



**CITY OF SEDONA
PARKS AND RECREATION
GRASSHOPPER BASKETBALL LEAGUE
RULES**

Rules for Grasshopper Basketball League

Rule Book – the official A.I.A. High School rules apply, with the exception of those listed below.

1) Team Roster

- a) Each team will be allowed a roster of no more than eleven (11) players.
- b) At any time a player from the team roster is no longer playing or participating on the team, the coach is to notify the Sedona Parks and Recreation Department.
- c) The Sedona Parks and Recreation Department will form teams prior to the beginning of the season.
- d) The number of teams that will be formed in each division of play will depend on the number children wishing to participate.

2) Games and Practice Times

- a) Game time is as scheduled on the official league schedule, unless otherwise designated by an official of the Sedona Parks and Recreation Department.
- b) A five-minute warm up time is scheduled between games. A five (5) minute grace period will be allowed if a team does not have at least 4 players.
- c) In accordance with USA Basketball – teams in 1st & 2nd grade will practice once per week for 1 hour. Teams in 3rd – 6th grade divisions will practice twice per week for 1 hour each practice.

3) Officials and Postponements

- a) There shall be at least one (1) official at each game.
- b) Sedona Parks and Recreation Department hired staff will keep the official score.
- c) Sedona Parks and Recreation Department will grant no postponements for any reason. Exceptions are (1) the assigned officials do not appear, or (2) there is a lack of facilities to play.

4) Player eligibility

- a) Any child in the 1st through 6th grade at the time of league play is eligible to participate.
- b) Participants are required to register and play in the grade level they are enrolled in at the time of registration.
- c) Any protest as to the grade level of a child will be taken up with the Recreation Supervisor, and they will request that the child bring a note signed by his/her principal verifying the grade level prior to playing the team's next game.

5) Equipment and Facilities

- a) The Sedona Parks and Recreation Department will provide the game ball.
- b) All children are to report in tennis shoes and game uniforms.
- c) All equipment will be stored in the closet at the West Sedona School gymnasium. Coaches may access a ball bag, cones, and pump per practice and are to put them

back in the closet at the conclusion of each practice. No equipment will be checked out.

- d) Games will be played on Saturday mornings. All games will be scheduled at West Sedona Elementary School unless otherwise noted on schedule.
- e) Coaches must keep all players on their teams inside designated bench area.

6) Playing Requirements and Substitutions

- a) Five (5) players constitute a full team on the court.
- b) A team can play with as few as four (4) players, if needed. If a team falls to less than four (4) players, players from the opposing team can join that team for the remainder of the game. If a team has less than four (4) players, every attempt will be made to play the game; borrowing players from other team, etc.
- c) Officials/Referee will stop the game every four (4) minutes for substitutions. The clock will be stopped during this change over in players. Other than injuries – this will be the only time substitutions are allowed.
- d) Players may only enter the game during the substitution period.
 - i) Exception: To replace an injured or sick player.
- e) Referee and/or coaches will set matchups during substitution periods.
- f) A player should play a minimum of eight (8) minutes per half; this can be one (1) full quarter or two (2), four (4) minute periods in the same half.
- g) Once the line-up is submitted to the official it cannot be changed, except in the case of injury or illness. If a player is late to a game, he/she will be added to the end of the lineup with no penalty. The officials will stop play as close to 4 minutes into each quarter as possible to substitute players.
 - i) Tip: Writing the line-up out prior to game time will help ensure equal playing time for all.

7) The Clock

- a) The game is played in four quarters of eight minutes each; (running clock) with the clock stopped on time outs, free throws, and at 4-minute substitutions.
- b) Games will have 1 minute between quarters and 4 minutes between halves.
- c) The clock will stop on all whistles in the last minute of the final quarter.

8) Game Play

a) Center Jump

- i) The referee tossing the ball up between the centers in the center circle of the court starts the game.
- ii) The two (2) centers must stand with both feet inside the center circle.

b) Free Throws

- i) Two free throws will be awarded to the player fouled in the act of shooting; with the exception of the 1st and 2nd graders, who will be given a point on a shooting foul.
- ii) After the sixth foul of each quarter, the “one and one” rule will apply, in which the shooter will receive a bonus shot if he/she makes his/her first throw.

- iii) The free throw must be taken within 10 seconds after the ball has been placed on the free throw line.
 - iv) The defensive team gets the two inside positions on the free throw.
 - (1) The 1st and 2nd grade teams will gain an automatic point when fouled in the act of shooting instead of free throws.
 - (2) The 3rd and 4th grade teams will shoot from a modified 14ft foul line.
 - (3) The 5th through 6th grade teams will use the normal free throw line.
 - v) Only 3 players on each side of the free throw line.
 - (1) The remaining 3 players must be beyond the three point line.
- c) Ten Second Rule**
- i) When the teams have the ball in their own court, that team must advance the ball to its front court within 10 seconds or lose the ball to the opposite team on an out-of-bounds play.
- d) Three second rule in the key**
- i) Will be waived in favor of the 5-second rule for the 1st through 4th grade teams.
 - ii) The 3-second rule will be in effect for the 5th through 6th grade teams.
- e) Foul Limit**
- i) Five fouls will disqualify a player.
- f) Overtime**
- i) If at the end of regulation time the score is tied, the game will go into one 3-minute overtime period. If the score is still tied at the end of the first overtime, the game will end in a tie. Overtime will use a running clock for the first two minutes (except for free throws and jump balls). The clock will stop on all whistles in the final minute of the period.
- 9) Defense**
- a) For 1st – 4th Grade during the course of the game, teams must use man-to-man defense. Referees will help match players up at each substitution to show who they are guarding. Man to Man defense is enforced through USA Basketball at this age group to teach players proper defensive work and techniques. Players may play “help defense” to guard a basket, but should avoid all clear double team scenarios. (See E-1)
 - b) 5th through 6th grade teams are allowed to play zone defense or man to man defense.
 - c) No full court pressure except the last minute of the game. Once the opposing team gains possession the defensive team must fall back to half court to allow the offense an opportunity to begin their possession. If the defensive team steals the ball before the offensive team has reached half court, the offensive team will be given possession back.

- d) 1st – 4th grade - Double Team Defense - During play in the 1st/2nd & 3rd/4th age groups, clear double-teaming will not be allowed, with the exception of the final minute of the game (see iv. below).
- e) As this is a developmental league, clear and intentional double teaming takes away from skill development at these age groups.
 - i) Once a player makes a move to the basket or beats their man a defender may step in and help. The goal is to teach kids to play natural fundamental defense, which at times may be stepping away from their assigned player to stop an open basket. The purpose of no intentional double teaming is to stop a team from placing two defenders on a team's best player, therefore stopping skill development from the 1 offensive and 2 defensive players involved in the intentional double team.
 - ii) The official will call any clear and intentional improper double teaming.
 - iii) During the last minute of the game, the defense is allowed to press full court.

10) Time-Outs

- a) Each team may have two (2) timeouts per half. Teams will not be allowed to carry over unused timeouts to the second half.
- b) Overtime periods: Teams will be allowed one (1) timeout per overtime period

11) Game Ball

- a) All practice & game balls will be provided by Sedona Parks and Recreation and are sized according to the USA Basketball Guidelines.
- b) 1st & 2nd grade teams will play with a 27.5" ball.
- c) 3rd through 6th grade teams will play with a 28.5" ball.

12) Court and Basket

- a) 1st through 2nd grade teams will play on a shorter court with 8' basket height.
- b) 3rd through 6th grade teams will play full court with standard basket height.

13) Scoring

- a) Once a team is ahead by 20 or more points, the scoreboard will be set to "99 to 99" and there will be no full-court pressure permitted at any point.
- b) In a circumstance like this, teams should focus on skill development, trying to get every player on their team to score, etc.

14) HAVE FUN! THANK YOUR COACHES! THANK YOUR PARENTS! THANK THE OFFICIALS! THANK THE SCOREKEEPERS! AND HAVE FUN!

PRACTICES: Keys for the gym at West Sedona School are in the Lock Box at the entrance of the old Parks & Recreation Building near the Tennis Courts. (The Building with Christmas reindeer & trees on the roof visible from West Sedona School). The passcode to the lock box is 0246. Please lock up the gym after use and return keys to lockbox.