

KEEPING KIDS FIRST IN YOUTH SPORTS



**FULL COURT LEGENDS**  
BASKETBALL

# OFFICIAL GAME RULES



**ARCADIA SPORTS CENTRAL**  
BY OUR COMMUNITY, FOR OUR COMMUNITY

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**A note from our founder...**

*Welcome to the Full Court Legends Basketball program. Legends promotes individual player development with the hopes that every player has a chance to be a playmaker. These rules have been intentionally developed and tested with the intention of matching high school rules as much as possible, while still considering player safety and development. These rules are intended to promote proper instruction, and to form strong fundamentals for the next level of basketball competition. We encourage you not to only read these rules, but to promote sportsmanship in the league, always keeping the spirit of team work and camaraderie in mind. This is not the NBA: these are kids, coaches are volunteers. Officials are human, and a positive player experience is not hinged on the outcome of any single contest. Remember, kids come first here, period. Poor behavior will not be tolerated.*

**Please ensure that every player gets fair playing time, and encouragement.**

ARCADIA SPORTS CENTRAL - Founder

“WINNING IS BUILT ON A FOUNDATION OF PREPARATION”





## Section 1. General League Rules

**THE GAME** – Basketball is played by two teams of five players each. The purpose of each team is to shoot the ball into its own basket and to prevent the other team from scoring. The ball may be thrown, batted, rolled or dribbled in any direction, subject to restrictions described in the following game rules.

### 1.1 PLAYER ELIGIBILITY (LEAGUE)

1. Players shall be age eligible for the entire season if they are age eligible on the day of the first scheduled game in a season. (For example, an 8U player is eligible if they are 8 years old on the opening game day of the season even if they celebrate a ninth birthday the following day).
2. Only players rostered by Full Court Legends may participate in organized team activities (such as practices and games) and only for the team rosters on which they are assigned.
3. An ineligible player is one who is legally a member of the team but who is ineligible to play in a particular game or games because of an infraction of the rules, or because of a previous violation or disciplinary action. It is the duty of the head coach to keep a record of his/her ineligible players.
4. An illegal player is one that is not a legal member of the team (registered and rostered). Playing illegal players will result in forfeiture of the game.
5. A player may be rostered to only one team per season in each eligible age division.

### 1.2 LEAGUE POLICY

1. Player Registration shall be open to any youth who is eligible for an age division on the first scheduled game of the season. All Age Groups are Co-ed.
2. Only rostered players or coaches of the team are permitted on the coaching lines and team bench. The coaches, whether or not they are on the coaching lines, may moderately dispute any rules interpretation but may not protest discretionary calls of the official. If a coach at any time makes any derogatory remarks about, or to the opposing players, coaches or officials, he may be issued a Technical Foul or immediately be ejected from the game in the officials discretion.
3. If any head coach, assistant coach, **player**, or spectator conducts himself/herself in a manner that is deemed to be unsportsmanlike, the commissioner may (in their sole discretion) institute penalties on the team including technical fouls, ejections, game forfeiture, season suspension or league banishment. He/she may be removed from the game and the court in the sole discretion of the official or its league representatives. This includes the baiting or heckling of officials or opponents.
4. **No adult, other than coaches or game officials, will be allowed on the basketball court during the game without the consent of the officials, under penalty of forfeit.**
5. If any player, head coach or assistant coach conducts himself/herself in an unsportsmanlike manner he/she shall be removed from the game and the gymnasium in the sole discretion of the official or league representatives. This includes the baiting or heckling of officials or opponents.
6. Tobacco products and profanity are not allowed under penalty of forfeit.
7. If, in the opinion of the officials, a player, head coach, coach or scorekeeper, commits any act which may maim or injure an opposing player, if deemed deliberate, he shall be ejected from the game. Players or coaches who are ejected may not return to the game. An ejected player or coach must immediately leave the venue and shall not participate further in the game. Full Court Legends reserves the right to institute penalties based on the severity of the infraction for any player, coach or spectator that is ejected from a game up to and including banishment from the league.
8. No video taping of opponents games or practices is allowed. Feel free to take photos and videos of your own game, team and player. Teams that violate this league policy will forfeit future games in the discretion of the league commissioner.

### 1.3 GENERAL EQUIPMENT RULES

1. All players must be in full team uniform with jerseys tucked inside of the shorts. Team uniforms shall be those provided by the league.
2. The official basketball is the basketball approved by Full Court Legends for each age division as defined in Section 2 and provided by the league.
3. No jewelry (which includes: dangling earrings, necklaces, bracelets, watches, etc) shall be worn during games. This is in an effort to ensure the safety of all participants.
4. Players are not allowed to wear anything that may be dangerous to other players. Any casts or braces made of fiberglass, plaster, metal, or any other non-pliable substances are not allowed. Braces with exposed metals are not allowed.
5. No Go-Pros or other recording equipment may be worn by the players.



## Section 2. Court & Equipment

### 2.1 Playing Court

The overall court dimensions may vary based on the availability of game venue.

### 2.2 Game Balls

1. The ball size for 8U and younger age groups shall be the youth ball Size 5 (27.5" circumference).
2. The ball size for 12U and younger age groups shall be the standard Women's ball Size 6 (28.5" circumference) unless otherwise noted.
3. The ball size for 15U and older age groups shall be the the standard Men's ball Size 7 (29.5" circumference).



### 2.3 Basket Height

1. The basket height for league play will be as follows:  
The rim height for 8U and younger age groups shall be 8'  
The rim height for 10U and older age groups shall be 10'

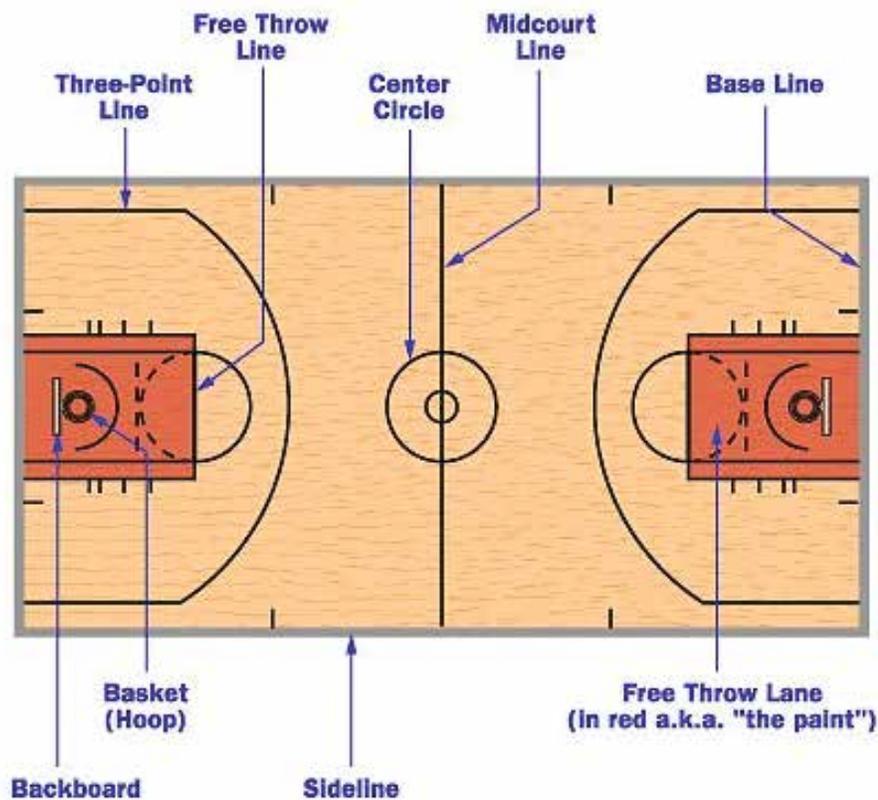
Due to gym limitations or mechanical failures, baskets may not be adjustable. In these circumstances, teams should play and practice with the basket heights that are set provided each team is shooting at the same height basket.

### 2.4 Free Throw Line

1. The free throw line distance will be based on the age divisions as follows:  
8U and younger age groups: 10 feet (5 ft. inside the standard less the rim adapter offset)  
10U and older age groups: 15 feet (standard)

## 2.5 Bench Location

1. The home team shall sit on the left side of the scorekeeper's table (while standing on the court facing the scorekeeper's table). The home team shall wear white jerseys and the visiting shall wear dark jerseys.
2. During pre-game warm-ups prior to the first half of play, each team will shoot at the basket on the opposite end of the court from their bench.
3. During half-time warm ups prior to the second half of play, each team will shoot at the basket immediately in front of their bench.
4. Only the players, coach, and one designated assistant may sit in the bench area (defined as the sideline area between the half court line and the free throw line extended) during a game. Coaches must remain within the team bench area at all times while the teams are in play.
5. Coaches are not allowed to step onto the court during play—coaches violating this rule may be assessed a technical foul.





## Section 3. Game Rules

### 3.1 Minimum Players

All teams must start the game with 5 players. Any team failing to meet these requirements will forfeit the game. A team must finish the game with at least one player. Coaches may elect to play a scrimmage game if player minimums can't be met.

### 3.2 Game Length and Curfew

Games shall consist of:

- four 8 minute quarters for 12U and younger age divisions
- four 10 minute quarters for all other divisions

Except during team timeouts and official timeouts, the game clock shall run continuously during the entire game except the last 2 minutes of the contest. During the last two minutes of the contest, the clock shall be stopped for all dead ball situations, except as otherwise noted.

If a team is trailing by 15 or more points at the start of the 4th quarter, the coach of the trailing team may make a request to the officials that a running clock be used during the 4th quarter. The officials should then inform the leading coach, the scorekeeper/timekeeper. Once the quarter begins, the decision to use a running clock cannot be reversed.

Games should be completed within 60 minutes from the scheduled start time. All play must be stopped by the officials at the curfew time and the existing score declared the final score. The League Commissioner and representatives may make decisions regarding adjusted game length times.

### 3.3 Time Outs

Each team is permitted two (2) Full (1 minute) time outs per half. Teams cannot carry over unused time outs from the first half to the second half. No time outs are permitted during overtime periods. The Defense may not call time out during a live ball until they acquire possession of the ball. A player may call time out at any time they possess the ball, including while airborne and headed out of bounds. (per NFHS, disallowed in NCAA)

### 3.4 Quarter Break

There shall be a 1 minute break between the 1st & 2nd quarter, and a one minute break between the 3rd & 4th quarter.

### 3.5 Half-Time

The half-time break will be three (3) minutes. If the league officials determine the game is running late, the officials may reduce the break to as little as one (1) minute. Teams will change baskets at the end of the first half.

### 3.6 Overtime

If during the regular season a game is tied after four quarters of play and the curfew time has not yet been reached, the teams shall play one overtime period of 3 minutes beginning with a jump ball. The overtime clock shall run continuously. If the game is not decided in this overtime period, then the game shall be decided by a free throw shoot-out. Each team shall select one player for the contest and alternate free throw attempts until one team leads after an equal number of attempts. The contest shall take place at the home team's free throw line and the visiting team shall shoot first and every odd numbered attempt thereafter until the game is decided.

### 3.7 Game Interruptions

Games which are interrupted due to unforeseen circumstance (i.e., power failure, fire drills) will be continued from the point of interruption as long as time permits. If 3 full quarters can be completed in the allotted time, the game will be considered complete. If not, the League Commissioner will evaluate the ability to reschedule the game if time and venue allows (in his/her sole discretion).

### 3.8 Game Forfeits

A game shall be declared a forfeit when:

- A team is not ready to play within 5 minutes after the scheduled start time
- a team plays with an illegal player
- a team accrues three (3) sportsmanship-related technical fouls in any one game; and/or a team has a player, coach or spectator who has been asked to leave the gym by a game official but refuses to do so.

### 3.9 Start of the Game

A jump ball at center court will start the game for all age groups. When initiating play via a jump ball, jumpers may not take control of the ball until it is touched by another player or the ball touches the floor.

### 3.10 Inbounding the Ball (game start, half time, time outs)

The ball will be put into play from out of bounds as follows:

1. At the start of each subsequent quarter, for all age divisions, the ball will be put into play at mid-court opposite the scorer's table according to the alternate possession rule.
2. After a timeout is called, the ball will be put into play closest to the location of the ball when the time out was requested.
3. After a foul (non-shooting, non-technical), violation, or jump ball is called, the ball will be put into play closest to the location of the ball when the foul, violation, or jump ball was called.
4. After a technical foul and the subsequent shots, the ball will be put into play at mid court opposite the scorer's table.
5. Teams have 5 seconds to put the ball in play. (traveling does not apply to dead balls)
  - a. The inbinder may move 3 foot in either direction (no depth limitation) during a spot throw in as established by the official.
  - b. Inbounders may use the entire width of the baseline to inbound the ball after a field goal.
  - c. Inbounders may step on the line to inbound the ball, but may not step across the line thereby touching the court inbounds.
6. The defense cannot reach across the out of bounds line and touch the ball or the passer. The defense cannot touch the ball until it comes into the court of play.
7. It is legal to inbound the ball from the front court to the backcourt; that does not constitute a backcourt violation.
8. Teams have 10 seconds to pass the mid court line from the back court. During a dribble from backcourt to front court, the ball is in the front court when the ball and both feet of the dribbler touch the court entirely in the front court. A player shall not be the first to touch a ball in the backcourt after it has been in team control in the front court, if he/she or a teammate last touched or was touched by the ball in the front court before it went to the backcourt.

### 3.11 Jump Balls and Alternating Possession:

To start the 2nd, 3rd & 4th quarters the ball will be put into play with a throw in under the alternating possession procedure. All other jump balls will be decided by alternating possessions. Jump balls occur when two opponents have one or both hands firmly on the basketball simultaneously and control by one team can not be established.

### 3.12 Substitution Rule

All players must check in with the referee prior to entering the game. The substitution may occur at the end of the quarter, at a dead ball or if there is an injury. No substitutions will be allowed during a live ball.

Players must check in at the scorers table before entering the game. The substitute shall remain outside the boundary until an official beckons, whereupon he/she shall enter immediately. If the ball is about to become live, the beckoning signal should be withheld. The entering substitute shall not replace a designated jumper or a free thrower.

### 3.13 Colored Wristband System for 6U & 8U

In the 6U & 8U Divisions, player wristbands provided by the league will be used to identify player match-ups (*players must guard the player with the same color wristband, man to man*).

Prior to the start of each quarter, coaches will assign each of the players a colored wrist band. Coaches and referees will help players from the two teams match up at the half court line prior to the start of the clock. If coaches can not reach an agreement on player matchups, then the home team coach shall decide the matchups for quarters 1 & 3, the Visiting team coach shall decide the matchups for quarters 2 & 4. Full Court Legends exists for the development and enjoyment of the players, it is expected that coaches shall collaborate to provide a great experience for the kids that focuses on fun and development.

The Defensive team must take an initial defensive position inside the 3 point line and allow the ball to completely cross the half-court line before defensive pressure starts. No full or half court trapping is allowed.

Once a defensive player gains control of the ball in the backcourt, the opposing team must fall back to take an initial defensive position inside their 3 point line, allowing the Offense to move the ball past the half-court line and initiate their offense.

Defending a player that is not your man is only allowed during a fastback, in a help defense situation or as a switch during help defense. The purpose of the wristband system is to develop the individual skills sets of the players for their progression to the next level of competition. **Double teaming is not allowed.**

**Coaches should collaborate** to ensure that player match-ups are fair relative to player size and skill. Players shall not trade wristbands during play, but the coach may substitute players as allowed during normal course of play.

The purpose of the wristband system is to develop young players in the fundamentals of basketball and provide players with an opportunity to dribble, pass, and shoot. Coaches, parents and players that prefer zone defense, pressing and trapping have the option to “play-up” by registering for older age divisions that allow these advanced strategies.



### 3.14 Fundamental Basketball Rules

1. While the ball remains live, a loose ball always remains in control of the team whose player last had control, unless it is a try or tap for goal.
2. Neither a team nor any player is ever in control during a dead ball, jump ball, or when the ball is in flight during a try or tap for a goal.
3. A goal is made when a live ball enters the basket from above and remains in or passes through unless canceled by a throw-in violation or a player-control foul.
4. The jump ball, the throw-in and the free throw are the only methods of getting a dead ball live.
5. Neither the dribble nor traveling rule operates during the jump ball, throw-in or free throw.
6. It is not possible for a player to travel during a dribble.
7. The penalty for a single flagrant personal or flagrant technical foul is two free throws and disqualification plus awarding the ball to the opponents for a throw-in.
8. Penalties for fouls are administered in the order in which they occur.
9. A live-ball foul by the offense (team in control or last in control if the ball is loose), or the expiration of time for a quarter or extra period, causes the ball to become dead immediately, unless the ball is in flight during a try or tap for goal. The ball also becomes dead when a player-control foul occurs.
10. The first or only free-throw violation by the offense causes the ball to become dead immediately.
11. A double personal foul involves only personal fouls and only two opponents; no free throws awarded and the ball is put in play at the point of interruption. A double technical foul involves only technical fouls and only two opponents; no free throws are awarded, and the ball is put in play at the point of interruption.
12. The official's whistle seldom causes the ball to become dead (it is already dead).
13. Whether the clock is running or is stopped has no influence on the counting of a goal.
14. A ball which touches the front face or edges of the backboard is treated the same as touching the floor inbounds, except that when the ball touches the thrower's backboard, it does not constitute a part of a dribble.
15. If the ball goes through the basket before or after a player-control foul, the goal shall not be counted.
16. Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from play. Players with "suspected concussions" may not resume participation without written medical clearance.
17. *The top, front, sides and bottom of the backboard are inbounds.*
18. The ball becomes dead if it passes over the top of a rectangular backboard, whether it comes from the front or back of the plane



## Section 4. Offense

The Offense may advance the ball by passing or dribbling in order to make a field goal attempt within the rules defined below:

### 4.1 Scoring

Field goals are awarded 2 points,

Free throws 1 point each,

Three point field goals will count if shot behind the three point line.

### 4.2 Dribbling

A dribbler shall neither charge into nor contact an opponent in his/her path nor attempt to dribble between two opponents or between an opponent and a boundary, unless the space is such as to provide a reasonable chance for him/ her to go through without contact.

When a dribbler, without contact, sufficiently passes a defender to have head and shoulders in advance of that defender, the greater responsibility for subsequent contact is on the defender.

A player must dribble the ball when moving unless the player has established a pivot foot, is jumping to shoot, or jumping to pass. Once the player leaves his pivot foot, he must release the ball (pass or shoot) else be penalized for "Traveling".

### 4.3 Legal Second Dribble

A player may begin a second dribble if he ended his first dribble to attempt a shot that resulted in striking the backboard, basket ring or air ball (providing the airball was the result of a well intended field goal attempt). A player may also begin a second dribble if he lost control of the first dribble and another player touched the ball as a result of his own pass or fumble.

### 4.4 Passing

A pass is movement of the ball caused by a player who throws, bats or rolls the ball to another player.

### 4.5 Inbounding the Ball

1. **Following a dead ball** - The ball must be inbounded after a dead ball violation. Teams shall have 5 seconds to put the ball in play by passing the ball to a team mate from the out of bounds position decided by the game official (a "Spot Throw In"). The passer must remain out of bounds while inbounding the ball. If a player crosses the court boundary while inbounding the ball it is a court violation resulting in a turnover.
2. **Following a made field goal** - The ball is considered to be live after a made field goal and the opposing team may inbound the ball from behind the baseline of the opponents goal. Teams shall have 5 seconds to put the ball in play by passing the ball to a team mate from behind the baseline. It is legal to pass the ball to a second player that is out of bounds, or to run the baseline when inbounding the ball providing the player does not cross the court boundary while inbounding the ball.

#### 4.6 Back Court Possession

Teams shall have 10 seconds to pass the half court line from their backcourt. The ball must cross the mid-court line within 10 seconds or a court violation will result in a turnover. Once the ball crosses mid-court it can not return to the backcourt while the offense maintains possession. Any inbounding resets the 10 seconds time limit and the offense can once again use the backcourt.

#### 4.6 Screening (Guarding Off the Ball)

A screen is legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.

1. A legal screener must be stationary prior to contact with hands and arms close to the body. When these two requirements are not met, and when there is sufficient contact delivered by the screener to bump, slow or displace, it is a foul on the screener.
2. When screening a stationary opponent from behind (outside the visual field), the screener must allow the opponent one normal step backward without contact.
3. When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact by stopping or changing direction.
4. When a screen is set in view of an opposing player, the screener can get as close as he or she wishes in a legal stationary position. The burden is on the screened player to avoid contact that may result in a foul.
5. To constitute a legal screen, the screener must stay within his or her vertical plane with a stance approximately shoulder-width apart.

A player may not use the arms, hands, hips or shoulders to force his/her way through a screen or to hold the screener and then push the screener aside in order to maintain a guarding position on an opponent.

#### 4.7 Legal and Illegal use of Hands and Arms

It is not legal to extend the hand and/or forearm to prevent an opponent from attacking the ball during a dribble or when throwing for goal.

It is not legal to swing arms and elbows excessively.

It is not legal to lock arms or grasp a teammate(s) in an effort to restrict the movement of an opponent.

It is not legal to use hands on an opponent which in any way inhibits the freedom of movement of the opponent or acts as an aid to a player in starting or stopping.

A Defender may extend an arm to gauge the distance to an offensive player when taking an initial guarding position, and may re-gauge his distance as the player moves. It is illegal for a defender to continuously touch the dribbler in any way that the official deems to be an attempt to control or inhibit the movement of the dribbler. There is no requirement of time or distance for guarding the ball carrier. The ball carrier must have an expectation of being guarded. **(Guarding On the Ball)**

#### 4.8 Offensive Charging

Charging is illegal personal contact caused by pushing or moving into an opponent's torso.

- a. A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in his/her path.
- b. If a guard has obtained a legal guarding position, the player with the ball must get his/her head and shoulders past the torso of the defensive player. If contact occurs on the torso of the defensive player, the dribbler is responsible for the contact.

- c. There must be reasonable space between two defensive players or a defensive player and a boundary line for the dribbler to continue in his/her path. If there is less than 3 feet of space, the dribbler has the greater responsibility for any contact. (Dribbler can't physically force a position advantage)
- d. The player with the ball may not push the torso of the opponent to gain an advantage to pass, shoot or dribble.

#### **4.9 Offensive Time Outs**

The Offense may call a time out at any time during their possession of a live ball.

#### **4.10 Intentional Stalling**

Full Court Legends does not utilize a shot clock for its youth basketball programs. Stalling is considered an unsportsmanlike act in which a team makes no effort to advance the ball or attempt to score in order to run out the game clock and preserve a win. Therefore, any offensive player in control of the ball that is intentionally stalling the game (with or without defensive pressure) will be subject to a technical foul ***in the sole discretion of the official.*** Stalling shall be defined as obstruction of the flow of play while leading in a timed game OR making no reasonable attempt to score.

#### **4.10 Fair Competition Rule**

At any time during the contest, if a team in any age division leads by 10 or more points the leading team will be required to pass the ball three times within their half of the front court before making an initial attempt on the goal. This rule will not apply if at anytime during the contest the point differential is less than 10. Violation of this rule results in a turnover. (No Basket)



## **Section 5. Defense**

### **5.1 Guarding**

Guarding is the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required between the guard and the ball carrier, but the maximum is 6 feet to be considered "closely guarded".

Every player is entitled to a spot on the playing court provided such player gets there first without illegally contacting an opponent. A player who extends an arm, shoulder, hip or leg into the path of an opponent is not considered to have a legal position if contact occurs.

Guarding an opponent with the ball or a stationary opponent without the ball:

- a. No time or distance is required to obtain an initial legal position.
- b. If the opponent with the ball is airborne, the guard must have obtained legal position before the opponent left the floor.

Guarding a moving opponent without the ball:

- a. Time and distance are factors required to obtain an initial legal position.
- b. The guard must give the opponent the time and/or distance to avoid contact.
- c. The distance need not be more than two strides.
- d. If the opponent is airborne, the guard must have obtained legal position.
- e. Before the opponent left the floor.

## 5.2 Legal and Illegal use of Hands and Arms

It is legal to extend the arms vertically above the shoulders and need not be lowered to avoid contact with an opponent when the action of the opponent causes contact. This legal use of the arms and hands usually occurs when guarding the player making a throw-in, the player with the ball in pressing tactics and a player with the ball who is maneuvering to try for goal by pivoting, jumping, etc.

It is legal use of hands to reach to block or slap the ball controlled by a dribbler or a player throwing for goal or a player holding it and accidentally hitting the hand of the opponent when it is in contact with the ball.

It is legal to hold the hands and arms in front of the face or body for protection and to absorb force from an imminent charge by an opponent. This same protective use of the arms and hands occurs when a player who has set a screen outside the opponent's visual field is about to be run into by the player being screened. The action, however, should be a recoil action rather than a pushing action.

It is not legal to use hands and arms or hips and shoulders to force his/her way through a screen or to hold the screener and then to push him/her aside in order to maintain a guarding position relative to his/her opponent.

It is not legal to use hands on an opponent which in any way inhibits the freedom of movement of the opponent or acts as an aid to a player in starting or stopping.

It is not legal to extend the arms fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with the arms occurs. The extension of the elbows when the hands are on the hips or when the hands are held near the chest or when the arms are held more or less horizontally are examples of the illegal positions used.

## 5.3 Hand Checking / Body Fouls

1. Tactics using the hands, arms or body that permit any player (offense or defense) to "control" (hold, impede, push, divert, slow or prevent) the movement of an opposing player is a foul.
2. When an offensive player uses the hands or body to push off for position or spacing to get open or receive a pass, or to move the ball via pass or dribble, it is a foul.
3. "Hooking" by an offensive player is a distinct advantage. This tactic is not worthy of a warning and should be ruled a foul without hesitation.
4. Any illegal use of hands, arms or body (offense or defense) that slows, prevents, impedes the progress or displaces an opposing player due to the contact, is a foul and must be called.
5. Regardless of where it takes place on the court, when a player continuously places a hand on the ball handler/dribbler, it is a foul.
6. When a player jabs a hand(s) or forearm on an opponent to control his or her movement or gain an advantage, it is a foul.

## 5.4 Defensive Press

8U and younger divisions shall not be allowed to defend the back court. Teams in these age divisions may not defend beyond the three point line (or beyond the mid court line in absence of a three point delineation).

In order to educate the players on proper mechanics and skills of the game, 8U and younger age divisions shall not be allowed to double team an offensive player when playing defense.

For 10U and older age groups, normal backcourt defense is allowed whenever the ball is live under all circumstances (turnover or rebound), EXCEPT:

1. When teams in the 10U age division are leading by 10 or more points they will not be allowed to guard in the back court, or press.

### 5.5 Defensive Blocking

Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball.



## Section 6. Game Violations, Fouls & Penalties

### 6.1 Violations

- A. Double dribbling (including carrying the ball)
- B. Traveling
- C. Lane violations
- D. Time violations (as described throughout these rules)

*PENALTY: The ball is dead when the violation occurs and is awarded to the opponents for a throw-in from the designated out-of-bounds spot nearest the violation.*

#### A. Double Dribbling

A double dribble in basketball occurs when a player stops dribbling the ball and starts dribbling again without having passed, shot or lost control of the ball due to the acts of an opponent or when a player dribbles with two hands simultaneously.

#### B. Traveling

Traveling is moving a foot or feet in any direction in excess of prescribed limits while holding the ball.

#### C. Lane Violations

- a. 8U Age Division: There is a 5 second time limit for being inside the lane while the offense has the ball in their front court. The five second count is suspended after a shot attempt and until the offense re-established possession of the ball.
- b. 10U and older Age Divisions: There is a 3 second time limit for being inside the lane while the offense has the ball in their front court. The three second count is suspended after a shot attempt and until the offense re-established possession of the ball.

**6.2 Fouls:** Basketball is not a no-contact sport.

**Incidental contact does occur and contact which does not create an advantage for one player or disadvantage to another player may be ignored. (no foul)**

### 6.3 Personal Fouls

Fouls: Unnecessary contact of players constitutes a personal foul and equals a team foul. Charging, tripping, pushing, or contact from behind. This may occur on offense or defense resulting in a turn over.

If a foul occurs while shooting, the player that was fouled will be awarded 2 free throws. Violating player is given a personal foul and a team foul.

If a foul occurs in the course of play, the ball is awarded to the other team out of bounds. Violating player is given a personal foul and a team foul.

- a. 8U and younger age divisions will foul out of a game on the 8th personal foul.
- b. 10U and older age divisions will foul out of a game on the 5th personal foul.

#### **6.4 Shooting Free Throws**

During a free throw, players (other than the shooter) may enter the lane when the ball leaves the shooter's hand. A free throw shooter must remain behind the free throw line and may not enter the lane until the ball strikes the rim or backboard. Players standing behind the shooter at the time of the free throw may not enter the lane until the ball touches the rim.

A Shooter has 10 seconds to shoot a free throw, a violation results in a turnover.

Bonus: The bonus 1+1 rule will be in effect for the 7th, 8th and 9th team foul in either half. The bonus is awarded only if the first attempt is made. Beginning with the 10th team foul, the bonus is awarded whether or not the first attempt is made.

Technical Fouls: Technical fouls will be called for any taunting, profanity or unsportsmanlike conduct against a player, coach or spectator. A technical foul will be called after the first warning has been given. The result of a technical foul is 2 free throws and possession of the ball. All technical fouls count towards the team foul total.

#### **6.5 Intentional Fouls**

Coaches should not yell "foul" at end of game to signal to their players to commit an intentional foul to stop the clock, as injury may result. Full Court Legends discourages this tactic for 10U Age Divisions. If coaches nonetheless decide to use this tactic, they should teach their players some code (such as "black") to signal an intentional foul and be sure to instruct their players how to foul without risking injury to other players.

Under all circumstances, no one should be fouled intentionally while attempting a fast-break lay-up. Full Court Legends house refs have been given the discretion to impose an intentional foul penalty if the coach calls out "foul" to his players and a foul results that in the referee's judgment was the result of that direction. This results in foul shots and the team whose player was fouled retains possession of the ball.

#### **6.6 Technical Fouls and Suspensions**

A player or coach who is disqualified from a game by the official due to a second technical foul or unsportsmanlike behavior or conduct will be automatically suspended from the current game and will be ineligible to participate in the next game. These individuals will not be allowed in the gym during the next game, even as spectators.

#### **6.7 Referee Errors and Game Results**

All coaches should be aware that it is the league's policy that the results of games will not be reversed in the case of error by the officials. Any errors by the officials (referees, scorekeepers, or timekeepers) in interpreting the rules must be corrected in accordance with these Rules at the time of the error.

In the case of scorekeeper error (not alerting the officials at the time of the 7th or 10th team foul or when a player gets their 5th foul, mistakes in the score, etc.) or timekeeper error (not starting or stopping the clock correctly), the error must be corrected in consultation with the referees and both coaches as soon as it is discovered.

The only violations that, if verified by the basketball board, may constitute the basis for reversing the outcome of a game are: 1) willful violation of the participation rule, 2) use of an ineligible player i.e., a player who is not rostered

or has been suspended, or 3) willful violation of the spirit and/or intent of the goals of Full Court Legends Basketball as determined in the sole discretion of the league commissioner.

The scorekeeper and timekeeper are part of the officiating crew. They are not permitted to criticize the referees. They are not permitted to coach players from their team.



## Section 7. Conduct

### 7.1 Incidental Contact

Contact is limited to incidental contact that is a normal part of basketball. Incidental contact is contact with an opponent which is permitted and which does not constitute a foul. The mere fact that contact occurs does not constitute a foul. When 10 players are moving rapidly in a limited area, some contact is certain to occur. Contact, which may result when opponents are in equally favorable positions to perform normal defensive or offensive movements, should not be considered illegal, even though the contact may be severe. Similarly, contact which does not hinder the opponent from participating in normal defensive or offensive movements should be considered incidental. A player who is screened within his/her visual field is expected to avoid contact with the screener by stopping or going around the screener. In cases of screens outside the visual field, the opponent may make inadvertent contact with the screener, and such contact is to be ruled incidental contact, provided the screener is not displaced if he/she has the ball. If, however, a player approaches an opponent from behind or from a position from which he/she has no reasonable chance to play the ball without making contact with the opponent, the responsibility is on the player in the unfavorable position.

### 7.2 Conduct

Conduct - Full Court Legends demands that players, coaches, and spectators display the proper respect for all the players on the court, regardless of which team they are on. For the players, this means that no trash talking of opposing players or denigration of players on their own team will be allowed. For the coaches, this means that they will at all times do their best to encourage and teach their players and will respect the players on the opposing team. No verbal abuse of any players on either team, even the son/daughter of the coach, will be tolerated during a Full Court Legends game. Trash talk (taunting or baiting of opposing players) before, during or after the game is regarded as a violation of the sportsmanship rule and may result in a technical foul or suspension.

1. Players are expected to behave in a civil manner. Uncivil acts will result in a verbal warning for the first offense and Technical Fouls for each subsequent offense.
2. Players are encouraged to return the game ball to the official during a dead ball.
3. Taunting, trash talking, cursing or other offensive language or behavior by players, coaches or their fans will result in a Technical Foul for the first offense and possible forfeiture for the second offense (in the game official's sole discretion).
4. Reckless play deemed by the game official to be potentially dangerous or harmful (e.g. elbowing, cheap shots, roughing, pushing, etc.) will result in a Technical Foul. Two Technical fouls committed by any one person during a game will result in automatic ejection.
5. Play that is deemed by the game official to be intentionally malicious (e.g. fighting, attempted punching, clothes lining, etc.) will result in a Technical Foul and player ejection. Two such acts by one team during a game will result in immediate forfeiture and potential league sanctions.
6. Players, Teams or Coaches who are found to have intentionally cheated will forfeit their game and be suspended until addressed by the league commissioner.
7. Players, Coaches, or Spectators who are ejected from a game, must vacate the premises. Failure to do so will result in game suspension, forfeiture or league banishment.

8. League Representatives and Game Officials have the authority to suspend play and declare a forfeit if players, fans and/or coaches behave in a manner that is threatening or dangerous.
9. League Representatives, Game Officials, or Security will make reports to the League Commissioner of conduct violations by anyone at any league event. In addition to the penalties assessed during a game, conduct violations may carry the additional penalties in the discretion of the commissioner:
  - A) Intentional Unsportsmanlike Conduct -8- day suspension from practice and play.
  - B) Ejection from a Game - 8- day suspension from practice and play.
  - C) Physically threatening an official - season suspension.
  - D) Hitting an official - indefinite suspension (minimum 1 season).
  - E) Public intoxication - season suspension.
  - F) Fighting (on or off the court) - season suspension.
  - G) Second offense of A or B - season suspension.
  - H) Playing an ineligible player - forfeiture of game (minimum).
10. For safety reasons, spectators must remain off the court at all times unless directed otherwise by a league representative or game officials.
11. Sportsmanship is paramount to the Full Court Legends program. The Head Coaches and all Players must participate in the post game handshake immediately following the conclusion of the contest or be subject to a one game suspension in the sole discretion of the commissioner.



## Section 8. League Standings

League standings are based solely on wins or losses. The league discourages “running up the score”. The league is organized for competitive fun and encourages coaches with a strong lead to mix up their player positions and plays to ensure that development and fun is the focus. In an effort to keep the focus on player development during the “regular season” the league does not recognize division leaders with awards.

League standings may or may not be used to seed tournament play based solely on the discretion of the League Commissioner to promote the league’s focus and philosophy of player development and keeping kids excited about sports.



## Section 9. 3 on 3 Program Rules - Variation



**FULL COURT LEGENDS**  
BASKETBALL  
**3ON3**

### **Full Court Legends (5 on 5) Basketball Rules will be used if not modified here-in:**

*3on3 Basketball is a half-court game played by two teams of three players each, including a maximum of three substitutes.*

*The Full Court Legends 3on3 program is designed as a fast paced game that emphasizes individual basketball fundamentals by limiting the number of players on the court to encourage foundational basketball skills including give and go's, pick and roll's, backdoor passing, inside-out passing and high low passing.*

#### **11.1 Rosters: (All Age Divisions)**

- a. Roster size is minimum of 3 players and a maximum of 6 players.
- b. Teams are required to have at least 2 players from the roster present at the start of each game.

#### **11.2 Forfeits:**

- a. A team must have at least 2 players to begin the game. The official can declare the game a forfeit if at least 2 players are not present. Forfeited games may be played as a scrimmage with the consent of both coaches.

#### **11.3 The Playing Court:**

The 3on3 program is played on a half-court.

#### **11.4 Beginning the Game:**

- a. A coin flip managed by the Official will determine which team has the initial possession. A coin flip will also be used at the beginning of overtime play.

#### **11.5 Game Clock:**

- a. The clock shall run continuously for a single 20 minute period.
- b. Each team has (2) 45-second timeouts per game.
- c. There are no timeouts allowed in the last 2 minutes of play.
- d. Stalling is not permitted. Stalling is considered an unsportsmanlike act and will result in a technical foul against the offending team.

#### **11.6 Scoring:**

- a. Baskets made from inside the three-point arc count two points each. Baskets made when the shooter take initial position of both feet behind the arc count three points each. Referees will signal a made "3-pointer", by raising both hands above the head. There is NO "win by 2" rule.

#### **11.5 Game Play:**

- a. **"Checking the Ball"** If it is a dead ball situation, which includes a made basket or a change of possession, the ball must be passed in / thrown in (not dribbled) from the half-court circle at the center of the full court, the "Check Circle". The Check Circle is to be considered "out of bounds" during the throw-in, where only the player throwing the ball in is allowed. Defensive players are not allowed in the Check Circle during the throw in, neither are other offensive players. Once the ball is thrown in, the half-court circle is considered in-bounds. The referee will "check" the ball to the player, or will give a "ball in" indication. "Checking" the ball to the defense is not mandatory, but players must get the "ball-in" indication from the referee before beginning play. Officials will allow the defense to take an initial guarding position provided there is no delay in the speed of play.
- b. **Inbounding:** If there is not a change of possession, for example, a defensive foul, or ball out of bounds awarded to the offense, etc. the ball should be inbounded from the location closest to the dead ball and not taken back to or thrown in at the Check Circle.

c. **Substitutions** can be made at any dead ball, or after a made basket only after getting the attention of the official, and being signaled to enter play. A made basket is a dead ball situation, either team may substitute, and the offense must get the “ball-in” indication from referee.

d. **Throw In Violation:** Failure to throw the ball in (no shooting or dribbling from the circle) results in verbal warning from the referee and a restart of the possession (official warning may follow).

e. **Alternate Possession:** The ball changes possession after each scored basket. No “make-it, take-it” possessions

f. **Change of Possession - Taking Back the Ball**

1. When in play, the ball is “taken back,” or “cleared,” on each change of possession. “Taking It Back” means the player’s whole body (both feet) and the ball must completely clear the 3 point arc.

2. The player can clear the arc from anywhere on the court, not restricted to the top of the key.

3. If the ball is intercepted or stolen behind the arc, it is already considered “cleared,” and the team can attack the basket immediately.

g. **Change of Possession Definition** includes rebounds, rebounds by the defense after a free-throw, blocked shots, steals, turnovers, airballs, and any other type of change of possession.

h. **No Change of Possession** (if there is not a change of possession, i.e. a defensive foul, or ball out of bounds awarded to the offense, a rebound knocked out of bounds by the defense, etc. the ball must be inbound from that spot, and not thrown in at the center circle) The ball need not be cleared if possession is maintained through a dead ball.

i. **Take it Back Violation:** Failure to “take it back” (beyond the 3 point arc) results in a stoppage of play, a verbal warning from the referee, and a restart of the possession from the throw-in circle (official warning may follow). “Take it back” means that the player’s whole body, and the ball are completely behind the 3-pt arc before proceeding with play.

**11.7 Free Throws:**

a. When fouled in the act of shooting on a missed basket, a free throw is awarded to the fouled shooter. Teams will line up for the free throw as they would in normal high school rules. One attempt will be awarded and a single free throw counts as two points unless the shooter was fouled during a three point attempt, in which case a made free throw will count as three points.

b. When fouled in the act of shooting on a made basket, one attempt will be awarded after a made basket if fouled in the act of shooting from inside or behind the arc and the attempt shall be worth one point.

b. One attempt will be awarded for each foul after the 7th Team Foul, whether in the act of shooting or not. Each made free throw shall be worth two points.

c. Following the Free Throw attempt:

(i) if missed, the ball is live. The offense may score directly from the rebound. The Defense must clear the ball before attempting a score.

(ii) if made, the opponent is awarded the ball and play resumes with a check ball.

**11.8 Player Fouls:**

a. Each player is allowed 5 personal fouls. Upon receiving the 5th personal foul, the player is disqualified (fouled-out). 6U & 8U divisions are allowed 8 fouls.

b. Intentional, Flagrant, or Technical Fouls will count as one personal foul and one team foul each.

The officials will determine whether the player is allowed to continue play. These foul types shall automatically award the opposing team one point, and possession of the ball. If the technical foul is called on the coach, the opposing team shall automatically be awarded two points, and possession of the ball.

**FULL COURT LEGENDS BASKETBALL  
END OF RULES**



## Section 10. Often Misunderstood Rules

1. A player can go out of bounds, return inbounds and be the first to touch the ball - You can be the first to touch a ball if you were out of bounds. However, you must establish yourself as inbounds, by having at least one foot inbounds and nothing out of bounds. "Something in, nothing out".
2. There is no such thing as "over the back". There must be contact resulting in advantage or disadvantage to another player. A tall player is not at a disadvantage merely for being tall.
3. "Reaching" is not a foul. There must be contact AND the player with the ball must have been placed at a disadvantage before a foul has been committed.
4. A player can always recover his/her fumbled ball; a fumble is not a dribble, and any steps taken during recovery are not traveling, regardless of progress made and/or advantage gained (Running while fumbling is not traveling) Comment: You can fumble a pass, recover it and legally begin a dribble. This is not a double dribble. If the player bats the ball to the floor in a controlling fashion, picks the ball up, then begins to dribble, you now have a violation.
5. It is not possible for a player to travel while dribbling, regardless of how many steps are taken between dribbles.
6. A high dribble is always legal provided the dribbler's hand stays on top of the ball, and the ball does not come to rest in the dribblers' hand.
7. A "kicked" ball must be intentional, and contact may be any part of the leg or foot.
8. It is perfectly legal for a player to rebound his/her own air ball, provided the official deemed the shot a legitimate shot.
9. A defender does not have to "give the dribbler a step". As long as legal guarding position has been established, it is up to the dribbler to avoid contact. The person with the ball should expect to be guarded.
10. The 10 second count continues when the defense deflects or bats the ball. Comment: The count ceases only when possession changes.
11. A "moving screen" isn't a violation unless there is contact.
12. Any contact foul during a live ball is personal, not technical!
13. Basketball is NOT a non-contact sport. Incidental contact does occur, and contact which does not create an advantage/disadvantage may be ignored.
14. Any unsportsmanlike contact during a dead ball is a technical foul.
15. A defensive player does not have to be stationary to take a charge.... he or she simply must have established a legal guarding position. The defense can move backward and sideways.
16. An intentional foul is always penalized with 2 free throws, except on a missed 3-point shot, which is awarded 3 free throws.
17. When an airborne shooter commits a player control foul, his/her successful try for goal cannot be allowed, regardless of whether the try was released before or after the foul.
18. Lifting the pivot foot does not constitute a travel unless the ball handler puts the pivot foot back on the floor prior to beginning a passing, or shooting the ball. The pivot foot cannot be lifted before the dribble is started.