

LAKEVILLE BOYS BASKETBALL ASSOCIATION

4th/5th Grade In-House Rules

Purpose

These rules were created by Head Coaches **Mike Nolan** and **Joe Janquart** to promote the core values of the Lakeville basketball community:

- Ensure a **fun, positive experience**
- Provide age-appropriate gameplay that **supports skill development**
- Keep games **organized** and **on schedule** to maximize playing time

Game Format

- 5-on-5 **full-court** games
- **40-minute games** (two 20-min halves, running clock only when games at JFK). **3-minute halftime**.
- **GAMES MUST START AT SCHEDULED TIME**
- **Last 2 minutes** of game (**stop clock**)
- **Subs on dead balls (clock stopped)** — **4–5 min shifts recommended**; players kneel at **scorer's table** and know who they replace; coaches ensure quick matchups — **not a timeout**
- **Jump balls**: alternating possession. **Timeouts**: two 45-sec per half (stop clock)
- **OT** → **2 minutes** (1 timeout each; **no carryover & no subs**) → **Sudden Death** if tied — **first FG wins, no foul points**

Defense

- **Man-to-man only**; no zones, switching, or double teams
- **Help & recover** allowed if a player is **unguarded or driving**; defender must **return to their matchup** (ref discretion)
- **Press allowed** in the **last 10 minutes** of each half; **not allowed with 10+ point lead**
- **Blocked shots** allowed only by the **on-ball defender** maintaining verticality — **excessive swatting = foul**
- **Steals always allowed**
- **Defensive rebounds** are **live until cleared from the Lane**, then defense falls back to **half court**.

Fouls & Violations

- **Shooting fouls always result in free throws** — **2 (or 3 for 3pt attempt) shots** if missed; **1 shot** if made, regardless of team fouls
- **All personal fouls** will be recorded and assessed to the offending player → counts toward **team foul totals & disqualification**
- **Bonus** → **1-and-1** on **non-shooting fouls** after **7 team fouls** per half — **missed first FT is live**
- **After 10 team fouls** → **1 point awarded + 1 FT** (ball is live on release)
- **3 fouls in 1st half** → player **sits rest of half**; returns in 2nd with **2 fouls left**
- **5 total fouls** → **disqualified** (including OT)
- **Violations** (travel / double-dribble) → **turnovers enforced**

Equipment & Court Setup

- Basket height: **10 feet**; Ball size : **28.5**
- **Equal play time is encouraged**
- Game results are **final** — no protests will be reviewed

Fan & Coach Conduct

- Coaches are responsible for managing parent and spectator behavior
- If negative behavior occurs, coaches must **intervene immediately**
- Continued disruption may result in a parent being removed or a **technical foul** (2 points awarded to opponent)
- Report concerns to **LSBBA/LNBBA Grade Level Coordinators or In-House Directors**.

Quick Reference Summary

- **Full-court play** — running clock except **final 2 minutes, subs, and timeouts**
- **Press allowed** with restrictions (no press with **10+ point lead**)
- **Live defense** — **steals allowed & verticality** enforced
- **Live free throws**;