



HotShots Youth Sports Game Rules

Playing rules will follow Washington State High School rules. Any exceptions herein will take precedence.

Ball Size:

Youth/Junior 27.5" for boys & girls grades 1 – 4

Women's/Intermediate 28.5" for boys & girls grades 5 & 6

Hoop Height: All grade levels play on standard 10' hoops.

Substitutes and Starters

1. Unlimited substitution is allowed, however only during a dead ball. The entering player must wait to be called into the game by the referee.
2. The entering player may not replace a player at the free throw line.
3. Coaches are urged to start different players throughout the season, passing that "honor" to each player, perhaps as a reward for paying attention and hard work at practice.

Players

1. Only players officially registered with HotShots are allowed in league practices and games. Coaches that permit an unregistered player to participate are subject to suspension or dismissal.
2. Only HotShots league shirts are permitted in league games. The referee has the authority to deny participation to any player who is not wearing their league shirt. Exceptions may be made for a forgotten shirt.
3. Coaches need to strive towards playing each player a minimum of 1/2 of every game. Exceptions are allowed for disciplinary reasons, however approval by the HotShots director must be obtained for continuing adjustment of a specific player's playing time.
4. No jewelry is allowed during practices or games, with the exception of medical alert items. Tape should be used if such items are loose, to prevent injury.
5. Player behavior at games/practices must be supervised and controlled by their coach.

Timing Regulations

1. Games are played by two 20 minute halves, running time. The clock does not stop for anything except official timeouts, with the following exceptions: the clock will revert to a “stop clock” for the last 2 minutes of each half. The clock may be stopped *briefly* for delays in substitution or the matching of players, at the discretion of the referee.
2. No overtime play is allowed.
3. There is a three minute break for halftime.
4. Timeouts may be requested by the coaches or players. Timeouts are not in effect until called by the referee.
5. Teams are allowed two full and one 30 second timeout per game. Additional timeouts will be charged as a technical foul.
6. Game time limit is 55 minutes. Games must begin on time and end at least 5 minutes prior to the next game’s starting time. If the 55 minute rule will take effect, no timeout is allowed in the last 2 minutes.
7. The ball must cross the half court line into front court within 10 seconds.
8. A player must complete a throw in within 5 seconds. Defensive players must allow 2 feet from the side or end lines that do not give sufficient room for the throw in to occur.

Free Throw Line

Grades 1 & 2	10 feet (bottom of circle)
Grades 3 & 4	12 feet
Grades 5 & 6	15 feet (standard free throw line)

Free Throws

1. A player at the free throw line may not make an intentional move across the free throw line until the ball hits the rim. Players lining the lane may not step into the key until the ball is released from the hand of the shooter.
2. The second free throw must hit the rim for the ball to remain in play.
3. A violation will not be called against a shooter who steps or hops slightly over the
4. line, provided the ball has already been released and no additional movement is made to proceed into the lane. This will be called at the discretion of the referee, based on grade and skill level of the teams.

Fouls

No Shot Foul: the no shot foul will be in effect from the start of the half through the sixth team foul. This does not apply to shooting or intentional fouls.

One and One Bonus: the bonus rule will be in effect from the seventh through ninth team foul.

Two Shot Bonus: all fouls will result in 2 free throws, beginning with the tenth team foul in that half. Exception: fouls on 3 point shots will only be allowed one free throw.

Intentional Foul: intentional fouls are penalized by the awarding of two points (regardless of whether an actual shot was attempted), plus possession of the ball.

Technical Fouls: all technical fouls are awarded as 2 free throws plus possession of the ball. Referees can assess technical fouls for the following (but not limited to) offenses:

- Poor sportsmanship
- Unnecessary roughness or flagrant foul
- Profanity
- Delay of game
- Requesting of too many timeouts

A second technical foul on any individual will result in expulsion from the gymnasium. Technical fouls may be given to teams that don't control their spectator conduct. Coaches must insist and enforce sportsmanlike conduct from their spectators.

Flagrant Fouls: a flagrant foul disqualifies a player from the game.

Key Violations

- Grades 1 & 2 No violation will be assessed.
- Grades 3 & 4 Violation after 5 seconds in the key. One warning per half, then ball turnover.
- Grades 5 & 6 Violation after 3 seconds. No warnings.

Over and Back

Once established in front court, a player may not play the ball in back court again unless last touched by the opposing team. A player is not officially in front court until both feet and the ball have completely crossed the half court line.

Over and back will not be called for grades 1 & 2.

Alternate Possession

After the initial jump ball to start the game, all jump ball situations will follow the alternate possession rule. The arrow indicator should point to the basket of the team who will next take possession.

Man to Man & Zone Defense

Teams grades 1 through 5 must use man to man defense only. Once a team has advanced the ball into front court, no defensive player may guard an area instead of an opponent, but must come out to within 6 feet of their man - *except when their man is above the timeline*. In that case, the defender need not defend until the offensive player crosses the timeline.

1. Basic defensive moves such as switching and sliding through are allowed. However, continually switching to allow one player to always cover the ball is not in the spirit of this rule, and will not be allowed.
2. A "zone" is an illegal defense in grades 1 through 5.
3. Defenders must pick up their offensive opponent at the timeline (hash marks just below half court line). The defensive player need not defend above the timeline.

A zone defense is a legal defense for 6th grade teams only.

If a 6th grade team is up by 10 or more points, they cannot use any type of back court defense (including zone). Once they cross half court, they may continue playing zone.

*A technical foul can be assessed to teams for violation of this rule, after one warning.

Double Team

Grades 1 & 2: Double teaming is allowed in the key only. Allowance will be made for this age group.

Grades 3 - 5: Double teaming is allowed only below the free throw line extended.

Grade 6: Double teaming is allowed during a legal press (cannot be ahead by 10 or more points).

The double team rule does not apply in the following cases:

1. In a switch when two defensive players change checking assignments due to a defensive player verbally directing his teammate.
2. In a deflection or deflection steal.
3. In a take away steal when the ball is presented to him by the offense, as long as he didn't step away from the player he was guarding.
4. Sixth grade teams may legally press the entire length of the court, provided they do not lead in a score by 10 or more points.

Back Court Defense

Grades 1 - 5: No back court defense is allowed.

Grade 6: A full court press is allowed - with a 10 point rule. Once a team is ahead by 10 or more points, that team is no longer allowed to press, but must revert to half court defense only.

Illegal Offense

It's an illegal offense to purposely pull players on offense out of play (on one side or four corners of the court, for example), and force the defending players also out of play - to run the play with a smaller number of players. HotShots philosophy is to include ALL players at all times.

A warning will be given to the coach and if a basket was scored during the play, it will be disallowed. The offense will lose possession of the ball.

Gym Use Guidelines

We are guests of the Vancouver and Evergreen School Districts and it's critical that we work together to follow gym use policy.

1. Please distribute and consume treats outside! It is against school district policy to consume food and beverage (with the exception of water) inside the gymnasium. Please keep water bottles tucked safely away to avoid spillage, and wait to distribute after game snacks until everyone is outside the building.
2. Smoking anywhere on school property, *including parking lots*, is prohibited by law.
3. Classrooms, hallways, and other parts of the buildings are off limits. Coaches must assist in supervising their players and spectators.
4. Coaches must communicate to parents the need to closely supervise their children at practice and game sites, so not to let them run loose in the school. Parents may be charged for fees incurred from children defacing school property or pulling fire alarms.
5. "Team Monitors" are responsible for quick cleanups after games and for supervision of non-participating children (climbing on stages or bleachers, supervision of bathrooms).
6. If your game is the final game of the day that that particular game site, both teams must stack chairs on available carts before leaving.