



Inside Stuff Rules and Regulation

Standard Rules and Regulations

1. A complete game will consist of four periods at eight minutes per period.
2. Each team will receive two time-outs per half (clock will stop for all time-outs).
3. Offensive lane violations (5 seconds) will apply.
4. Back-court time violations (10 seconds) will apply.
5. Defense may leave restricted areas to chase down rebounds/deflected loose balls.
6. **Shooting fouls will result in 2 (or 3) points awarded. All other fouls and violations will result in possession to be in-bounded.
7. **Fouls will be tracked by book keeper. Each player is allowed 5 fouls for the game.
8. All players will play a minimum of 2 periods, maximum of 3 periods (unless shortage of players occurs).
9. Stalling is not an appropriate offensive tactic. Obvious stalling will be result in a turnover at the officials' discretion.
10. Coaches, as adults, you set the atmosphere for the game. Due to this, there will be NO unsportsmanlike comments made to, at, or about a referee or other coach. The kids and fans feed off of your energy, so make it positive! Coach Your Kids, don't focus on the referees!!! 2 points or the ball will be awarded to the other team if this is not followed.

Age Specific Rules and Regulations

Kindergarten – same as ACC except basket height = boys/girls 6'6”

ACC 1st-2nd grade

1. Basket height = girls 7', boys 7'6”
2. All defensive players must have both feet in the lane.
3. Zone defense in lane – no pressing or man-to-man defense allowed.
4. The final 4 minutes of the game will have the clock stop for fouls and out of bounds.
5. Pressing: press is allowed to the 3-point arc in the final period; may NOT press if winning by 10 or more points.
6. One coach per team may be on the floor during the game to instruct players.

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SEC 3rd-4th grade

1. Basket height = girls 8', boys 8'6"
2. All defensive players must have both feet inside the 3-point arc (except when pressing is allowed). Zone or man-to-man defenses allowed.
3. The final 4 minutes of the game will have the clock stop for fouls and out of bounds.
4. Pressing: Half-court press is allowed in the final period; may NOT press if winning by 10 or more points.
5. **Defensive players may NOT strip/tie-up any ball that is in possession of an offensive player. An offensive player holding a ball may be guarded, but ONLY PASSES may be stolen.
6. Offensive held ball violations (7 seconds) will apply.

Big East 5th-6th grade

1. Basket height = girls 9', boys 9'6"
2. All defensive players must have both feet inside the defensive half-court area (except when pressing is allowed). Zone or man-to-man defenses allowed.
3. The final period will have the clock stop for fouls and out of bounds. **During this final period, shooting fouls will result in one foul shot, worth 2 or 3 points.
4. Pressing: Full-court press is allowed in the 4th periods; may NOT press if winning by 10 or more points.
5. Offensive held ball violations (5 seconds) will apply.

** There is a purposeful attempt at improving the level of offensive play this year. The goal is to make all players more comfortable with possessing the ball, to allow better development of offensive skills.

*** Officials are volunteers (or minimally paid), and will be trained to the best of their ability to fairly, and consistently call fouls and violations. **Bearing this in mind, we must insist that there must be NO yelling or arguing with the officials.**