

Urbana Basketball Association - Spring League Rules Quick Guide 2019

DIVISION	3 rd - 4 th Grade Boys	5 th – 6 th Grade Boys	7 th – 8 th Grade Boys	Elementary Girls	Middle Girls
The National Federation of State High School Association Rules of Basketball shall control play unless otherwise modified herein.					
Game Length	Four (4) eight minute quarters. One minute between quarters and one overtime period and five minutes between halves. When a game is tied at the end of regulation play, a maximum of one, three-minute overtime period shall be played without change of baskets.				
Clock Management	The clock shall only stop during all foul situations, time-outs, substitutions, and end of each quarter. Substitutions must be made in a prompt fashion. The referee may stop the clock when any inordinate delay occurs. During the final minute of each quarter and any overtime period the clock shall also stop for all out of bound and dead ball situations.				
Time Outs	Two - 60 second time-outs Two - 30 second time-outs Timeouts do not carry over from regulation time. One additional 60-second time-out will be given for overtime period.				
Ball Size	28.5in.	28.5in.	Regulation Full Size	28.5in.	28.5in.
Minimum and Maximum Play Rule	Each coach must commit to playing all of the players as equitably as possible during the course of the game. The coach should make every effort to substitute at the beginning and midpoint of each quarter.				
Game Play – Team Size	Minimum 4 players to start game. 15 minute grace period then forfeit. Once game started either team may play with less than 4 players. Teams will start game with equal number of players on the court.				
Game Play – Scoring and Point Differential	When a team is ahead by 15 points or more, No Pressing by leading team. Running clock rule: – If a team has a 20 point lead at the beginning or at anytime during the fourth quarter, the game clock will continue to run unless a time out is called.				
Game Play: Match-up Requests	Substitutions of 3 or more players at one time, the coach can request a matchup. Otherwise,	None	None	Substitutions of 3 or more players at one time, the coach can request a matchup. Otherwise,	None

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	matchups are done at beginning of each quarter and any overtime period and at the 4 minute mark (if substitutes are put in at that time) during each quarter. Coaches are allowed on the floor during match-ups.			matchups are done at beginning of each quarter and any overtime period and at the 4 minute mark (if substitutes are put in at that time) during each quarter. Coaches are allowed on the floor during match-ups.	
Game Play: Foul Shots	Foul shots shall be taken from a line THREE feet closer to the basket than the regulation foul line.	Regulation	Regulation	Foul shots shall be taken from a line THREE feet closer to the basket than the regulation foul line.	Regulation
Game Play: Defense Restrictions	<p>First, second, and third quarters</p> <ul style="list-style-type: none"> Half court man to man defense. Help defense is permitted inside the 3-point line but no intentional trapping on a player with the ball not attacking the basket. <p>Fourth quarter and overtime:</p> <ul style="list-style-type: none"> Full or half court man to man defense is allowed. Help defense 	<p>No restrictions.</p> <ul style="list-style-type: none"> Man to man defense is strongly encouraged. 	<p>No restrictions.</p> <ul style="list-style-type: none"> Man to man defense is strongly encouraged. 	<p>First, second, and third quarters</p> <ul style="list-style-type: none"> Half court man to man defense. Help defense is permitted inside the 3-point line but no intentional trapping on a player with the ball not attacking the basket. <p>Fourth quarter and overtime:</p> <ul style="list-style-type: none"> Full or half court man to man defense is allowed. Help defense 	<p>No restrictions.</p> <ul style="list-style-type: none"> Man to man defense is strongly encouraged.

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	<p style="color: red;">is permitted inside the 3-point line but no intentional trapping on a player with the ball not attacking the basket.</p> <p>All quarters: No zone defenses are allowed.</p> <p style="color: red;">The defensive player on the ball side must be within three (3) feet of the person they are guarding at all times within the top of the key/3-point line unless they are helping on a player with the ball attacking the basket. This rule is not meant to discourage help defense. If an offensive player moves, the defensive player must follow.</p> <p style="color: red;">Weakside defense must be on same side of court</p>			<p style="color: red;">is permitted inside the 3-point line but no intentional trapping on a player with the ball not attacking the basket.</p> <p>All quarters: No zone defenses are allowed.</p> <p style="color: red;">The defensive player on the ball side must be within three (3) feet of the person they are guarding at all times within the top of the key/3-point line unless they are helping on a player with the ball attacking the basket. This rule is not meant to discourage help defense. If an offensive player moves, the defensive player must follow.</p> <p style="color: red;">Weakside defense must be on same side of court</p>	

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	<p>for the player they're guarding unless ball comes into lane.</p> <p>Defensive team cannot double-team a player who does not have the ball.</p> <p>Switching is only allowed on ball screens.</p>			<p>for the player they're guarding unless ball comes into lane.</p> <p>Defensive team cannot double-team a player who does not have the ball.</p> <p>Switching is only allowed on ball screens.</p>	
Game Play: Offense	<p>ONE PASS on offensive end of the court before SHOT will be required. Hand-offs will not constitute a pass. The only exceptions to this rule will be a fast break and or when the ball is inbounded in the front court. Penalty: Stop play and explain. NOTE: Let's teach the children the fundamentals with concepts and plays, and not one-on-one basketball.</p>	N/A	N/A	<p>ONE PASS on offensive end of the court before SHOT will be required. Hand-offs will not constitute a pass. The only exceptions to this rule will be a fast break and or when the ball is inbounded in the front court. Penalty: Stop play and explain. NOTE: Let's teach the children the fundamentals with concepts and plays, and not one-on-one basketball.</p>	N/A

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	<p>The three (3) point line will NOT be utilized for scoring.</p> <p>Coaches shall not run “isolation” plays, “bumble bee” offenses, four corners plays to give a more skilled players an obvious advantage without the intention of a reasonable play/ offense being called involving teammates.</p>			<p>The three (3) point line will NOT be utilized for scoring.</p> <p>Coaches shall not run “isolation” plays, “bumble bee” offenses, four corners plays to give a more skilled players an obvious advantage without the intention of a reasonable play/ offense being called involving teammates.</p>	
Conduct and Other Items	<p>Coaches are adults and are expected to conduct themselves in a sportsmanlike manner at all times and shall set a good example for their team. Coaches shall promote good sportsmanship and a good understanding of the game's methods, tactics and rules.</p> <p>Coaches and Parents shall not shout disagreements to referees; make their own calls from the sidelines, or in any other way attempt to “work” the referees. These activities are inappropriate in a recreational league.</p> <p>During game play, only two coaches and the team members shall occupy the "bench" area. Only the Head coach or a player in the game can call a time-out. Only the Head Coach is permitted to stand in the bench area during the game.</p> <p>At a minimum, the designated home team shall provide a volunteer to keep a scorebook and the designated visitor team shall provide a volunteer to run the clock per rules within this document and in-game officials’ direction. Officials shall direct clock operations based on the rules within this document.</p>				