

# 2010 Rebel Basketball Rules

## General Rules

- Two 20 minute halves. Running clock except last 2 minutes of each half.
- Game Ball - The YMCA will provide an official Spalding TF-1000 (28.5) size basketball (women's). 7<sup>th</sup> and 8<sup>th</sup> grade boys will use a full sized TF-1000 basketball (men's).
- 2 timeouts per half. Timeouts do not carry over.
- 3 point baskets allowed.
- Technical Fouls: All Technical fouls will result in an automatic two points for the other team and possession of the ball.
- Bonus on the 7<sup>th</sup> team foul. Double bonus on the 10<sup>th</sup> team foul.
- Overtime periods are 3 minutes per period. The clock will stop on a dead ball during the last 2 minutes. Each team will receive one full time out per overtime period. Team fouls will carry over from the end of regulation.

## 5th Grade Adapted Rules

- Free Throws: Players will shoot free throws from behind the free throw line & they may step into the lane with their follow through.
- Lane violations are four seconds instead of three.
- Full court press is allowed the last two minutes of the game only. Press must be man-to-man. Help defense in the lane is allowed. Players must recover after helping in the lane.
- If a team is up by 10 points, the team cannot press.
- No zone defenses allowed; must be clear who a defensive player is guarding.
- No isolation plays allowed – no clear outs.
- Team will get two warnings per game for illegal zones or clear outs. On the 3<sup>rd</sup> occurrence a technical foul will be issued to the coach.

## 6<sup>th</sup>- 8<sup>th</sup> Grade

All other WIAA rules will apply.

## Shooting Contest Rules

- Each team is allowed two entrants. The names of those players need to be given to the tournament director 1 hour prior to the shooting contest.
- Each shooter is allowed one person to rebound the ball for them (rebounder does not have to touch the ball prior to the shooter attempting a shot). The rebounder must be a teammate.
- Shooters have 60 seconds to score as many points as possible under the following criteria:
  - Made 3-point shot are worth 3 points
  - Made free throws are worth 2 points
  - All other made shots are worth 1 point
  - Shooters must shoot either free throws or 3-pointers for the **first 30 seconds**; a buzzer will sound once 30 seconds have elapsed. At that time shooters are free to shoot from anywhere on the floor.
- There is only one round in the shooting contest. The shooter with the highest score will be declared as the winner.
- If two or more shooters are tied for the highest score at the end of the round then another round will be played between those shooters until a winner has been determined.