



## 2008 BAC Boys In-House Basketball – Rules and Conduct

\*\*\*Where otherwise not amended by BAC rules listed within, all games will be conducted according to the National Federation of High School League Rules/Minnesota High School League Rules. **Bold text indicates updates to the rules from 2007 to 2008.**

### I. Overview and Mission of Program

1. Provide a fun and positive environment to play basketball - get kids excited about basketball!
2. Provide all youth a forum to develop basketball skills and fundamentals.
3. Promote a sense of fair play and teamwork.

### II. Eligibility

Minnesota State High School League rules do not allow high school athletes that play on high school basketball teams to compete on other teams/leagues in their sport during the High School season. This includes the period of time when the High School basketball season has concluded and the BAC BIHBB High School program is still engaged in the season or playoffs. High School varsity, Jr. varsity and B-team players are not eligible for BIHBB. Junior High players competing on their junior high school teams are eligible to play BIHBB.

### III. Equal Participation Rule

A. Each player on a team will have an equal amount of playing time (or as close as possible). No player will play more than one segment greater than other players. Exceptions to this rule include:

1. Illness or injury to a player: Notify referee and coach. (The player may return to finish his segment.)
2. Game ejection.
3. Disciplinary action by a coach: The parent/guardian of the disciplined player, opposing coach, and officials must be notified before the game.
4. After four individual fouls in the first half, the player must sit. After five individual fouls in the game, the player is fouled out.
5. If an equal participation action or infraction occurs during the game, the opposing coach and officials are to be notified. Equal participation actions and infractions must be clearly noted on the score sheet.

B. In the event a substitution is made due to the above situations (in 1, 2, 3 or 4), the player entering the game must be a player with the least amount of playing time and that segment will not be used to determine equal participation. The player that substitutes in this event shall be denoted on the score sheet with an “S” in the segment spot. This same player may not have another “S” segment until all other eligible players have an “S” segment.

C. In an event that a player on the floor receives a technical foul, that player must sit out the remainder of the segment and be replaced by an eligible “S” player.

D. Overtime games: Equal participation will continue through overtime. No player will play more than one segment greater than other players. OT consists of a two-minute period with substitutions occurring after one minute. If more than 10 players are on one team, two players can share one segment.



E. Equal participation is a requirement for all grade levels, including regular and overtime play. Any discrepancies must be noted before the conclusion of the game. Protests will not be handled after a game is completed. Key checkpoints are before the start of the 2nd half and before the start of the last quarter. Use these times to address and correct discrepancies. A technical foul and loss of possession will be assessed to the offending team. The equal participation issue must be corrected. If not correctable, the referee must be notified to render a decision regarding unequal play. Unequal play can result in a forfeit.

#### Examples of Equal Participation

Ten players:	each player plays four segments (half-quarters)
Nine players:	four players play five segments, five players play 4 segments
Eight players:	each player plays five segments
Seven players:	five players play six segments, two players play 5 segments
Six players:	four players play seven segments, two players play 6 segments

F. Coaches may not bring in "substitute" players who are not registered with BAC or who play on other BAC teams. Team rosters are fixed during team formation. Substitutions from outside of the team roster are not allowed and will result in a game forfeiture.

#### IV. Game Duration and Time-Outs

- A. Games consist of four quarters lasting 8 minutes, each.
- B. Each quarter is divided into 4-minute segments to allow for substitutions under the equal participation rule.
- C. Time will be running for the first two minutes of every segment (stopped for foul shots). The last two minutes of the segment will be stop time.
- D. The half-quarter mark is not a time-out for coaches to talk with players. Substitution should take 1 minute.
- E. The possession arrow is used after each full quarter (two segments).
- F. Each team is allowed two timeouts per half and one timeout per overtime period. Time outs last for one minute.
- G. Half-time are limited to five minutes.
- H. Overtime periods will consist of two minutes (stop-time). This is divided into two one-minute segments to accommodate equal participation. The one-minute break accommodates equal participation and is treated the same as the regulation segment breaks. The ball is awarded to the team with possession at the end of the first minute. If the game is still tied after the overtime period during the regular season, the tie will stand. During the playoffs, overtime periods will continue to be played until one team wins.

#### V. Defensive Rules and Grade Specific Rules

- A. Zone defense is allowed **for 7<sup>th</sup> Grade through High School**. Zone defense is where a defender is guarding a position on the court regardless of where offensive players are positioned. Help side defense is allowed for **6<sup>th</sup> Grade** and lower; however, if the offensive player moves and the defending player stays at his position without reacting to this action, a zone defense may be called.
- B. Man to Man Defense: If a player gets beat on defense, a teammate may leave his man to help out but must return or switch in a reasonable amount of time once the other player catches up. 4th-6th grade double



teams are allowed in the paint. **7th- grade through High School** double teams **and zone defense** are allowed **from the top of the arc** extended, on your defensive end only. The player that is being double-teamed must have ball possession. No half-court time-line trapping is allowed.

C. Offensive isolation plays are not allowed. For example, but not limited to this example: 4 offensive players stay on one side of court, drawing their defenders with them, allowing the 5th player to go “one-on-one” or 4 players spread way out allowing one player to go “one-on-one”.

D. Except for Grades 3 and 4, on a violation of these rules (i.e. double teaming, zone defense) an official warning will be given (a verbal warning may precede an official warning). On the second violation, a technical foul applies, which is an automatic 2 points and possession. Grades 3 and 4 will receive two warnings.

E. In age groups that allow the full court press, a team may not press when its lead is **20 points** or greater. Once the lead is less than **20 points**, a team is allowed to resume a full court press.

### **1. 3rd Grade (use compact basketball)**

- A. Man to man defense - No double-teams allowed except in defensive lane (lane; three second area; paint).
- B. No official score is kept.
- C. Officiating:
  - 1. Due to court size, do not call "over and back" or 3 second violations.
  - 2. Fouls are to be called but there will be no foul shots. After each foul the ball will be taken from out of bounds.
  - 3. Discuss with opposing coach how close to call a game. Obviously, some leeway is required at the beginning of the year but games should be called tighter as the year progresses.
    - Attempt to teach as you make a call (explain the correct way to play the game).
    - Focus on keeping players from traveling, double dribbling, and "reaching in".
    - No stealing while a player has possession. Possession is defined as dribbling or having secured a pass or rebound.
  - 4. The defense must drop back after a rebound is secured. There is no consideration for being in or out of the paint at the 3<sup>rd</sup> Grade level.

### **2. 4th, and 5th Grade (use compact basketball)**

- A. Man-to-Man Defense - Double-teams allowed in the lanes (paint, three-second areas).
- B. In rebounding situations, the player in possession of the ball can be tied up while in the lane.
  - Offensive rebounds in the lane: As soon as the ball is passed to another offensive player that is not in the lane, the defense must immediately find their man and play man-to-man defense.
  - Defensive rebounds in the lane: As soon as the ball is passed to another player of the same team, the players of the other team must drop to at least the half-court line.
- C. No full court press allowed. The offensive team must advance the ball across the midcourt line before the defending team can attack the ball.



Stealing is allowed unless alternate terms are agreed to by the each league's respective coaches.

### **3. 6th Grade (use compact basketball)**

Same as 4th and 5th with exception that man-to-man full court press is allowed **all year**. No zone or trap presses are allowed.

### **5. 7<sup>th</sup>, 8<sup>th</sup> and 9th Grade (use official size basketball)**

- A. Full court man-to-man defense is allowed for the entire season.
- B. Double-teaming the ball is allowed below the top of arc of the 3-point line.
- C. Half court zone defense, below the top of the arc of the free throw circle, extended, is allowed for the entire season. No half-court time-line trapping is allowed.

### **6. High School Level (use official size basketball)**

- A. Any defense is allowed unless rule 6B (below) is in effect.
- B. At a point in the game where one team has taken a **20 point** lead, that team must not full court press until the point difference is less than **20**. This applies to all grade levels.

## **VI. Free Throws**

- A. 3rd grade: No free throws
- B. 4th and 5th grades: No violation if the shooters momentum carries him across the free throw line as long as the momentum stops prior to the ball reaching the rim.
- C. 6th through 12th grades: Crossing the line is a violation.
- D. Bonus is awarded on the 7th foul (one and one) of the half. Double bonus is awarded on the 10th foul. Bonus does not apply to the third graders.
- E. Intentional fouls result in the shooting of two free throws plus possession of the ball to the team fouled.

## **VII. Technical Fouls (Disqualification)**

- A. Technical fouls will result in the awarding of two points for the opposing team (no foul shots) plus ball possession. A violation of the illegal defense rule is considered a technical foul.
- B. Players and coaches are disqualified from a game when cited with a 2nd technical foul and are automatically disqualified from the next game. Disqualified individuals are expected to stay away from the game sites and are not permitted to attend the next game as a spectator. This includes play-offs. In the event that the next game is the 2nd or 3rd game of a double- or triple-header, the disqualified individual must miss that game and leave the game site.
- C. If a team has 5 players remaining on a team and one of them foul out, the team has the option of playing with 4 players or playing with five. If they play with 5, a technical foul will be assessed for each foul committed by that player. Whatever decision is made, it cannot be changed during the course of the game.

## **VIII. Three Point Goals**

Allowed only on courts marked with a 3-point circle. Three point goals are not awarded on a court where



there is no line regardless of where the shot is made from.

## **IX. League Standings/Post Season Play**

A. League standings are based upon win-loss records and in the case of ties, head to head competition determines a tiebreaker. (NOTE: The spreadsheet program used by coordinators to update the standings is contrarily programmed to look at points allowed. If the program is used, the output must be reviewed to insure compliance with rule IX(A).) Scoring differentials have no bearing on standings. Therefore, running up of scores accomplishes nothing in terms of standings. In the case of ties after head to head competition, defensive points allowed against common opponents will be the tiebreaker.

B. All teams in 4th - 12th grades participate in a play-off tournament at the end of the regular season.

C. 3rd grade teams will be randomly paired to play an official game with referees on Championship Day.

D. Awards: Awards may change slightly from year-to-year. The Program's intent is that 3rd grade players will receive a BAC participation medal and that Grades 4-12 will receive trophies and/or medals for the regular season championship and for the play-off championship.

## **X. Sportsmanship**

**ALL MUST RESPECT THE REFEREES AND THEIR CALLS.** It is important that players are taught not to argue with coaches, referees and teammates. Play fair, don't cheat, don't fight, don't hurt others and be positive. Players must be willing to share the ball, pay attention to the game plan and try to execute accordingly.

Players, coaches and parents must not argue calls. If appropriate the coach might ask for a clarification on the call. When relating to the officials, it is important to remember that they will from time to time make errors or unpopular calls. This is part of the game. It is impossible to make a call that benefits both sides and it is impossible to get them all right. Errors can be minimized but not eliminated.

We all must remind ourselves of these most important points during the season as the desire to win may sometimes compromise the goals of sportsmanship, fairness, and providing a positive atmosphere. A successful season should be based on accomplishing the above goals regardless of won-loss records.

It is the responsibilities of the coaches and their assistants to control the actions of themselves, their players, and fans. The BAC In-House program is a recreational league and it will exhibit a wide range of talents. It is not appropriate for anyone to make negative comments about players, officials or coaches. This point must be emphasized to parents at the first team meeting.

## **XI. Facility Rules**

- A. NO FOOD OR DRINK ALLOWED IN GYMS (INCLUDES GUM).
- B. INDIVIDUAL TEAMS MUST ASSIGN PARENTS TO SUPERVISE SCHOOLS DURING GAMES.
- C. RESPECT OTHER TEAMS AND ORGANIZATIONS GYM TIMES.
- D. RESPECT SCHOOL PROPERTY.

**(See the "First Steps to Coaching" sheet for more on this subject).**



## **XI. Game Time**

- A. Meeting With Referees - coaches (or their designee) and referees must meet at center court one minute before game time to discuss issues and rules. This is a good time to discuss concerns, such as where the out of bounds line is and identify players that will not be able to meet the equal participation guidelines.
- B. No more than two coaches per team may sit on the team bench or stand on the team sideline. Other coaches may serve at the scorer's table or observe the game as a parent on the opposite sideline.**

## **XII. Players Uniform**

The current BAC Uniform is proof of your BAC registration and is required for game time. If one is lost, it can be replaced for a fee of \$20. It is recommended that players wear black T-shirts (if T-shirts are worn) and black shorts. All jewelry must be removed prior to practice and games to prevent injury. There is no penalty for not meeting the uniform requirements. The home team will wear YELLOW jersey while the away team will wear BLACK.



## The First Steps to Coaching 2008

The first step in coaching is to communicate your expectations to the parents and players. Early organization of timelines and requirements will allow you to spend more time coaching.

### I. Information to Convey to Parents:

There has been a lot of planning up to this point. Please take advantage of that by having a parent meeting at your first practice. Start practice one-half hour early to handle this. Meet in the hall. Ask the players to stay in the area. Recommended discussions:

1. Discuss the rules for the applicable grade level. Explaining the rules to the parents will help alleviate any concerns during the season. There are rule changes at each grade level.
2. Provide the practice and game schedules, if available. Get volunteers for clock and score management during games. You need someone to commitment for each scheduled game. This could be a one or more volunteers.
3. Pass out the list of players and their phone numbers. You should have received that at the coaches meeting.
4. Please announce Picture Day (February 2<sup>nd</sup> and 3<sup>rd</sup>) at the High School. Pictures will be taken before your game that day. Payment will be handled on site. Make up pictures will announced as needed.
5. Get email addresses. This is a great way to communicate global information.
6. Hand out uniforms. Make sure that players get uniforms that fit and not just numbers that they would like. It is easier to assign a jersey to each boy than to try to get them to give one up later. The higher the number the larger the jersey. Encourage appropriate clothing to wear underneath the jersey (black, yellow or white t-shirts) and appropriate shorts (black) and shoes.
7. **Gym use approvals require compliance with the following rules.**
  - A. Do not bounce basketballs in the hallways or lobbies. Errant balls break windows, ceiling tiles and fixtures, including fire sensors and fire suppression spray heads. Basketballs can set off alarms.
  - B. Malicious false fire alarms will result in disciplinary action and possibly suspension from BAC.
  - C. If non-players from the team are in the school, a hall monitor is required.
  - D. The hall monitor must be aware of how many non-players are in the school. This is for games and practices.
  - E. Running through the halls is not allowed.
  - F. Playing on the stages is prohibited. Stage curtains must be open at all times.
  - G. Steps must be taken to ensure that no damage is done to the school. All damages must be reported to the coach. **Coaches must report damages to the custodian and to their grade coordinator.**
8. Recommend that players carry a set of dry shoes for practice and games. Have them change their shoes/boots in the hall and leave them there. Bring a towel with you to soak up water along the bench



and scorers table.

9. Let parents know when they should get to practices and games. Recommendation:
  - A. Players must be dressed to play 15 minutes before games and practices.
  - B. Parents and players should arrive 30 minutes before 8:00 AM games. This is necessary so parents can help set up chairs. Coaches, with parents' help, must ensure that the chairs, scoreboard and tables are setup and ready to go at game time and stored after the last game.
10. Outline parent responsibilities:
  - A. Encourage their child.
  - B. Get players to game and practice on time.
  - C. **IMPORTANT CHILD SAFETY NOTE:** Do not drop off a child at a practice or game without being sure that the coach is present. Practice or games could have been called off, moved to another gym or a schedule might be in error. You could end up leaving your child alone.
  - D. Let coaches coach. Ask parents not to coach their child during the game. This often leads to confusion.
  - E. Ask for help at practice, if you need it.
  - F. Do not interfere with the official's calls, even if they are wrong. WE NEED TO IMPROVE IN THIS AREA.
  - G. It is not appropriate for anyone to make negative comments about players, officials or coaches, on any team.
  - H. Tell parents about the web site and the address ([www.bacbasketball.com](http://www.bacbasketball.com)).
11. Get a volunteer to handle the drink schedule/bring ice for injuries.

## II. **Players:**

Meet with players on the first day (This could be right after the parents meeting). Let them know what to expect during the season. Discussion:

1. Ask each player to bring a set of dry shoes to games and practices.
2. Tell them about the uniform requirements.
3. Let them know how early they should get to games and practices.
4. Talk about drills, plays, etc.
5. Emphasize the need to practice skills at home – a weekly practice isn't enough.
6. Tell them about the web site and the address ([www.bacbasketball.com](http://www.bacbasketball.com)).

## III. **Team Meeting:**

**AFTER EACH GAME, TAKE YOUR PLAYERS OUTSIDE OF THE GYM.** This will allow the next teams to start their warm-ups. Always have a team meeting at the end of practices and games. Discuss what was done that day and what will be done next time. Be positive. Mention areas in which improvements have been noticed and areas in which improvements can be made. Be encouraging. **PARENTS MUST HOLD SNACKS UNTIL THE END OF THE MEETING.**





**IV Issues:**

Use your best effort to resolve issues at your level with the referee and/or the other coach before elevating them to the grade coordinator. When resolving issues, be calm and reasonable. After resolving the issue, get verification that the issue is closed.

**Hoop it up!**