



Basketball



Rule book

Version 1.108

Pray then Play Sports

is a Christ-centered sports league for the community that strives to exalt Jesus Christ in all that we do.

Pray then Play Sports is an instructional league that promotes a healthy, safe, competitive sports environment.

Pray then Play Sports helps in the development of our youth to play in a sports league that has no superstars.

All participants have playing time which encourages team unity.

COMMON RULES

Conduct: [a] This is a Christian sports league that strives to exalt the Lord Jesus Christ in all that we do. Prayer will be encouraged at practices and will be held at the beginning and/or end of each game.

[b] There is NO foul language by the players, coaches, spectators, referees, or any other person on the premises.

Dress: [a] Players and coaches are required to wear their team shirts during the entire time they are in the facility on game days. Shirts are to be tucked in during the game.

[b] Spandex will only be allowed to be worn underneath another article of clothing.

[c] NO jewelry of any kind is to be worn while on the court.

Practices: [a] NO practices on Sundays or Wednesdays.

[b] They will be no longer than ninety (90) minutes long.

[c] There can be up to three practices per week until the first game; two practices per week thereafter.

Host: The **Host** facility will be responsible for the following:

[a] Basketball goal set to the correct height.

[b] Correct size basketball for each age group.

[c] Pinnies. To be worn by the visiting team in cases with which teams have same color team jerseys.

[d] Referees, scorekeeper and scorebook, and game clock.

Game: [a] A jump ball will be executed to start the game and the possession arrow to start the second half. A jump ball will start any overtime.

[b] Each team player must participate in at least half of the game after meeting coaches practice requirements {attend all practices and/or have an excused absence}. This time should be an accumulation of all playing time. Coaches are to use their discretion.

[c] NO stalls/freezes are allowed. Referee will have decision on call. A warning will be given and a turnover will occur if the team continues to stall.

[d] Out-of-bounds violations will be called throughout the entire season for all age groups.

Rosters: [a] A full roster should be completed by the second game of the season. No new players after that time will be allowed.

[b] Rosters should be turned into your Affiliate Director.

[c] They should include the child's name and their jersey number.

Officials: [a] Will oversee everything from 15 minutes before the game starts until they leave the floor after the final score has been approved.

[b] Will make decisions on the interpretations of the rules, call substitutes onto the floor, and put the ball in play.

[c] Should inspect the equipment for correct ball size and baskets set to proper height and location.

[d] Officials should correct any calls once they have been discovered.

Ages 4 – 6

- Goal height 8'
- Ball size 27.5"
- Foul line 12' from the basket
- Time periods Four (4) 8-minute running quarters. Clock stops only for timeouts and an official's timeout. A thirty second (30) timeout is called at each 4-minute mark to allow for substitutions {this is not mandatory}.
- Timeouts 3 full one (1) minute timeouts per game.
- Overtime NONE except during the tournament. Three (3) minute periods with one (1) full timeout per overtime.
- Time in key Not counted.
- Fast breaks NO fast breaks are allowed. If a pass is intercepted within the 3-point arch, the player will hold the ball and allow the defense to set up {a seven (7) count.}
- Defense Cannot challenge a player until they are within the 3-point arch. Only a 2-1-2 defense is allowed to prevent double and triple teaming. NO PRESSING.
- Possession (a) When an offensive player has possession of the ball, the defense is NOT allowed to reach in or grab. They can INTERCEPT the ball and BLOCK with a straight and vertical reach within the 3-point arch.
(b) When opposing players go for a rebound and both have possession, it is an alternating possession arrow.
- Instruction (a) Officials will explain the penalties as they occur during the game.
(b) When the offense has committed an infraction, independently or against the defense, plays stops and the official will explain the infraction and return the ball to the offense. If the penalty occurs prior to or in the act of scoring, the points will not count and the ball returns to the offense from the top of the key.
(c) When the defense has committed an infraction against the offense, play stops and the official will explain the infraction and return the ball to the offense. If the penalty occurs in the act of scoring, the points will count for the offense.
(d) Week 4 (mid-season): Turnovers will be enforced.

Ages 7 - 9

- Goal height 8'
- Ball size 28.5"
- Foul line 12' from the basket
- Time periods Four (4) 8-minute running quarters. Clock stops only for timeouts and an official's timeout. A thirty second (30) timeout is called at each 4-minute mark to allow for substitutions {this is not mandatory}.
- Timeouts 3 full one (1) minute timeouts per game.
- Overtime NONE except during the tournament. Three (3) minute periods with one (1) full timeout per overtime.
- Time in key Not counted.
- Fast breaks NO fast breaks are allowed. If a pass is intercepted within the 3-point arch, the player will hold the ball and allow the defense to set up {a seven (7) count.}
- Defense Cannot challenge a player until they are within the 3-point arch. Only a 2-1-2 defense is allowed to prevent double and triple teaming. NO PRESSING.
- Possession When an offensive player has possession of the ball, the defense is NOT allowed to reach in or grab. They can INTERCEPT the ball and BLOCK with a straight and vertical reach within the 3-point arch. When opposing players go for a rebound and both have possession, it is an alternating possession arrow.
- Instruction (a) Officials will explain the penalties as they occur during the game.
(b) When the offense has committed an infraction, independently or against the defense, play stops and the official will explain the infraction and return the ball to the offense. If the penalty occurs prior to or in the act of scoring, the points will not count and the ball returns to the offense from out of bounds.
(c) When the defense has committed an infraction against the offense, play stops and the official will explain the infraction and return the ball to the offense. If the penalty occurs in the act of scoring, the points will count for the offense.
(d) Week 4 (mid-season): Turnovers will be enforced.
Double dribbles will be enforced.
Free throws will be implemented.

Ages 10 - 12

- Goal height 10'
- Ball size 28.5"
- Foul line Just inside the foul line.
- Time periods Four (4) 8-minute running quarters. Clock stops only for timeouts and an official's timeout. A thirty second (30) timeout is called at each 4-minute mark to allow for substitutions {this is not mandatory}.
- Timeouts 2 full one (1) minute and 2 thirty (30) second per game.
- Overtime Three (3) minute periods. 2 thirty (30) second timeouts per OT.
- Time in key Allowed for five (5) seconds in the free throw lane.
- Fast breaks Fast breaks are allowed unless your team is winning by more than ten (10) points.
- Defense
 - a) Half-court only – No backcourt pressing! A player must have ball and both feet over half-court before players can press. If offense loses control of the ball or a rebound goes into the back-court, it is a free ball.
 - b) Weeks 1 - 4: Only Zone Defenses
 - c) Week 5 and after: Man to Man and Zone Defense is also allowed.
- Possession When an offensive player has possession of the ball, the defense is allowed to reach in or grab the ball. When opposing players go for a rebound and both have possession, it is an alternating possession arrow.
- Instruction Officials will give instruction and assistance at the beginning of the games.

Ages 13 - 14

- Goal height 10'
- Ball size 29.5"
- Foul line Regulation
- Time periods Four (4) 8-minute running quarters. Clock stops only for timeouts and an official's timeout. A thirty second (30) timeout is called at each 4-minute mark to allow for substitutions {this is not mandatory}.
- Timeouts 2 full one (1) minute and 2 thirty (30) second per game.
- Overtime Three (3) minute periods. 2 thirty (30) second timeouts per OT.
- Time in key Allowed for three (3) seconds in the free throw lane.
- Fast breaks Fast breaks are allowed unless your team is winning by more than ten (10) points.
- Defense
 - a) Full court pressing is allowed the entire game unless a team has a ten (10) point lead. The team with a ten (10) point lead cannot press in the backcourt.
 - b) A player must have ball and both feet over half-court before players can press. If offense loses control of the ball or a rebound goes into the backcourt, it is a free ball.
 - c) Man-to-man defense is allowed unless a team has a ten (10) point lead. The team with the lead must then switch to zone defense.
- Possession When an offensive player has possession of the ball, the defense is allowed to reach in or grab the ball. When opposing players go for a rebound and both have possession, it is an alternating possession arrow.
- Instruction No instruction will be given by officials.

Ages 15 - 17

- Goal height 10'
- Ball size 29.5"
- Foul line Regulation
- Time periods Four (4) 8-minute running quarters. Clock stops only for timeouts and an official's timeout. A thirty second (30) timeout is called at each 4-minute mark to allow for substitutions {this is not mandatory}.
- Timeouts 2 full one (1) minute timeouts and 2 thirty (30) second per game.
- Overtime Three (3) minute periods. 2 thirty (30) second timeouts per OT.
- Time in key Allowed for three (3) seconds in the free throw lane.
- Fast breaks Fast breaks are allowed unless your team is winning by more than ten (10) points.
- Defense
 - a) Full court pressing is allowed the entire game unless a team has a ten (10) point lead. The team with a ten (10) point lead cannot press in the backcourt.
 - b) A player must have the ball and both feet over half-court before players can press. If offense loses control of the ball or a rebound goes into the backcourt, it is a free ball.
 - c) Man-to-man defense is allowed unless a team has a ten (10) point lead. The team with the lead must then switch to zone defense.
- Possession When an offensive player has possession of the ball, the defense is allowed to reach in or grab the ball. When opposing players go for a rebound and both have possession, it is an alternating possession arrow.
- Instruction No instruction will be given by officials.

Unless Otherwise Stated Above, FHSAA Rules Shall Apply