

Lincolnshire Sports Association
Basketball Rules and Regulations Synopsis

	Mite Level	Junior Level	Intermediate Level	Senior Level
Grade of Play	1st Grade Boys and Girls	2nd Grade Boys and Girls	3rd-4th Grade Boys 3rd-5th Grade Girls	5th-8th Grade Boys 6th-8th Grade Girls
Size of Ball	27.5"	28.5"	28.5"	Boys - 29.5" Girls - 28.5"
Height of Basket	8'	9'	10'	10'
Playing Time	3 on 3 Equal playing time is required Each player cannot sit out for 2 full periods in a row	5 on 5 Equal playing time is required Each player cannot sit out for 2 full periods in a row	5 on 5 Equal playing time in periods 1-3 Coaches discretion in period 4 and overtime Each player cannot sit out for 2 full periods in a row	5 on 5 Equal playing time in periods 1-3 Coaches discretion in period 4 and overtime Each player cannot sit out for 2 full periods in a row
Defense	Only player-to-player allowed No full court press No stealing allowed Double teaming not allowed Wrist bands must be used. Coaches should match up players with similar skill level.	Only player-to-player allowed No full court press Stealing only on passes Double teaming not allowed Wrist bands must be used. Coaches should match up players with similar skill level.	Player-to-player only in quarters 1-3. Zone allowed in 4th quarter Full court press allowed in 4th period and overtime. Leading team may not press when leading by 15 points or more. Stealing only on passes for first two games. Coaches discretion for subsequent games. Coaches discretion on double teaming	All defenses allowed Full court press allowed throughout game. Leading team may not press when leading by 15 point or more. Coaches discretion on stealing for all games Coaches discretion on double teaming
Scoring	Field goals: 2 points No 3-point field goals	Free throws: 1 point Field goals: 2 points No 3-point field goals	Free throws: 1 point Field goals: 2 points Field goal outside arc: 3 points	Free throws: 1 point Field goals: 2 points Field goal outside arc: 3 points
Offensive Lane Violation	None	None	5 seconds	3 seconds
Picking	Picking is not allowed	No "ball" picks allowed, only picks away from the ball	All picks can be used	All picks can be used
Distance of Free throw Line	None	10 feet	15 feet	15 feet
Game Length	4-8 minute periods, continuous clock	4-8 minute periods, continuous clock	4-10 minute periods, continuous clock, clock stops in last minute of game	4-10 minute periods, continuous clock, clock stops in last minute of game
Overtime	None	None	4 minutes	4 minutes
Substitutions	4 minute mark of each period	4 minute mark of each period	On timeouts or stopped clock	On timeouts or stopped clock
Referees	None - Coaches will referee games	Referees will be provided	Referees will be provided	Referees will be provided