

Advanced League – primarily 5th Grade – may have combination 4/5th graders*

Focus & Philosophy:

This level will be structured around development of skills and introducing basic 5 on 5 concepts. The Varsity Head Coach will provide each coach with a list of six (6) basic skills plus four (4) additional skills that need to be mastered by the end of the season. Other concepts taught are how to work within a team, responsibility, working together and sportsmanship. As are all LEAP sports, having FUN through participation is always the primary goal.

Format:

- *Separate 5th grade League will occur if there are a minimum of four 5th grade teams. If a school does not have enough 4th or 5th graders to support separate teams, the combined team will be placed in a league suited to their skill level and mixture of players. This will be determined by the LEAP office in consultation with Coaches and School Liaisons.
- Will play 5 on 5 full court
- Basket height will be regulation height
- Ball size is 28.5
- Maximum number of players per team: 12
- Minimum number of players per team: 7
- Two week day games played at elementary schools
 - Games will be played on Tuesdays & Thursdays (w/ exceptions as the school calendar necessitates)
 - Hosted at elementary schools
 - Game time: anytime between 5-7 pm
- 4 Eight-minute quarters will be played
 - Running clock
 - Mandatory stoppage near 4 minute mark for substitutions (referee will call).
 - Must rotate players at the 4 minute mark.
 - 30-seconds between quarters to substitute and match-up
 - New quarter will begin immediately following match-up at center court
 - 1 minute halftime between quarter 2 and 3
 - Switch baskets after the 2nd quarter
 - Must rotate players after each quarter.
 - Playing time must be equitable.
- Games will begin with a jump ball.
 - Each quarter and jump ball thereafter will be inbounded using alternate possession.
- Score will reset to '0' after each quarter.
 - During the 4th quarter, teams will compete to determine a winner of the game.
 - The score of the 4th quarter will be the final score of the game.
- Officials will be provided by the LEAP office for all games (Coaches will need to referee if we cannot locate and train enough referees)
- Sportsmanship is a must from ALL players, coaches, parents, fans, and officials. Those choosing to exhibit unsportsman-like behavior may be removed from the game and/or gymnasium.

- All jewelry must be removed
- Two 1-minute time outs allowed per team per game
- Violation/Result:
 - Double Team: one player must match up with one player on the other team
 - Stop play; instruct players
 - No change of possession (same team keeps the ball after instruction is given)
 - 'Help' defense is allowed, providing once the ball is stopped the helper recovers to their own player.
 - Double Dribble:
 - Instruct players; Play may stop if necessary for explanation
 - After first week, ball will go to the other team out of bounds
 - Traveling:
 - Instruct players; Play may stop if necessary for explanation
 - After first week, ball will go to the other team out of bounds
 - Defensive Reaching In/Stealing:
 - If a team gets ahead by 10 points during 1 quarter, they will no longer be allowed to steal the ball for the remainder of that quarter.
 - Defensive Technique when stealing is no longer permitted.
 - Arms wide and within defensive players plane
 - Back to the basket
 - Stay between the basket and the player being defended.
 - Must give offensive player room to pivot
 - Stealing or Reaching into the offensive player's plane will result in foul.
 - Ball to the offended team out of bounds
 - 3-second lane violation
 - Instruct players; Play may stop if necessary for explanation.
 - Officials will ask players to leave the lane before calling violation;
 - Will not be enforced the first week but will the next three weeks
 - Over and Back (crossing the centerline)
 - Instruct players; Play may stop if necessary for explanation.
 - Will not be enforced the first week but may be enforced the next three weeks.
- Free Throw Shooting:
 - Clock will stop.
 - Free throws will be shot from regulation line and must hit the rim
 - Players may move closer if the referee feels the player cannot hit the rim.
 - Players will shoot two (2) free throws on shooting fouls; 1 if a basket was made.
 - The ball must hit the rim before players can enter the lane.

- Ball out of bounds to the non-shooting team if it does not hit the rim.
- All non-shooting fouls will result in the offended team inbounding the ball from the closest spot out of bounds; no free throws awarded.
- When inbounding the ball all players must allow a minimum of 3' from the player inbounding the ball.
- Players cannot play zone defense
 - must match-up with one player defending one player

 - defense can match-up once the ball reaches $\frac{1}{2}$ court
 - pressing full court is not allowed