



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.

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+):** \$7 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**.