

Blue Jay Basketball Club League Rules

RULES: Iowa boys and girls basketball association rules apply, unless otherwise noted below.

1.) Equipment/Uniforms

- 3rd girls will play on 9' or 9'6" hoops for league (lower to start season, higher as season progresses).
- Numbers are required on all uniforms (front and back numbers preferred).
- No two players can share the same number (except in league play).
- Please bring your own practice balls.
- Teams may be required to supply a game ball.

2.) Timing

- Games will consist of 2 halves of 18 minutes with continuous clock,
- Clock stops the last minute of 2nd half and Overtimes at all dead balls.
- Warm-up and half time will be available as the schedule allows, usually 2-5 minutes
- **Each team will need to supply someone to run the scoreboard or scorebook.**

3.) Timeouts

- Each team will be allowed 3 (45-second) timeouts per game.
- One additional time-out will be granted for an overtime period - No carry over though from regulation.

4.) Overtime

- Overtime is 1 minutes, normal play, clock stopping at all dead balls
- Overtime begins with a jump ball.
- After 1st overtime if the score is still tied then a sudden death period will be held with the 1st team to score winning.

5.) TECHNICAL FOULS

- Any coach or player receiving 2 technical fouls will be required to leave.
- They will not be allowed to participate in the next game for their team.
- No foul language is allowed. Referees and supervisors are authorized to ask you to leave the gym if this occurs.

6.) Fouls/Free Throws

- All shooting fouls result in one free throw worth the total points of the original try (2 or 3). **except in the final 1 minute, when normal free throw bonus rules apply.** (Known as the "1 for 2, or 1 for 3" FT rule)
- Beginning with the 7th team foul each half, teams shoot one free throw worth 2 points—**except in the final 1 minute, when normal 2-shot bonus rules apply.**
- Team fouls reset at half-time. Team fouls carry over into overtime & do not reset at end of game.
- The FT line for 3rd grade boys & girls and 4th girls will be at 12 feet.
- 5th & Under can jump over the line but cannot participate in the rebound until after the ball hits the rim.

7.) Scoring

- 3 pointers will only be counted for 6th boys and girls.
- In other divisions, all field goals will be worth 2 points.

8.) Defense:

- **Man-to-man defense ONLY in all divisions.** Proper help defense should be taught but then get back to your man when player that was beat recovers. No going to double team the person dribbling, no double teaming outside of the lane.
- **Stealing off dribble** - For 3rd and 4th grade divisions (both boys & girls) stealing off the dribble is only allowed inside the 3-point line. Passes can be stolen anywhere past half court. If a team is up by 20 points or more, then stealing off the dribble is no longer allowed by that team.
- **Pressing** - Will be allowed the last minute of the game in 5th & 6th grade divisions if the game is within 10 points. Will be man to man pressing only. No zone pressing. Prior to that teams need to fall back to half-court when the defense gets possession of the basketball.