



# Team Sportsplex Winter League

## Rules & Regulations

### Divisions:

1st–2nd Grade | 3rd–4th Grade (Boys & Girls) | 5th–6th Grade

The **Louisiana High School Athletic Association (LHSAA) Basketball Rules** will be applied, with the following modifications for youth league play.

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### General Guidelines

- Coaches must remain on the bench during games.
  - Coaches are not permitted on the court during live play.
  - Referees will assist with player positioning on free throws and jump balls.
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### Ball Size & Goal Height

- **1st–2nd Grade:** 27.5 ball | 8.5 ft goal
  - **3rd–4th Grade:** 28.5 ball | 8.5 ft goal
  - **5th–6th Grade:** 28.5 ball | 10 ft goal
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### Game Length

- **All Divisions:** Four 8-minute quarters (running clock).
  - The clock stops during the final minute of each quarter and on all free throws.
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## Admission

- **Spectators (ages 6+):** \$8 per person
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## Playing Time

- Playing time is determined by the Head Coach.
  - Coaches are strongly encouraged to provide **equal playing time** for all players.
  - Teams without enough players at tip-off will be given a **five-minute grace period** before a forfeit is declared.
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## Possession Rule

- Only the opening tip-off will use a jump ball.
  - Possession will then alternate according to the possession arrow.
  - The possession arrow also determines inbounding at the start of each subsequent quarter.
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## Timeouts

- Two (2) timeouts per half (60 seconds each)
  - One (1) timeout per overtime period
  - Breaks: 1 minute between quarters | 5 minutes at halftime
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## Overtime Rules

- One (1) minute overtime period (clock operates as regulation play).
  - If tied after the first overtime, the game is decided by **sudden death free throws**:
    - Each team selects one shooter at a time.
    - Players may not shoot twice until every teammate has attempted a free throw.
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## Three-Second Rule

- **Grades 1–2:** Three seconds will not be enforced unless referees determine it is being exploited.
  - **Grades 3–6:** Three-second violations will be enforced.
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## Backcourt Rules

- **1st–2nd Grade:** Over-and-back rule not enforced. Once the offensive team crosses midcourt, if they return to the backcourt, defenders may pursue. No 10-second count applies.
  - **3rd–6th Grade:** Standard 10-second backcourt rule enforced.
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## Defensive Rules

- **Man-to-Man Defense Required** at all levels.
  - No double-teaming. Referees will reset defensive assignments if violated.
  - **Pressing Rules:**
    - **1st–2nd Grade:** May press after half-court only in the final 10 seconds of the game.
    - **3rd–6th Grade:** Full-court press allowed in the final minute of the 2nd and 4th quarters (must remain man-to-man).
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## Fouls

- No foul-outs in grades 1–6.
  - Teams shoot **double bonus** after 7 fouls per half.
  - Excessive fouling: Player must be substituted and sit out the remainder of the quarter.
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## Violations

- **Travelling & Double Dribbling:** Called at all grade levels.
  - Coaches are encouraged to emphasize proper dribbling, pivoting, passing, and shooting mechanics in practice.
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## Basket Height & Free Throw Line

- **1st–2nd Grade:** 8.5 ft basket | 10 ft free throw line
  - **3rd–4th Grade:** 8.5 ft basket | 12 ft free throw line
  - **5th–6th Grade:** 10 ft basket | 15 ft free throw line
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## League Standings & Tie-Breakers

1. Win/Loss Record
  2. Points Scored
  3. Point Differential
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## **Pre-Game Setup**

- Each team begins the game at the basket opposite their bench.
- Teams will switch at halftime, finishing at the basket adjacent to their bench.
- Exceptions may be made at the discretion of the **League Commissioner**.