ARTICLE XV--BASKETBALL

The rules of the National Federation of State High School Associations will be used to govern play. The following have been approved by the PLKC:

a. Head coaches are allowed to stand at the bench area provided they are not disruptive or distracting, in the judgment of the official(s).

b. Assistant coaches must always remain seated on the bench during the game and shall not address the game officials at any time.

c. The head coach is the only coach who may address the game officials during the game. This includes during timeouts and between quarters.

d. PRE-GAME CONFERENCE: A head coach and team captain from each team must attend the pre-game conference. In the event the "head coach" fails to participate in the pre-game conference, the coach attending the pre-game conference shall be considered the head coach for the remainder of that game and shall be the only coach able to stand, request time outs or consult with the game officials.

e. UNIFORMS:

Shirts: All uniform shirts must match and have numbers on the front and back that are easily seen and that match the team roster. (Legal numbers per High School Association rules are recommended but not mandatory). All uniforms shirts must always be tucked in. Only the school's name may appear on the uniform. No player names or nicknames will be permitted. Any shirt or sleeve worn under the uniform must be white, black, or the same color as the body of the uniform. If multiple players are wearing an undershirt or sleeve, they must all be the same color.

Shirt Penalty: If a player's t-shirt or sleeve does not comply with the rule, it must be removed, or the player cannot participate.

Shorts: Biker shorts or spandex shorts may not be worn as uniform shorts. Shorts or sleeves worn under the uniform must be white, black, or the same color as the body of the uniform shorts. If multiple players are wearing leg sleeves, they must all be the same color.

Shorts Penalty: If a player's Biker or spandex shorts, or leg sleeve do not comply with the rule, it must be removed, or the player cannot participate.

Shoes: Flat Athletic shoes are required.

f. JEWELRY: Jewelry shall not be worn. This includes earrings and ear posts. It is illegal to tape over earrings, including those newly pierced. The earrings must be removed, or the player may not participate. **Coaches are responsible for ensuring their players' compliance.** Referees will try to catch violations prior to the beginning of the match, but this is a courtesy check. Violations shall be penalized whenever they are found during the game as they are considered dangerous to the player and a liability issue for the coach and official.

Religious and medical alert medals are not considered jewelry. A religious medal must be taped

and worn under the uniform. A medical alert medal must be taped but may be visible.

g. BODY PAINT: Under no circumstances will any participant be allowed to participate in any contest with body paint and/or paint in the hair.

h. HAIR ORNAMENTS: No hard objects may be worn in the hair except for unadorned bobby pins and flat clips/barrettes two (2) inches or less in length. Ribbons and/or soft headbands no wider than 2" are legal. Sequined headbands are legal so long as the sequins are soft and pliable.

i. CHEWING GUM: No player will be allowed to participate in any PLKC contest while chewing gum.

j. GOAL HEIGHT: 3rd-8th grade -10'

k. FREE THROW LINE:
6th-8th grade -15' - Regulation free throw line.
3rd-5th grade -13' - 2' in from the regulation free throw line.

l. THREE POINT LINE: 3rd-8th grade -17' 9" - 2' in from the regulation three-point line if marked. If the only line marked in the gym being used is the 19' 9" line, the player's feet must be in contact with that line for a three-point goal to be awarded.

m. SCOREKEEPER: One person (must be an adult) from each team shall be seated at the scorer's table and jointly keep score. The home team is the official scorekeeper unless determined otherwise by the officials.

n. GAME BALL: Host gyms will provide a game ball and warm-up balls for each team. All 3rd, 4th, 5th and 6th grade competition and 7th and 8th grade girls shall use the 28.5 basketball. All 7th and 8th grade boys' competition shall use the regulation size basketball.

o. PRACTICE INFORMATION: A team is limited to TWO PRACTICE SESSIONS UP TO ONE- AND ONE-HALF HOURS EACH per week (seven days). Any additional practices beyond two cannot be mandatory. Violations of this rule will make the coach liable to suspension.

GRADE-SPECIFIC RULES:

4th GRADE: The 4th grade basketball program is designed to be an advanced instructional league to expand the participants' understanding of the game.

SECTION 1. GAME TIME LIMITS: Each game will consist of four quarters ten (10) minutes in length, with a running clock. The clock will stop for any injury and called time-outs, but will run during substitutions and free throws. In the last two minutes of the fourth quarter, if the game is within ten points, the clock will stop as it would in all other grades. Halftime will be five (5) minutes.

SECTION 2. TIME OUTS: Two (2) timeouts per half. Each timeout is one (1) minute long.

SECTION: 3. SCORE CLOCK: A score sheet will be kept & the score will be tallied on the score clock. Win/loss records will not be maintained over the course of the season or posted on the PLKC website.

SECTION: 4. FOULS: Each player will have five fouls per game. Teams will reach the bonus when their

opponent commits five fouls in each quarter and team fouls will reset at the end of each quarter. When a team reaches the bonus, two foul shots will be awarded.

SECTION 5. PRESSING: If the score is within fifteen points, pressing is allowed in the last two minutes of each half. After a basket or defense controlled rebound, the team who shot the ball must go back to its defense lane area and set up defense.

SECTION 6. PARTICIPATION: Each player must receive as close to equal playing time as possible in all contests.

SECTION: 7. FREE THROW LINE: The free throw Line will be 2'0" shorter than the regulation free throw line. The top spot on both sides of the lane may be filled.

SECTION: 8. TRAPPING: No trapping or double-teaming is allowed from the half court line to the top of the key area. The no trapping or double-teaming area is from sideline to sideline. Once the ball goes below the top of the key area then teams may trap or double team.

SECTION: 9. RECORDS: Win/loss records will not be maintained over the course of the season. There will be no city tournament for the fourth grade.

SECTION 10. OVERTIME: If an overtime period is required, the overtime period will be two minutes. Each team will be given one timeout in the overtime period. Any remaining timeouts from the game will not carry over. If the score is still tied at the end of the overtime period, the game will end in a tie.

5th–8th GRADE

SECTION 1. Participation: Each player must play a minimum of six minutes during the first three quarters of the game (unless a player is being disciplined). Playing time is determined by the coach during the fourth quarter and overtime periods. Exceptions to these rules must be approved by the PLKC Director.

a. When applicable, if a player has four fouls at the start of the fourth quarter and has not played their six-minute minimum, that player must start the fourth quarter and stay in the game until they reach their six minutes or he/she fouls out of the game.
b. During all contests a team may start the game with four players and continue with as few as two players.

SECTION 2. LENGTH OF THE CONTEST: Each contest will consist of four six-minute quarters. Half time will be five (5) minutes.

a. If a game ends ahead of schedule, the next game will not start until the scheduled game time.

b. If the proceeding game is running long, there will be a minimum of five minutes of warm-up time between games.

SECTION 3. OVERTIME: If an overtime period is required, the overtime period will be two minutes. Additional periods of two minutes will continue until a winner is established. Each team will be given one timeout per overtime period. Any remaining timeouts from the game will not carry over. Any

timeouts remaining after an overtime period will not carry over to additional overtime periods.

SECTION 4. FREE THROW LINE: For 5th grade boys and girls only – The free throw Line will be 2’0” shorter than the regulation free throw line. For all 5th grade games, the top spot on both sides of the lane may be filled during free throws.

SECTION: 5. FOULS: Each player will have five fouls per game. Teams will reach the bonus when their opponent commits five fouls in each quarter and team fouls will reset at the end of each quarter. When a team reaches the bonus, two foul shots will be awarded.

SECTION 6. FULL COURT PRESS: During all 5th – 8th grade boys' and girls' contests no team will be allowed to full court press once they have reached a twenty-point lead. If the margin falls to twelve points, then they may resume pressing. Once they obtain a twenty-point lead again they must stop pressing until a twelve-point lead is reached.

SECTION 7. TIMEOUTS: Each team will have four timeouts per game. Any timeouts remaining at the end of regulation do not carry over to an overtime per Section 3 above. Each timeout is one minute long.

SECTION 8. THREE- POINT LINE: 3rd-8th grade -17' 9" - 2' in from the regulation three-point line if marked. If the only line marked in the gym being used is the 19’ 9” line, the player’s feet must be in contact with that line for a three-point goal to be awarded.

SECTION 9. If opposing teams have the same color jersey and cannot agree on who will change, a flip of a coin by the game official will determine the issue.

SECTION 10. If a team is twenty points ahead any time after the start of the fourth quarter, the clock will run unless the score gets closer than twenty points.