

Blackhawk Little Cougar Basketball



Blackhawk Little Cougar Basketball Playing Rules

The Playing Rules for **BLCB** may be amended, as deemed necessary by a majority vote of the Executive Board, provided that the proposed changes are submitted in writing to all the officers at least two (2) days prior to the meeting where the vote will be called.

Rules of play are governed by the NFSHSA Basketball Rules except as provided below.

The official basketball size for **BLCB** is 28.5.

Section 1 – 3rd/4th Grade Special Playing Rules

- 1) Pre-game warm-ups will begin at the top of the hour or, if a game is still in progress, immediately after the conclusion of the previous game, and consist of:
 - a. Each player will dribble the length of the floor using one hand and return to the start dribbling with the other hand. If one team has fewer players than the other, that team will have a player(s) take an additional turn.
 - b. One foul shot per player.
- 2) Games will begin one minute after the pre-game warm-ups. If a team doesn't have 5 players or a coach at game time, a forfeit will be declared. If the coaches agree, an exhibition game may be played.
- 3) The games will consist of four (4) quarters lasting five (5) minutes each with one (1) minute between quarters and three (3) minutes at halftime. Overtime periods will be two (2) minutes long with a one (1) minute break between overtime periods.
- 4) TIME-OUTS - Each team will have two (2) 60-second time-outs per half and one (1) 60-second time-out for each overtime period.
- 5) **There will be NO 3-second lane violation.**

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- 6) **There will be NO 3-point baskets.**
- 7) **The “Free-Throw Line” will be at 12 ft.**
- 8) **BONUS (ONE-AND-ONE) will be given on the 5th team foul of each half.**
- 9) A spread or clear out offense is NOT permitted. Any offense that creates an isolated one-on-one situation is illegal if the ball-handler advances toward the basket. The goal of **BLCB** is to promote teamwork, NOT one-on-one basketball.
- 10) Teams will play a half court, man-to-man defense. **Zone defenses are NOT permitted.** The defensive player must be within two strides of the offensive player that is engaged in the offense. Switching is permitted. **Double teaming and trapping are ONLY permitted below the free-throw line extended.** Double teaming above the free-throw line extended is NOT permitted.
- 11) During the last minute of each half and all overtime periods a full court man-to-man press is permitted. **Double teaming and trapping are ONLY permitted below the free-throw line extended.** Any team leading by 12 points or more is NOT permitted to press.
- 12) FAST-BREAKS will NOT be permitted, if a team is leading by 12 points or more. The referee will stop play and allow the defense to get set before resuming play.

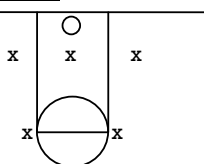
Section 2 – 5th/6th Grade Special Playing Rules

- 1) All games will be scheduled to begin at the top of the hour or, if a game is still in progress, three minutes after the conclusion of the preceding game. If a team does not have 5 players or a coach at game time, a forfeit will be declared. If the coaches agree, an exhibition game may be played.
- 2) The games will consist of four (4) quarters lasting six (6) minutes each with a one (1) minute break between quarters and three (3) minutes at halftime. Overtime periods will be two (2) minutes long with a one (1) minute break between periods.
- 3) TIME-OUTS - Each team will have two (2) 60-second time-outs per half and one (1) 60-second time-out for each overtime period.
- 4) **The “Free-Throw Line” will be at 13 ft.**
- 5) **BONUS (ONE-AND-ONE) will be given on the 5th team foul of each half.**

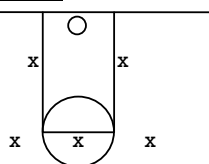
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- 6) A spread or clear out offense is NOT permitted. Any offense that creates an isolated one-on-one situation is illegal if the ball-handler advances toward the basket. The goal of **BLCB** is to promote teamwork, NOT one-on-one basketball.
- 7) Teams will play a zone defense during the 1st quarter. In the 2nd quarter, teams will play a half court man-to-man defense. In the 3rd quarter, teams will play man-to-man defense and are permitted out to $\frac{3}{4}$ court (opposing foul line). In the 4th quarter, defense is coach's choice but is limited to $\frac{3}{4}$ court.
- 8) During the last two (2) minutes of each half and all overtime periods, full court man-to-man press is permitted. **Double teaming and trapping are ONLY permitted below the free-throw line extended.** Any team leading by more than 12 points is NOT permitted to press.
- 9) In Man-to-Man defense, the defensive player must be within two strides of the offensive player that is engaged in the offense. Switching is permitted. **Double teaming and trapping are ONLY permitted below the free-throw line extended.** Double teaming above the free-throw line extended is NOT permitted.
- 10) ONLY the following Zone Defenses will be permitted. **Trapping from the zone defense is ONLY permitted below the free-throw line extended.**

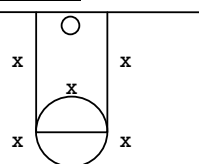
2-3 Zone



3-2 Zone



2-1-2 Zone



- 11) FAST-BREAKS will NOT be permitted, if a team is leading by 12 points or more. The referee will stop play and allow the defense to get set before resuming play.