

## Crossover Sports General Rules of Play

These are rules that will apply to each division regardless of grade:

- Game format: The game will be played in four, eight-minute quarters. Halftime will last around 3 minutes for each game but is subject to the referee's discretion.
- Substitutions: Crossover Sports follows the county recreation model regarding in-game substitutions. Midway through each quarter, teams will be required to substitute--whoever is sitting on the bench must come in the game. If you have three players on the bench, you can pick and choose who you keep on the floor with the other two spots, as long as the players that are on the bench come in the game. This format does vary as players get older and get more advanced--this will be covered in the next few sections.
- Defense: Grades 2nd and under all must play man-to-man defense, and we strongly encourage every team to play man-to-man.
- Full Court: There is no full-court pressure in younger divisions in Winter League. In divisions 3rd grade and up, teams are immediately allowed to run in transition and fast break after securing a defensive rebound. When this happens, the defense may pick up players anywhere on the court in order to stop the ball and prevent a fastbreak score.
  - If a team does not want to run in transition, they may secure the rebound and hold it up around their chin (i.e. "chinning" the ball) to make it clear they are not looking to run. At that point, the ref will instruct the defense to get back and set up in the half court. If they make an attacking move, the ref will let play go and the team has lost its chance to slow the game down and bring the ball down the floor without pressure from the opposing team.
  - Examples of attacking moves in transition:
    - Direct, north/south dribble toward their basket
    - Immediate outlet pass to a teammate



- Any movement that indicates an effort to advance the ball down the court in an urgent manner.

**NOTE:** Any unsportsmanlike conduct or treatment of others (including referees, players, coaches, or spectators) will not be tolerated and will lead to a technical foul and/or a meeting with league administrators. A coach's job is to coach their team, a player's job is to play the game, the referee's job is to manage the game, and a parent's job is to watch and encourage their child.



## Rules Specific to Kindergarten

- Score: Score is not kept in this division. The goal in these divisions is development rather than winning and losing games.
- Game Clock: The clock will run the entire game, including substitutions. This is to encourage coaches to keep the game moving, as well as limiting the amount of time that players are standing around.
- Goal Height: 6.5 ft
- Ball Size: 27.5 inches (Multi-colored ball)
- Defense: There are a number of rules regarding defense in this division, but the biggest thing to remember is that all teams must play man-to-man defense:
  - Wristbands will be used to determine who guards who based on skill level. Coaches will match players up based upon the color of the wristband and the skill level of the players. The referee has final say on who guards who to ensure matchups are equal and fair.
  - On-ball defenders may not steal the ball from the ball-handler. The primary concern at this age should be proper position and technique when guarding the ball--the defender's job is not to steal the ball, but rather to make it difficult for the offensive player to get where they want to go.
  - Help defense is allowed but this is typically something that kids in this division struggle with, so expectations shouldn't be sky high when your players are on defense.
- Violations such as double-dribble and travel will not be called very tightly due to the limited skill and coordination of children at this age. Referees may stop play and reset after these occur to encourage children to use proper technique and form, but they will not result in turnovers.
- Fast breaks are not allowed in any transition situation.
- Coaches are allowed on the floor with players. The focus is for coaches to instruct and encourage players at all times.





## Rules Specific to 1st/2nd Grade

- Score: Score is not kept in this division. The goal in these divisions is development rather than winning and losing games.
- Game Clock: During the game, the clock will run continuously. The only time the clock will stop is at or around the four-minute mark of each quarter for substitutions. Once the substitutions have been made, the clock will run until the end of the quarter.
- Goal Height: 8 ft
- Ball Size: 27.5 inches
- Defense: There are a number of rules regarding defense in this division, but the most important thing to remember is that all teams must play man-to-man defense:
  - Wristbands will be used to determine who guards who based on skill level. Coaches will match players up based upon the color of the wristband and the skill level of the players. The referee has final say on who guards who to ensure matchups are equal and fair.
  - Defense cannot pick up the offensive player until half court.
  - On-ball defenders may not steal the ball from the ball-handler. The primary concern at this age should be proper position and technique when guarding the ball--the defender's job is not to steal the ball, but rather to make it difficult for the offensive player to get where they want to go.
  - Stealing the ball off of a pass is allowed.
  - Help defense is allowed and encouraged.
- Free Throws: Free throws are awarded on all shooting fouls. Two shots are attempted by the fouled player at the 10 ft line. After the second shot, the ball will be inbounded by the opposing team regardless of shot result. Only the shooter needs to line-up.
- Violations such as double-dribble and travel will not be called very tightly due to the limited skill and coordination of children at this age. Referees may stop play



and reset after these occur to encourage children to use proper technique and form, but they will not result in turnovers until a warning or two has been issued.

- Fast breaks are not allowed in any transition situation.
- No fast breaks are allowed until the fifth game of the season, and even then, the referee has the ability to slow the game down if it becomes too chaotic to allow for proper development.
- Coaches are allowed to walk the sidelines to encourage and instruct players.



## Rules for 3rd/4th Grade

- Score: Score is kept in this age group, but development should still be the main goal of every coach.
- Game Clock: Games will begin with a jump ball in the center of the court. Games are played in four (4) quarters. Each quarter is eight (8) minutes long with the clock stopping as close to halfway through each quarter for substitutions.
  - The clock will run except for the final two minutes of each half (2nd and 4th quarters). **In the final two minutes of each half, the clock will stop on fouls only.**
  - The clock will also stop for timeouts.
  - Teams are allowed one timeout per half. Timeouts last about 30 seconds.
  - If a team is ahead by 15 points or more with two minutes or less in the game, the clock will continue to run no matter what--this includes timeouts. Once the margin gets below 15 points, the clock will stop as it normally would.
- Overtime: In the event that the game's regulation time ends in a tie, there will be a two-minute overtime period. The clock will stop only on timeouts and fouls.
- Goal Height: 9 ft
- Ball Size: 28.5 inches (Intermediate)
- Free Throws: Free throws will be awarded for shooting fouls and will be taken from the 10 ft line. Players will line up in the lane and will be able to enter the lane for the rebound upon the release of the ball from the shooter's hands. The free throw shooter may not come across the free throw line until the ball hits the rim--this also means that the shooter cannot be contacted in a box-out until the ball hits the rim.
- Defense: Man to man and zone defense is allowed and it is encouraged that teams play both throughout the season. Teams should not sit in a zone all season long in an effort to win games; coaches should be focused on development and preparing players for the future. When playing man to man, coaches are encouraged to teach proper defensive positioning and rotation.



- Teams may not full court press.
- Half court traps and presses are allowed unless that team is winning by 15 points or more. Once the margin gets to 15 or more, the winning team must not pick up until the three-point line.
- In transition situations, the defense may pick up wherever it is necessary to stop the ball and prevent a fastbreak score. However, if the opposing team gets a rebound and does not want to move down the floor in transition, the ref will instruct the defending team to get back and set up defense in the half court.
- Fouls: All players are allowed six (6) fouls each game. At their sixth foul, a player will be ineligible to return to the game.
  - At the seventh team foul and beyond, bonus free throws are awarded-- one-and-one-- until the tenth team foul, and then double bonus takes effect--two free throws for each foul.
- Through the first half of the season, referees may be more lenient regarding fouls and violations but will be instructed to call major and obvious fouls from the start of the season.
  - By the midway point of the season, refs will be calling traveling and double-dribbles relatively consistently, and they will continually give warnings about offensive three-second violations. After they warn a player multiple times, referees will call a three-second violation and it will result in a turnover.



## Rules for 5th-8th Grade

- Score: Score is kept in this age group, but development should still be the main goal of every coach.
- Game Clock: Games will begin with a jump ball in the center of the court. Games are played in four (4) quarters. Each quarter is eight (8) minutes long with the clock stopping as close to halfway through each quarter for substitutions.
  - The clock will run except for the final two minutes of each half (2nd and 4th quarters). **In the final two minutes of each half, the clock will stop anytime the referee blows their whistle, and the clock will begin again once the ball is in play.**
  - The clock will also stop for timeouts.
  - Teams are allowed one timeout per half. Timeouts last about 30 seconds.
  - If a team is ahead by 15 points or more with two minutes or less in the game, the clock will continue to run no matter what--this includes timeouts. Once the margin gets below 15 points, the clock will stop as it normally would.
- Overtime: In the event that the game's regulation time ends in a tie, there will be a two-minute overtime period. The clock will stop only on timeouts and fouls.
- Goal Height: 10 ft
- Ball Size: **Girls-** 28.5 inches (Intermediate); **Boys-** 29.5 inches (Official)
- Free Throws: Free throws will be awarded for shooting fouls and will be taken from the regulation free throw line. Players will line up in the lane and will be able to enter the lane for the rebound upon the release of the ball from the shooter's hands. The free throw shooter may not come across the free throw line until the ball hits the rim--this also means that the shooter cannot be contacted in a box-out until the ball hits the rim.
- Defense: Man to man and zone defense is allowed and it is encouraged that teams play both throughout the season. Teams should not sit in a zone all season long in an effort to win games; coaches should be focused on



development and preparing players for the future. When playing man to man, coaches are encouraged to teach proper defensive positioning and rotation.

- **Teams may full court press in the last two minutes of each half.**
- Half court traps and presses are allowed unless that team is winning by 15 points or more. Once the margin gets to 15 or more, the winning team must not pick up until the three-point line.
- In transition situations, the defense may pick up wherever it is necessary to stop the ball and prevent a fastbreak score. However, if the opposing team gets a rebound and does not want to move down the floor in transition, the ref will instruct the defending team to get back and set up defense in the half court.
- Fouls: All players are allowed five (5) fouls each game. At their fifth foul, a player will be ineligible to return to the game.
  - At the seventh team foul and beyond, bonus free throws are awarded-- one-and-one-- until the tenth team foul, and then double bonus takes effect--two free throws for each foul.
- Referees may be lenient based on the player and the stage of the season; however, the game will be called as tight as necessary to keep the game moving and to ensure the quality of basketball being played.
  - Three-second violations will be called after a warning, so coaches should coach the habit of moving in and out of the lane on offense.

