

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

	Mite Level	Junior Level	Intermediate Level	Senior Level
Grade of Play	1st Grade Boys 1st,2nd Grade Girls	2nd, 3rd Grade Boys	4th,5th,6th Grade Boys 3rd-5th grade girls	7th-8th Grade Boys 6th-8th Grade Girls
Size of Ball	27.5"	27.5"	28.5"	Boys - 29.5" Girls - 28.5"
Height of Basket	8'	9'	Boys = 10' , Girls = 9'	10'
Quarter/Period	1 quarter has two equal periods	1 quarter has two equal periods	1 quarter has two equal periods	1 quarter has two equal periods
Players	3 on 3	5 x 5	5 on 5	5 on 5
Playing Time	Equal playing time is required	Equal playing time in quarters 1-3 Coaches discretion in 4th quarter 2nd period and overtime	Equal playing time in quarters 1-3 Coaches discretion in 4th quarter 2nd period and overtime	Equal playing time in quarters 1-3 Coaches discretion in 4th quarter 2nd period and overtime
Playing Time	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
Defense	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
Defense	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 +
Defense	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

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Defense	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
Defense - Fouls	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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Scoring	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
Offensive Lane Violation	None	5 seconds	5 seconds	3 seconds
Picking	All picks can be used	All picks can be used	All picks can be used	All picks can be used
Distance of Free throw Line	10 feet	15 feet	15 feet	15 feet
Game Length	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. 2 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. 2 timeouts per team per half. Each quarter broken into two periods for subs
Overtime	None	None	4 minutes	4 minutes
Substitutions	4 minute mark of each quarter	4 minute mark of each quarter	4 minute or 5 minute mark, or on timeouts or stopped clock	On timeouts or stopped clock
Referees	Coaches will referee games	Referees will be provided	Referees will be provided	Referees will be provided