduce playing time for players who fail to attend practice and/or exhibit poor sportsmanship.
- **5th & 6th / 7th & 8th**
 - All players must play an fair amount of time provided they attend practices and they exhibit good behavior during those games and practices.
 - The coach has the discretion to reduce playing time for players who fail to attend practice and/or exhibit poor sportsmanship.

Section 5: Foul Shots

- **3rd & 4th Grade**
 - The free throw line is 2 feet closer to the basket than the regulation line.
 - A player must start behind the regulation line, but their momentum can carry them up to 2 feet in front of the line.
 - Players cannot enter the lane until the ball hits the rim.
 - 2 Free Throws are awarded for fouls in the act of shooting or intentional fouls.
 - 1 Free Throw awarded for fouls in the act of shooting a made basket.
 - All other fouls are possession fouls.
- **5th & 6th / 7th & 8th**
 - All players must shoot foul shots from the regulation free throw line.
 - Players will have 10 seconds to attempt their free throw.



Independent Community Basketball League
Updated 9/10/2008

- Players cannot enter the lane until the ball hits the rim.
- 2 Free Throws are awarded for fouls in the act of shooting or intentional fouls.
- 1 Free Throw awarded for fouls in the act of shooting a made basket.
- 1 Free Throw awarded for a technical foul called by the official.
- All other fouls are possession fouls.

Section 6: Personal Fouls

- **3rd & 4th Grade**
 - Each player is allowed 5 personal fouls before fouling out of the game.
 - Each player/coach is allowed 2 technical fouls before being ejected from the game.
- **5th & 6th / 7th & 8th**
 - Each player is allowed 5 personal fouls before fouling out of the game.
 - Each player/coach is allowed 2 technical fouls before being ejected from the game.
 - If a player/coach is ejected from a game, they will not be allowed to participate in the team's next scheduled game.
 - If a coach has been ejected from a game, the ICB board reserves the right to call for an Incident Review w/the coach.

Section 7: Lane Violations

- **3rd & 4th Grade**
 - Offensive players are allowed to remain 5 seconds in the lane.
 - Each shot attempt making contact with the backboard or rim will result in a new 5 second allowance.
- **5th & 6th / 7th & 8th**
 - Offensive players are allowed to remain 3 seconds in the lane.
 - Each shot attempt making contact with the backboard or rim will result in a new 5 second allowance.

Section 8: 10 Second & Back Court Violations

- **3rd & 4th Grade**
 - **The offensive team has 10 seconds to advance the ball into the front court upon possession.**
 - Back Court - A team loses possession if the ball goes back over the half court line after advancing into the front court unless it has been touched by a player from the opposing team.
- **5th & 6th / 7th & 8th**
 - The offensive team has 10 seconds to advance the ball into the front court upon possession.



Independent Community Basketball League
Updated 9/10/2008

- Back Court - A team loses possession if the ball goes back over the half court line after advancing into the front court unless it has been touched by a player from the opposing team.

Section 9: Jump Ball / Possession

- **3rd & 4th Grade**
 - **A jump ball will start the beginning of the 1st game. From that point on the possession rule shall apply.**
 - The referee and scorekeeper will be responsible for possession.

- **5th & 6th / 7th & 8th**
 - A jump ball will start only the beginning of the 1st half. In all other cases, the possession rule shall apply.
 - The referee and scorekeeper will be responsible for possession.

Section 10: Defense

- **All Grades**
 - The league prefers teaching and playing man-to-man defense, but zone defense is allowed.
- **3rd & 4th Grade**
 - Teams may begin to play defense at half court **except for the last 2 minutes of each half or OT where teams may play full court defense. Teams may not play full court defense if they're ahead by more than 10 pts.**
 - At the discretion of the referee, if an offensive player is trapped with the ball for more than five seconds, possession goes to the defense.
- **5th & 6th Grade**
 - Full court defense is allowed until a team has accumulated a **20 point** lead or more. At this time, the leading team may only begin to play defense at half court.
 - If the lead drops below **20 points**, that team may then resume full court defense.
 - At the discretion of the referee, if an offensive player is trapped with the ball for more than five seconds, possession goes to the defense.
- **7th & 8th Grade**
 - Zone or man-to-man defense is allowed.
 - If a team is ahead by **20 or more points** they're not allowed to apply a Full Court Press.
 - The 5 Second Rule applies if an offensive person is trapped with the ball by the defense for more than five seconds.

Section 11: Playing Equipment

- **3rd & 4th Grade**



Independent Community Basketball League
Updated 9/10/2008

- This league uses a regulation women's basketball. 28.5
- Only sneakers are allowed on gym floor.
- **5th & 6th / 7th & 8th**
 - Girls – Regulation 28.5 Women's
 - Boys – Regulation 29.5 Men's

Section 12: Safety

- **All Grades**
 - Players may not wear rings, bracelets, earrings, watches or any jewelry of any kind during the game.
 - Players may not chew gum during the game.

 - All glasses must be worn on a safety strap during the game.

Section 13: Time/Score Keeper

- **All Grades**
 - Each team must provide a volunteer to keep the score and run the clock during their game.

Section 14: Facilities Rules & Regulations

- **All Grades**

Respect the gym facility

- *The 2 teams playing in the day's last games at each facility are responsible to clean/police both gym and stands before leaving. This is the individual coach's responsibility to either take upon their own or coordinate with volunteers. The facilities must be in the same condition upon exit as there were upon entry.*
- Please have athletes bring their sneakers to the game to change into. Wet sneakers create a hazard for all players.
- Most of the gyms we use have a No Food and Drink policy in the gymnasiums except for player's waters. If you have brought these items into the gym, please use care in handling them, and remove them once the game is over.
- Please see that the athletes are dropped off and picked up at the gym no more than 15 prior to or after the scheduled game.
- All children not in the program must be supervised within the gym and stands.
- Spectators are restricted to the gym area and are not permitted into other areas within the schools.

Section 15: Game Publicity

- **All Grades**
 - If coaches would like to publish game summaries in local papers, both coaches should talk after the games to decide what is published. Game summaries should contain equal



*Independent Community Basketball League
Updated 9/10/2008*

representation from both teams. Games with margins great than 15 points should not mention actual score in paper. No win/loss record should appear in the papers.

Section 16: League Philosophy

- **3rd & 4th Grade (Instructional)**
 - To introduce the basic fundamentals of basketball to your children.
 - To teach your children how to interact on a team.
 - To teach children how the elements of good sportsmanship.
 - To have fun. – Always remember that the game and program is for the children and not the adults involved. The emotional and physical well being of the players must be placed above any personal desire to achieve or win.
- **5th & 6th Grade**
 - To continue to develop those fundamentals established at the instructional level.
 - Introduce more advanced team and individual concepts.
 - Build upon team ethics and sportsmanship.
- Prepare children wanting to advance to school teams.
- Have fun while trying to win, but with the emphasis on fun. - Always remember that the game and program is for the children and not the adults involved. The emotional and physical well being of the players must be placed above any personal desire to achieve or win.
- **7th & 8th Grade**
 - To continue to hone fundamentals.
 - Introduce more complex offensive and defensive team schemes.
 - Prepare children wanting to advance to school teams.
 - Continue to provide a fun first atmosphere while also developing the competitive nature of your children and the team to prepare them for the next level. - Always remember that the game and program is for the children and not the adults involved. The emotional and physical well being of the players must be placed above any personal desire to achieve or win.

Section 17: Yearly Draft Guidelines

- ***Drafting order is determined from the prior year's ending rank. Last to first in draft order.***
 - The total number of eligible athletes divided by the number of teams will give us our players limit per team. We will draft in the above order until each team reaches the player limit. Once a team reaches the player limit, they no longer draft.
- ***Head Coaches children are automatically on that team.***
- ***Assistant coaches are appointed or named after the draft only.***
- All Players advancing to the next level must attend their scheduled try outs.
 - ***All players absent from the tryouts will be assigned to a team by the vote of the ICB board.***
- All Players returning from the previous year, at the same level are automatically on their last year's team and should not attend tryouts.



*Independent Community Basketball League
Updated 9/10/2008*

- ***Prior to the draft a 2 week written notice to be approved by board for any returning player requesting to re-enter the draft is required. This is not encouraged and will not guarantee that the player is not drafted by their original (last year's) team.***