

SAEBA In-House Basketball Rules & Guidelines

2024-25 Winter Season

All rules are subject to change at any time through the judgment of the SAEBA In-House Director and/or In-House Coaches

I. Sportsmanship

- a. Be a Great Teammate
- b. Respect Your Opponents
- c. Respect the Coaches
- d. Respect the Referees

II. Equipment

- a. Reversible Uniform’s will be provided. Team to the right on the schedule will wear **WHITE**.
*(Players **MUST** wear uniforms on their respective game days)*
- b. A basketball will be provided by SAEBA for each game. Please bring your own personal basketballs and water bottles for **ALL** practice sessions.
- c. Basketball sizes are as follows:
 - Size 5 (27.5”) – 1st/2nd Grade Boys & 1st/2nd Grade Girls
 - Size 6 (28.5”) – 3rd/4th Grade Boys & 3rd through 6th Grade Girls
 - Size 7 (29.5”) – 5th/6th Grade Boys

III. The Practice

a. Timeslots by Division prior to the Holiday Break:

Day	Month	Date	Time	Location	Team to Use Court
Monday	November	11th & 18th	6 - 7:15 pm	MS Gym A	1st/2nd/3rd Grade Girls
	December	9th & 16th	7:15 - 8:30 pm	MS Gym A	4th/5th/6th Grade Girls

Tuesday	November	12th & 19th	6 - 7:15 pm	MS Gym A	3rd/4th Boys [½ the group]
	December	3rd, 10th, & 17th	7:15 - 8:30 pm	MS Gym A	5th/6th Boys [½ the group]
Thursday	November	14th & 21st	6 - 7:15 pm	MS Gym A	3rd/4th Boys [½ the group]
	December	5th, 12th, & 19th	7:15 - 8:30 pm	MS Gym A	5th/6th [½ the group]

- b. **Session Breakdown** – One-hour time slots will be broken down into a 20 minute stretch/ball skill session followed by 30 minutes of station work by teams working on the fundamentals of basketball and 10 minutes for a game of some sort or 3v3 scrimmage. Times can be adjusted throughout the season based on how the group is progressing. Skills at the beginning should be basic, but lead to more advanced skills for that specific grade level.

IV. The Game

- a. **Team play rule** – Each team member must play at least half of the game. Play will not stop for matchups. Please match up players based on levels, when possible. ****Do not put your best player on the other team's weakest player.**** Please sub evenly based on your numbers.

Substitution Patterns:

Time	4 Players	5 Players	6 players
Start of 1 st Half	1 2 3	1 2 3	1 2 3
12 min.	2 3 4	3 4 5	4 5 6
8 min.	3 4 1	5 1 2	1 2 3
4 min.	4 1 2	2 3 4	4 5 6
Start of 2 nd Half	1 2 3	4 5 1	1 2 3
12 min.	2 3 4	1 2 3	4 5 6
8 min.	3 4 1	3 4 5	1 2 3
4 min.	4 1 2	5 1 2	4 5 6

b. **Starting the game** – All games will start at designated times, providing each team has a minimum of four players and a coach. If there are not enough players, then each team will either be played one player down or teams can share players.

c. **Game Lengths by Division -**

- 2 - 16 minute halves w/ running clocks for 1st Boys, 2nd Boys & 1st/2nd/3rd Girls.
- 2 - 20 minute halves w/ running clocks for 3rd/4th Boys, 5th/6th Boys & 4th/5th/6th Girls.
- There will also be a 3 minute half-time.

*(1st/2nd Boys & 1st/2nd/3rd Girls will have a 45 min. skills session prior to their games on Saturday's)
(3rd/4th Boys, 5th/6th Boys & 4th/5th/6th Girls will have a 10-15 minute warm-up prior to their games on Sunday's)*

d. **Officials** – The League will provide a referee for **ALL** 3rd through 6th Boys & 4th through 6th Girls Games.

(Home Teams must provide a score keeper)

e. **Overtime** – 1 OT Period that will be 2 minutes long and each team will receive an additional 30 second timeout. If tied after OT, the game will end in a tie.

f. **Breaks/Timeouts** - Teams will get 1 – 30 second timeout per half and they do not carry over. There will be a 3 – minute half-time break.

g. **Rule Violations** – For 1st/2nd, a warning will be issued the first half of the season for rule violations (*unless otherwise advised by league officials*) such as traveling, double-dribbling, etc. For 3rd through 6th, the rule violations will result in a turnover (*we will be more lenient with 3rd/4th Grade during the first half of season, but calls will be made more consistently afterwards*)

h. **Rim Height**

Basketball rim heights are as follows:

9' Rims – 1st & 2nd Grade [Boys & Girls]

10' Rims – 3rd through 6th Grade [Boys & Girls]

i. **Start of Game** – The game will always begin with a good old fashion game of Rock-Paper-Scissors. (*Best out of 3*) Winning team passes the ball in from the opposite side

of the court and brings it down. After that, possession will alternate and be kept at the score keeper's table.

j. **Match-Ups** – When teams meet at mid-court to start the game, coaches need to agree on matchups to start the game (*if there is a disagreement, then the referee has final say on the matchups*). Skill levels and positions should be the guide for this process.

k. **Offense** – Player who rebounds the ball must bring the ball up the court. That player will need to make at least 1 pass to a teammate before their team can shoot the ball. Defenders must retreat behind the white line and pick up their player as they come up the court. (*if the ball is stolen, then there is no need for a pass prior to shooting the ball.*)

l. **Defense** – Man-to-Man is required in 1st through 6th Grades. This will be played behind the white lines in Gym B at the HS and within the 3-pt line in Gym A at the MS. There will be NO half-court pressing at any level. There is no stealing permitted at the 1st/2nd Grade levels. Please have defenders move their feet and try to stop the pass, instead of reaching for the ball. (*STEALING will be permitted during the 2024-25 In-House Season for 3rd through 6th Graders.*)

m. **Double-Teaming** – is not permitted. Play will be stopped, and the players will receive a warning. After the one warning it is up to the Referee's discretion when to award the offensive team with one free throw and possession of the ball. The plan is to teach man-to-man defense from an early age, therefore keep the intent of the rule in mind, rather than looking for ways around it or to exploit the rule for your teams' benefit. (*3rd through 6th Graders may play help-side defense, but not blatantly double team another player*)

n. **Disqualification** – A player is disqualified after receiving his/her 2nd flagrant/technical foul.

o. **Technical Fouls** – Result in the opposing team receiving two unguarded free throws and possession of the ball. A player/coach that receives a technical foul will require a meeting with the league director, with a potential for suspension during the next game. A coach ejected from a game will be removed for the entire season.

p. **Foul Shots** – There will be no foul shots during the act of shooting fouls since we do not have lines on the smaller courts in Gym B at the HS. Team will start behind the white line.

q. **Clock Stoppage** – The clock will only stop during the 30 second timeouts or if a player gets

injured during play.

r. **Miscellaneous Violations [Over & Back Violation, 10 Second Backcourt Violation, 5 Second In-Bounding Violation]** – For 3rd/4th and 5th/6th Grade Boys, as well as 4th/5th/6th Grade Girls.

s. **Weather Cancellations** – Cancellations will be made by 8 am on Saturday or Sunday mornings via email.