

2025-26 SHEPNAZ BASKETBALL

4th GRADE BOYS, 5th & 6th GRADE BOYS AND 5th & 6th GIRLS GRADE

LEAGUE RULES

1. Regular OHSAA rules apply except where special league rules take effect.
2. Defense:
 - Man-to-Man defense only (approximately within 6 feet)
 - The defense may pick up their man up at the ¾ court line (white line) and not before. This allows the offensive team to have a chance to set-up their offense between the half-court line and the ¾ court line without being guarded. The ball handler will be encouraged to advance the ball in a timely manner.
 - The defense must pick up their man at the three-point line.
 - No double-teaming or trapping defenses are permitted. The defensive player will receive a warning for the first violation and then assessed a foul for repeat violations.
 - You may full court press during the final two minutes of the last two quarters of the game if your team is leading by 10 points or less or your team is behind. (This is a man-to-man defense only.)
3. The game will consist of six periods lasting six minutes each. The clock will be a running clock for all six periods except the last 10 seconds of each period and the last minute of the fifth and sixth period when the clock will stop for all dead balls. The clock may also be stopped at the referee’s discretion.
4. For teams with ten players present, all players must start at least three periods including one period in the last two periods (exceptions are for teams with more than 10 players present). For teams with less than ten players present, no player shall play no more than one additional period than any of their teammates (see chart below). Also, any **player** may elect to sub out of the middle of a period for injury or fatigue purposes. Any violation of this rule will result in a technical foul, but the violation must be protested during the period in which the infraction takes place. The spirit of this rule is to create balanced playing time for all players.

		# of periods played by player (all players MUST play in either the 5th or 6th period)									
		Player #1	Player #2	Player #3	Player #4	Player #5	Player #6	Player #7	Player #8	Player #9	Player #10
# of players at game	10 Players	3	3	3	3	3	3	3	3	3	3
	9 Players	4	4	4	3	3	3	3	3	3	XXXXXX
	8 Players	4	4	4	4	4	4	3	3	XXXXXX	XXXXXX
	7 Players	5	5	4	4	4	4	4	XXXXXX	XXXXXX	XXXXXX
	6 Players	5	5	5	5	5	5	XXXXXX	XXXXXX	XXXXXX	XXXXXX
	5 Players	6	6	6	6	6	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX

5. If a player shows up after the start of the game, immediately inform the score table. The following chart is then used to determine the playing time of the late player:
- | Period a player reports: | Minimum # of remaining periods they must play (also adhering to the existing rules of play) |
|--------------------------|---|
| 1 | 2 |
| 2 | 2 |
| 3 | 1 |
| 4 | 1 |
| 5 | 0 |
| 6 | 0 |
6. Each overtime period will last 1 ½ (1:30) minutes. The team that scores the most points, wins the game. For the first overtime, a jump ball will determine who receives the ball. For subsequent overtimes and jump balls, possession of the ball will alternate. Any five players may play in the first overtime period. If a second overtime takes place, those who did not play in the first overtime, must play in the second. (Each player must play in at least one of every two periods of any subsequent overtimes.). The clock will stop on dead balls and teams will shoot two foul shots on all common and non-made shooting fouls.
7. Fouls & Foul Shots:
 - No foul shots will be attempted during the first four periods of the game.
 - During periods 1-4 fouls on non-made shooting baskets will result in the violated team be awarded one point and the ball. For each foul on a made basket, the offensive team will get the basket plus one point. For any technical foul, the violated team will be awarded two points and the ball.
 - In the last minute of periods 5 and 6 and OT, all common fouls will result in two foul shots Shooting fouls on non made baskets will result in two foul shots. Fouls on made baskets will result in the basket plus a foul shot. All technical fouls will result in two foul shots and the ball.
 - Players will foul out on their fifth foul.
 - Foul shots must begin from behind the foul line, but the player may jump over the line as he shoots.
8. Each team is allowed two 30 second time outs during the regulation part of the game. Each team is allowed one 30 second timeout for a combination of all their team’s overtimes. Halftime will be set at three minutes.
9. Coaches:
 - Each team may have one head coach, one assistant coach on the bench; both with completed, and passed background checks.
 - Coaches must remain in the designated coach’s box at all times.
 - The head coach is the only coach allowed to communicate with the officials.
 - Assistant coaches must stay seated during the course of play.
 - A coaches warning will be assessed for the first violation of any of these “coaches” rules. For subsequent violations, the team will receive a technical foul.
10. Any player or coach will be immediately ejected from the game and assessed a technical foul for fighting or cursing. If a player is taunting another player or cannot control his emotions, the coach or the referee may pull him out of the game.
11. The league will use a 28.5 basketball.