

**Lincolnshire Sports Association**  
Basketball Rules and Regulations Synopsis

	<b>Mite Level</b>	<b>Junior Level</b>	<b>Intermediate Level</b>	<b>Senior Level</b>
<b>Grade of Play</b>	<b>1st Grade Boys 1st-2nd Grade Girls</b>	<b>2nd-3rd Grade Boys</b>	<b>4th,5th-6th Grade Boys 3rd-5th grade girls</b>	<b>7th-8th Grade Boys 6th-8th Grade Girls</b>
<b>Size of Ball</b>	27.5"	27.5"	28.5"	Boys - 29.5" Girls - 28.5"
<b>Height of Basket</b>	8'	9'	Boys = 10' , Girls = 9'	10'
<b>Playing Time</b>	3 on 3	5 x 5	5 on 5	5 on 5
<b>Playing Time</b>	Equal playing time is required	Equal playing time in periods 1-3 Coaches discretion in period 4 and overtime	Equal playing time in periods 1-3 Coaches discretion in period 4 and overtime	Equal playing time in periods 1-3 Coaches discretion in period 4 and overtime
<b>Playing Time</b>	Each player cannot sit out for 2 full periods in a row	Each player cannot sit out for 2 full periods in a row	Each player cannot sit out for 2 full periods in a row	Each player cannot sit out for 2 full periods in a row
<b>Defense</b>	Only player-to-player allowed	Only player-to-player allowed	Player-to-player only 3-5 girls. For 4th- 6th grade boys player-to-player quarters 1-3, Zone allowed in 4th quarter	All defenses allowed
<b>Defense</b>	No full court press	No full court press	Full court press allowed in 4th quarter only. Leading team may not press when leading by 10 points +	Full court press allowed throughout game. Leading team may not press when leading by 10 points +
<b>Defense</b>	Steals not allowed - coaches discretion to add steals on passes later in the season.	Steals on passes only. Coaches discretion to add player-to-player steals later in season. Coach and teach players to AVOID EXCESSIVE FOULING	Steals allowed. Coaches/Referees to allow steals only if players are not fouling excessively. Excessive fouling means coaches/ref should eliminate player-to-player stealing	Steals Allowed
<b>Defense</b>	Double teaming not allowed	Double teaming not allowed	4th boys and 3-5 girls double teaming not allowed. 5th-6th boys grade coaches discretion on double teaming	Coaches discretion on double teaming

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<b>Defense - Fouls</b>	Excessive fouling: stop the game and coach player(s) on "why it's a foul" Continue the game. If same/similar type of fouling continues then offending player(s) must be removed for the remainder of the PERIOD OR QUARTER/HALF.	2 Fouls within the same period - player must be substituted out immediately and sit out remainder of period/quarter. If 2nd foul occurs within 1 minute of the end of the period/quarter then player is removed immediately and also sits the following period/quarter	2 Fouls within the same period - player must be substituted out immediately and sit out remainder of period/quarter. If 2nd foul occurs within 1 minute of the end of the period/quarter then player is removed immediately and also sits the following period/quarter	2 Fouls within the same period - player must be substituted out immediately and sit out remainder of period/quarter. If 2nd foul occurs within 1 minute of the end of the period/quarter then player is removed immediately and also sits the following period/quarter

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<b>Scoring</b>	Free throws: 1 point 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 4th-6th grade Field goal outside arc: 3 points	Free throws: 1 point Field goals: 2 points Field goal outside arc: 3 points
<b>Offensive Lane Violation</b>	None	5 seconds	5 seconds	3 seconds
<b>Picking</b>	All picks can be used	All picks can be used	All picks can be used	All picks can be used
<b>Distance of Free throw Line</b>	10 feet	15 feet	15 feet	15 feet
<b>Game Length</b>	4-8 minute quarters, each quarter broken into two 4-minute periods for substitutions continuous clock. 2 timeouts per team per half	4-8 minute quarters, each quarter broken into two 4-minute periods for substitutions continuous clock. 2 timeouts per team per half	3-5 girls = 4-8 minute quarters. 4th-6th boys = 4-10 minute quarters. Continuous clock, clock stops in last minute of game. 3 timeouts per team per half. Each quarter broken into two periods for subs	4-10 minute quarters, continuous clock, clock stops in last minute of game. 3 timeouts per team per half. Each quarter broken into two periods for subs
<b>Overtime</b>	None	None	4 minutes	4 minutes
<b>Substitutions</b>	4 minute mark of each period	4 minute mark of each period	4 minute or 5 minute mark, or on timeouts or stopped clock	On timeouts or stopped clock
<b>Referees</b>	Coaches will referee games	Referees will be provided	Referees will be provided	Referees will be provided