

ICCL 5th/6th Grade Girls & Boys Basketball Rules and Regulations

The ICCL 5th & 6th girls and boys basketball league is governed by the by-laws of the Inter City Catholic League.

The 5th & 6th boys and girls leagues will follow the same standardized rules and regulations.

The ICCL 5th & 6th girls and boys basketball league will follow all rules and regulations of the IHSAA (Indiana High School Athletic Association) as it relates to the playing of the games with the following exceptions:

- **SUBSTITUTION**-Any player who participates in the first quarter may not play on the second quarter. In the event of a team having less than 10 players, the coach will play 5 players in the first quarter. In the second quarter the coach will play the players who did not play in the first quarter and the opposing coach will select from the remaining players who played in the first quarter to fill the team that plays in the second quarter.
- **BALL**-The junior size basketball will be used, 28.5 inch.
- **DEFENSE**- Man to man defense is mandatory.
 - The no zone rule is a matter of ethics and intent. Any defense in which a player floats, sags or randomly leaves the player that he guarding to double team another player will be considered a violation of this rule.
 - A zone defense exists when one or more players guard an area of the floor. Each defensive player must make an honest attempt to guard his man and must stay a reasonable distance from that player.
 - A double team can only be achieved legally in a man to man defense if the offensive player dribbles into it or lack of movement enables a second defender to be within reasonable distance from his own man and still trap the player with the ball.
 - Weakside help defense is legal within the man to man concept only when the weakside defender is assisting another defender who has been beaten by his man. NOTE:the weakside defender cannot enter the three second lane until the offensive player with the ball has entered the three second lane.
 - It is legal for a defensive player to drop off to the level of the ball. He cannot however sag and discourage the pass before it is made.
 - It is the responsibility of the offensive team to create movement on the floor to discourage zone defense situations and to make detection of the zone defense.
 - Violation of the no zone rule shall be at the sole discretion of the referee. The first violation will result in a warning. Subsequent infractions will be penalized by a bench technical foul.
- **CLEAR OUTS**-It is in violation of the team on offense to set up a clear out to encourage one on one play. A clear out is defined as the offensive team limiting all but one of it's players to be involved in an offensive play. All offensive players must be in a position that would allow them to handle the ball. The first violation of the this rule will result in a warning. Subsequent violations will result in a bench technical foul.
- **PRESSING**-Full court pressing is only allowed in the last 3 minutes of the 4th quarter and all of overtime. Only man to man pressing is allowed, no zone pressing, double teaming or trapping.

Once a team has a lead of more than 5 points they can no longer press. The team that is losing may press regardless of the deficit. However, please use your best judgment to avoid pressing when losing by a large margin.

- Violation of the pressing rule shall be at the sole discretion of the referee. The first violation will result in a warning. Subsequent infractions will be penalized by a bench technical foul.

- **THREE POINT SHOT**-The 3 point rule applies in all gyms that are marked for it's use.

- **FREE THROWS**-The A league will use the regular, 15ft. free throw line. The B league will use the 13 ft. free throw line.

- **A AND B DIVISION DESIGNATIONS-**

- If a school has a team in the A division and a team in the B division, the B division team cannot include any 6th grade players.

- If a school has only one team, there cannot be more than two 6th grader players on the team if they choose to play in the B division. Any exception to this rule must be approved by the League Director.

- Any movement of players from one division to the other which also includes moving players up to the 7th and 8th grade league must be approved by the league director. A player in the 5th and 6th grade league can move up to the 7th and 8th grade league if needed to field a team but cannot exceed 5 quarters of play in one day between the two leagues. If a player moves up from the B division to the A division it will only in the case of an emergency due to an injury, illness or grades and this must be approved by the league director. A player may not play for both an A and B division teams on a regular basis.

- **POST SEASON TOURNAMENT**-A post season tourney will follow the regular season. The regular season rules will apply. The tournament pairings will be determined by a blind draw at a date and time determined by the League Director.