

SDBA Grades 4/5 Co-Ed League Rules

All Basketball BC rules apply, except as noted below:



Teams sitting on the HOME bench must wear the WHITE jerseys.

Substitution sheets must be filled out and shown to the refs and opposing coach before the game. Thus, ensuring equal playing time for every player. Referees are to have coaches come up to the centre line to share this information with everyone.

Should a game go into overtime, the next line on the substitution list goes out as per regular game play. No juggling of the lineup may happen.

Referees and Coaches are to double check that all jewellery, watches and earrings are removed, taped or covered by a sweatband prior to the start of the game. If this is discovered while a game is happening, the referee will stop the play and the item must be dealt with before the game can proceed. Possession remains as prior to call. Ball is inbounded from the sideline. Medical bracelets are the only exception to this rule.

There is a five (5) minute warm-up.

Two 25-minute halves. There will be stop time during the last 3 minutes of 2nd half provided the teams are within ten (10) points.

Half time will be five (5) minutes.

Scorekeeper will buzz for substitutions during a stoppage in play at approximate intervals of 5 minutes.

One (1) 1-minute time-out allowed by each team per half. Unused time-outs cannot be carried over into the second half. Only a Coach is allowed to ask a referee for a time out.

Man-to-man defence only. The Coaches and the Referees will assist each other with the player match ups. Bubble zone is in effect (no reaching in or stealing the ball). *Commissioner may change this come January. No double teaming outside the key.

Picks and screens will not be allowed.

Half-court defence throughout the game.

There will be a five second inbounding violation (loss of possession). The referee will count out the time and will explain the call to the player.

There will be a five second closely guarded violation (loss of possession) when an offensive player with the ball does not pass, shoot or dribble within that time. The referee will count out the time and will explain the call to the player.

There will be a ten (10) second violation for not bringing the ball across the half court. The ref

will count out the time and will explain the call to the player.

Over and back will be called and explained to the player.

There is no (3) three second in the key violations called in this age group.

Carrying will be called at this level. Hands must be on the side or top of the ball, not under. (Rule of thumb= knuckles must be visible on the ball). No ball can be carried/dribbled over the shoulder. Once a player stops dribbling, they must pass the ball or shoot. They are allowed two steps before passing and three before shooting.

Every basket will count as two (2) points. Foul shots will count for a single (1) point if the player successfully made their hoop while being fouled. One shot for two (2) points, if the player missed their hoop while being fouled in the shooting motion. There are NO three (3) point baskets in this age group.

Fouls will not be recorded.

Foul Shots: Players around the key are able to go for the ball once it has left the shooter's hands. Players outside the 3-point line, plus the shooter, can move towards the basket once the ball hits the rim. If an offensive player moves too early, possession is lost and the defensive team will inbound from the baseline. If a defensive player moves too early, the foul shot is reset and the shooter tries again. If the ball does not hit the rim, it is a shooting violation and possession goes to the defensive team.

Technical Foul=One (1) free throw for one (1) point, is awarded to any opposing player on the court. The possession is given to the team that was in control of the ball prior to the technical foul.

At any time in the season a player with two techs will be removed from the game/gym. Any intentional physical contact after a whistle means automatic ejection from the game and equals two techs.

Referees are to blow their whistle loudly, use **hand signals** and state/explain each whistle.

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