

UNITED CHURCH ATHLETIC LEAGUE  
RULES OF BASKETBALL

Updated 12-3-2009

**I) GENERAL RULES**

A. CONDUCT:

Rules of conduct will be specified by those separate rules as enforced by the United Church Athletic League (UCAL) and will govern the conduct of players, coaches, parents and spectators. There will be no deviation of these rules allowed.

B. COMMUNICATION WITH LEAGUE:

All communications with the league will be through the League commissioners. Any protest, inquiry, or request for clarification may be made to the Commissioners,

C. UIL Rules

Unless specified herein, the rules of the University Interscholastic League of Texas shall control play. Note particularly, UIL rules will be used for 9<sup>th</sup> grade and above. The special UCAL rules will not apply for 9<sup>th</sup> grade and above.

D. DIVISIONS:

An individual player will be permitted to play in a grade division above his/her respective grade if he/she so chooses at the discretion of the church coordinator.

E. PRACTICES:

No team shall meet for more than 2 times per week which includes games and practices.

II) **Ball Size:** Ball size will be 28.5 for 2<sup>nd</sup> – 6<sup>th</sup> and 29.5 for all other grades

III) **Basket Height:** 2, 3<sup>rd</sup>, and 3-4<sup>th</sup> girls: 9 feet all other grades 10 feet

IV) **Uniforms:** Teams must wear the same color jersey. All players must have numbers on either the front or the back of the uniforms.

V) **ROSTERS AND PLAYING TIME:** (Apply to only 2<sup>nd</sup> – 6<sup>th</sup> grade)

- A) Each team shall consist of no more than 10 players and no less than 8 players. Any team with more than 10 players or less than 8 players must be approved by the Commissioner.
- B) All players must play a minimum of 2 periods each game and no player may play 4 quarters until every player has played 3 quarters. There shall be a goal to start each child at least one half of the games in the league.
- C) No substitution during any quarter, except for an injury. In the event of a substitution for an injury, if the substitution occurs with more than three minutes in the quarter, then that quarter shall constitute one of the quarters in which a player may play.
- D) Teams with 11 players will use an alternative substitute policy that will result in no player playing more than 2 quarters.

VI) **Duration of Games**

- A) **2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> Grades:** (4) periods, 8 minutes in duration. The clock will be a running clock, except for the last 30 seconds of the fourth quarter at which time the clock will stop for dead balls and not run again until ball comes into play or the ball crosses mid-court.
- B) **4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, and 5<sup>th</sup>-6<sup>th</sup> Girls:** (4) periods, 8 minutes in duration. . The clock will be operated in accordance with University Interscholastic League ("UIL") guidelines (i.e. the clock will stop when the ball is not in play and for free throws, etc.), except for the last 30 seconds of the fourth quarter the clock will not start until the ball crosses mid-court.
- C) **Above 6<sup>th</sup> Grade:** The clock will be operated in accordance with University Interscholastic League ("UIL") guidelines (i.e. the clock will stop when the ball is not in play and for free throws, etc.)
- D) **Time Outs:**
  - 1) Regulation:
    - (a) Regular Season: 2 per half – not carried over into the next half
    - (b) Playoffs 5<sup>th</sup> and Older: An additional 20 second time out per half
  - 2) Overtime:
    - (a) One time out per period

VII) **Overtime Rules:**

- A) **2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> Grades:** A single 3 min over time period will be played. If the score is tied at the end of the overtime period the game will end in a tie. The clock will operate using the 4<sup>th</sup> period rules. During the playoffs will continue to play 3 min overtimes until a winner is determined. During playoffs In the event of an injury the coach of the other team will pick the substitute player.
- B) **All Other Grades:** A maximum of Two (2) 3 min over time periods will be played. The clock will operate using the 4<sup>th</sup> period rules. During the playoffs will continue to play 3 min overtimes until a winner is determined.
- C) **One timeout per period**

## Conduct of Play:

### I) Start of Play:

- A) **Each team must start a game with 5 players.** The team will have 5 minutes from the scheduled start to field the 5 players or the game will be forfeited. A team may finish the game with 4 players if an injury or disqualification results in such a number of players that a team is unable to keep 5 players on the court.
- B) All games will begin with a prayer.
- C) All games will begin with a jump ball
- D) **Possession (except 2<sup>nd</sup> grade):** Possessions will be determined by alternate possession rule.
  - 1) 2<sup>nd</sup> grade: In the event of a jump ball, the ball will be given to the offensive team
- E) **Scoring:** All goals count for 2 points except 7<sup>th</sup> and above where the 3 point line will be observed.

### II) **Defense Rules:** The ref, at their discretion may stop play for a violation of this rule and either call a foul or return the ball to the offensive team. If a violation of the rule does not affect the shot or play, the refs will allow play to continue.

- A) **2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> Grade:** Man to Man defense will be played at all times except the following situations:
  - (a) On fast break players may contest the layups but must return back to their man in the event the layup is missed and the ball is passed out of the lane.
  - (b) If a pick is set, the players are allowed to switch which might result in a double team if the offensive players do not move apart.
  - (c) If a player is driving down the lane, and there is another offensive man in the lane, the defender may leave their man and contest a layup. Defensive players may not move into the lane to defend the layup if their offensive player is not in the lane.
  - (d) During rebounding under the basket, any defender may contest any shot but once the ball is passed out of the lane, the players must return to their assigned man.
  - (e) Any defensive player may steal a pass from the offensive player but once the pass is completed the players must return back to their man.
- B) **3<sup>rd</sup>-4<sup>th</sup> Grade Girls:** No double screens may be used. The ref will warn the coach the first time and assess a technical foul to coach on the next occurrence.
- C) **All Other Grades (Except High School):** All teams may play zone defense but at no time will there be full court press. High School may play a full court press

### III) **Time for Bringing Ball Over Half Court:** All grades have 10 seconds to bring ball over half court

- 1) 2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> grade and 4<sup>th</sup> Grade Boys: Offensive may return to the back court area to run their offense and the defender may follow them to the back court.

### IV) **Throw-Ins:**

- 1) 2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> Grades: The defense may not guard the player throwing the ball in.
- 2) All Other Grades: The defensive player may not stand closer than 3 feet from the out of bounds line.

### V) **Fast Break:** All grades may fast break except 2<sup>nd</sup> grade

### VI) **Stealing of Ball:** 2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> grade: A player may only steal the ball from the person they are guarding.

### VII) **Free Throws:**

- A) **Foul Line: 2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> Grades:** In these age divisions, there will not be a line up during the shooting of free throws. If the offensive player makes one or both of his allotted free throw or throws, then the defensive team will be awarded the ball at the back court. If the offensive player, however, misses both of his allotted free throws, then the offensive team shall keep the ball. In the event of a single free through, the defensive team will always be awarded the ball.
- B) **Fouls in the Act of Shooting:** Player fouled shall be awarded 2 shots if shot is missed and 1 shot if shot is made
- C) **Fouls not in the act of Shooting:**
  - 1) 2<sup>nd</sup> – 6<sup>th</sup> grades: For any fouls committed in the last two minutes of the second period, fourth period, or overtime, the person fouled shall be awarded two free throws. Otherwise, no free throws are awarded for a foul.
  - 2) All Other Grades: After the sixth foul in a half, the usual One and One Free Throw will be awarded to a player. This will apply throughout the game.
- D) **Intentional/Breakaway Fouls:** The offensive player will be awarded two free throws and the offensive team shall be awarded the ball.

### VIII) **3 Second Lane: 2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> Grade:** There is no violation of the 3 second rule in these grades. However, offensive players staying in the lane allow the defense to double team and contest layups. ( see defense rules).

### IX) **Disqualifications - Players:** A player shall be disqualified from further play upon reaching the fifth personal foul. For purposes of disqualification, a technical foul shall count as one personal foul.

### X) **Disqualifications: Coaches:** A coach is allowed two technical fouls before be disqualified and must leave the gym. In the event of the occurring, the coach will be suspended pending a ruling by UCAL administrators.

## Coaches Conduct and Bench Rules:

1. Coach and Player Seating: Players on the bench are required to sit in the designated team seating area. During play, only the head coach can get out of their chair to give instructions, to give encouragement, to talk to a non-playing player, or to cheer a good play. A coach will be required to sit down at other times. A coach may be requested to sit down by a referee. The coach must stay seated for the duration of the game (other than timeouts or injuries to players) or be assist a technical foul at the discretion of the referee.
2. A coach or anyone else may not approach a scorekeeper outside the presence of the referee shall result in an automatic technical foul.
3. If a coach wishes to discuss a rules violation with a ref, they must do it during their time outs or between quarters.
4. A coach may not go on the court during a game unless a player is hurt or they will be given a technical foul.
5. All players who are not playing are expected to be on the bench and not in the stands with their parents.
6. No cell phones will be allowed to be used on the benches.
7. Players and coaches may have water only in the bench area.
8. There may be only one coach and one assistant coach on the bench
9. Only players that are on the roster may be in the bench area.