



Division Specific Rules

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

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Pre-K / Kindergarten (K)

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Pre-K/Kindergarten

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

Purpose:

The purpose of Pre-K/kindergarten (K) is to progressively teach fundamentals for the sport/game of basketball. Players should be learning basic skills and concepts.

There are no wins or losses in this division, and scores/standings are not kept.

Team Structure (Player Distribution):

Player distribution at this level will be determined by total enrollment and grade distribution within each division. FABL does not honor carpool or coach requests at this level.

The following are **NOT permitted** at the Pre-K/Kindergarten level.

When the below situations occur, praise the good defense, and give the ball back to the offense at mid court.

Not Permitted – Offense

- Fast breaks
- 3-point field goals

Not permitted - Defense

- Stealing the dribble
- Intentional shot blocking (Arms should be straight up, not over, not swinging to intentionally block)
- Stealing the first pass
- Ripping the ball from an opponent
- Press Defense (**Only 1 player should be defending a ball handler**)

The defensive team can play up to, **but not above**, the foul line extended. **Players are not required to maintain 1 foot in the lane.** We do not allow traps or double-teams. Players bunching up in the paint and defending the shooter is expected and should not be considered as an intentional trap.

Teams will learn Man-to-Man defense skills and apply those skills during scrimmage play.

Scrimmage Structure – Officiating/Game Control

There will likely not be game officials for Pre-K/Kindergarten.

The Head Coach or Assistant coach **from each team** will have a whistle and patrol the floor to stop the action for instruction when violations/infractions occur. Do not be in the playing court area, but on the sidelines, moving with the teams, as would happen with a game official. **Designate a parent or assistant coach to occupy substitute players as necessary so that the coach(es) can participate in the instruction.**

- Coaches are expected to call infractions against BOTH teams, working together to teach all players. We are not working as individuals to penalize only the opponent.
- Many of these players are new, so we are teaching, not screaming or embarrassing them.

Basic game structure is followed. Start with a jump ball. All subsequent held ball situations will be decided by the alternating possession rule. It is permissible to use a jump ball to start each quarter, to allow other players to have an opportunity.

Additional Scrimmage Rules:

- An hour is provided for 'Scrimmage Play'. This will consist of
 - a minimum of 4 quarters, each with a running clock of 9 minutes.
 - If there is time remaining for additional quarters, those may be played.
 - Common violations and fouls should be recognized (travel, double-dribble, out-of-bounds, pushing) and the offending player instructed on the nature of the infraction, for example:
 - **Any ball (*shot, pass, etc.*) which contacts a wall or other out-of-bound structure shall be declared out-of-bounds. *I know the walls are close, but we need to call these violations.***
 - **Defensive players must allow three feet for all in-bound passes.**
 - In the beginning of the season, after an explanation, the team in possession at the time of the infraction retains possession.
 - When the season reaches a midpoint, a turnover shall occur at the spot nearest the infraction.
 - Playing Time is flexible in Pre-K/Kindergarten. Players are not always interested in participating. The goal is to play your roster evenly based on who is available to participate. Avoid having the tallest or 'best' player in the entire time. This is counterproductive.
 - A player cannot foul out. However, coaches are responsible for controlling or removing players who are unusually rough.
 - Fouls during the act of shooting will be enforced from the beginning. We can modify the distance the line is from the basket, but the rules and lane positions should be taught early and reviewed often.
 - Rules for the shooter and anyone behind
 - Lane spaces (even if not clearly marked) and rules for entering the lane.
 - Violations explained for anything free-throw related
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Girls Grade 1&2 (G12)
Instructional Girls

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

Purpose:

The purpose of the Instructional Girls Division (G12) is to progressively teach fundamentals for the sport/game of basketball. Players should be learning basic skills and concepts.

There are no wins or losses in this division, and scores/standings are not kept.

Team Structure (Player Distribution):

Player distribution at this level will be determined by total enrollment and grade distribution within each division. FABL does not honor carpool or coach requests at this level.

The following are **NOT permitted** at the Instructional Girls level.

When the below situations occur, praise the good defense, and give the ball back to the offense at mid court.

Not Permitted - Offense

- Fast breaks
- 3-point field goals

Not permitted - Defense

- Stealing the dribble
- Intentional shot blocking (Arms should be straight up, not over, not swinging to intentionally block)
- Stealing the first pass
- Ripping the ball from an opponent
- Press Defense (**Only 1 player should be defending a ball handler**)

The defense must begin below the foul line extended, **ONLY until the offense has crossed the mid-court line, and a first pass delivered.** *The first pass cannot be stolen.* After the first pass, defense can play up to the mid-court line.

Teams will learn Man-to-Man defense skills and apply those skills during scrimmage play.

Scrimmage Structure – Officiating/Game Control

G12 may see game officials throughout the season.

If game officials are not present, the Head Coach or Assistant coach **from each team** will have a whistle and patrol the floor to stop the action for instruction when violations/infractions occur. Do not be in the playing court area, but on the sidelines, moving with the teams, as would happen with a game official. **Designate a parent or assistant coach to occupy substitute players as necessary so that the coach(es) can participate in the instruction.**

- Coaches are expected to call infractions against BOTH teams, working together to teach all players. We are not working as individuals to penalize only the opponent.
- Many of these players are new, so we are teaching, not screaming or embarrassing them.

Basic game structure is followed. Start with a jump ball. All subsequent held ball situations will be decided by the alternating possession rule. It is permissible to use a jump ball to start each quarter, to allow other players to have an opportunity.

Additional Scrimmage Rules:

- An hour is provided for 'Scrimmage Play'. This will consist of
 - a minimum of 4 quarters, each with a running clock of 9 minutes.
 - If there is time remaining for additional quarters, those may be played.
 - Common violations and fouls should be recognized (travel, double-dribble, out-of-bounds, pushing) and the offending player instructed on the nature of the infraction, for example:
 - **Any ball (shot, pass, etc.) which contacts a wall or other out-of-bound structure shall be declared out-of-bounds. I know the walls are close, but we need to call these things.**
 - **Defensive players must allow three feet for all in-bound passes.**
 - In the beginning of the season, after an explanation, the team in possession at the time of the infraction retains possession.
 - When the season reaches a mid-point, a turnover shall occur at the spot closest to the infraction.
 - Playing Time has flexibility in G12. Players are not always interested in participating. The goal is to play your roster evenly based on who is available to participate. Avoid having the tallest or 'best' player in the entire time. This is counterproductive.
 - A player cannot foul out. However, coaches are responsible for controlling or removing players who are unusually rough.
 - Fouls during the act of shooting will be enforced from the beginning. We can modify the distance the line is from the basket, but the rules and lane positions should be taught early and reviewed often.
 - Rules for the shooter and anyone behind
 - Lane spaces (even if not clearly marked) and rules for entering the lane.
 - Violations explained for anything free-throw related
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Boys Grade 1&2 (B12)
Instructional Boys

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

Purpose:

The purpose of the Instructional Boys Divisions (B1 & B2) is to progressively teach fundamentals for the sport/game of basketball. Players should be learning basic skills and concepts.

There are no wins or losses in this division, and scores/standings are not kept.

Team Structure (Player Distribution):

Player distribution at this level will be determined by total enrollment and grade distribution within each division. FABL does not honor carpool or coach requests at this level.

The following are **NOT permitted** at the Instructional Boys level.

When the below situations occur, praise the good defense, and give the ball back to the offense at mid court.

Not Permitted - Offense

- Fast breaks
- 3-point field goals

Not permitted - Defense

- Stealing the dribble
- Intentional shot blocking (Arms should be straight up, not over, not swinging to intentionally block)
- Stealing the first pass
- Ripping the ball from an opponent
- Press Defense (**Only 1 player should be defending a ball handler**)

The defense must begin below the foul line extended, **ONLY until the offense has crossed the mid-court line, and a first pass delivered.** *The first pass cannot be stolen.* After the first pass, defense can play up to the mid-court line.

Teams will learn Man-to-Man defense skills and apply those skills during scrimmage play.

Scrimmage Structure – Officiating/Game Control

B1 will likely not have game officials. B2 may see them throughout the season.

If game officials are not present, the Head Coach or Assistant coach **from each team** will have a whistle and patrol the floor to stop the action for instruction when violations/infractions occur. Do not be in the playing court area, but on the sidelines, moving with the teams, as would happen with a game official. **Designate a parent or assistant coach to occupy substitute players as necessary so that the coach(es) can participate in the instruction.**

- Coaches are expected to call infractions against BOTH teams, working together to teach all players. We are not working as individuals to penalize only the opponent.
- Many of these players are new, so we are teaching, not screaming or embarrassing them.

Basic game structure is followed. Start with a jump ball. All subsequent held ball situations will be decided by the alternating possession rule. It is permissible to use a jump ball to start each quarter, to allow other players to have an opportunity.

Additional Scrimmage Rules:

- An hour is provided for ‘Scrimmage Play’. This will consist of
 - a minimum of 4 quarters, each with a running clock of 9 minutes.
 - If there is time remaining for additional quarters, those may be played.
 - Common violations and fouls should be recognized (travel, double-dribble, out-of-bounds, pushing) and the offending player instructed on the nature of the infraction, for example:
 - **Any ball (*shot, pass, etc.*) which contacts a wall or other out-of-bound structure shall be declared out-of-bounds. *I know the walls are close, but we need to call these things.***
 - **Defensive players must allow three feet for all in-bound passes.**
 - In the beginning of the season, after an explanation, the team in possession at the time of the infraction retains possession.
 - When the season reaches a mid-point, a turnover shall occur at the spot closest to the infraction.
 - Playing Time has flexibility in B1 & B2. Players are not always interested in participating. The goal is to play your roster evenly based on who is available to participate. Avoid having the tallest or ‘best’ player in the entire time. This is counterproductive.
 - A player cannot foul out. However, coaches are responsible for controlling or removing players who are unusually rough.
 - Fouls during the act of shooting will be enforced from the beginning. We can modify the distance the line is from the basket, but the rules and lane positions should be taught early and reviewed often.
 - Rules for the shooter and anyone behind
 - Lane spaces (even if not clearly marked) and rules for entering the lane.
 - Violations explained for anything free-throw related
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Girls Grade 3&4 (G34)

Clinic Girls

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

	Clinic Girls (G34)
Basket Height	9'
Running Clock per Quarter	9 min
3 pt goals	Yes*
Fastbreaks Allowed?	Yes
10-sec violation	Yes
Over and Back Violation	Yes
Press Defense	No
Scoring Modifications	Yes*

*** Clinic Division Scoring:**

3 point goals are counted if the playing court provides the necessary lines.

Once a team reaches 20 points, the displayed score will no longer accrue for that team.

Scoresheets are used to track playing time and fouls. Win/Loss records are not kept.

The mechanical board and wireless controller are to be used at SCSC and Piney Ridge.

Clinic Divisions will not hold post-season tournaments.

Front Court Defense

The following are permitted:

- Blocked shots

The following **are not** permitted:

- Full court press
- Stealing the dribble
- Taking the ball from a player's hands
- **Zone defense is not permitted**

Piney Ridge - The defensive team must play below the 'grey' center circle until play is initiated. Once play is initiated outside the circle (*i.e. dribbler crosses the circle or passes outside the circle, **OR** the ball is exchanged inside the circle*) the defense can play up to the midcourt line.

SCSC – There are small lines perpendicular to each sideline, approximately 3 ft below the mid court line. These lines, extended across the court, are considered the safe zone. Once play is initiated beyond that zone (*i.e. the ball crosses via dribble or pass, **OR** the ball is exchanged behind the line*) the defense can play up to the midcourt line.

Stealing – Passes

- Players may steal the first pass *after the offense exits the grey center circle*
 - **Example #1**
 - Green player #1 advances the ball past mid-court but remains in the safe zone.
 - Green #1 passes from within the circle to Green #2 who is outside the circle.
 - This **FIRST** pass CANNOT be stolen.
 - However, any subsequent pass from Green #2 MAY be stolen.
 - **Example #2**
 - Green Player #1 dribbles out of the circle to make the **FIRST** pass.
 - **THIS FIRST** pass and subsequent passes MAY be stolen.
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Court Markings – *Outer boundaries*

- Court boundaries shall be:
 - Black baselines
 - Red Sidelines
 - Gymnastics mats need to be removed from the sideline area.

Court Markings – *Free Throws, Lanes & Lines*

- **Piney Ridge**
 - Free throw line
 - Black line with red extended lines.
 - Can use the home plate for weaker players
 - Free throw lanes
 - Newly painted red lines will serve as free throw lanes.
 - **SCSC**
 - Free throw line
 - A black taped line is located approximately 12 inches inside the official foul line.
 - Players have the option of which line to use.
 - Free throw lanes
 - Use current officially marked lane lines and spaces.
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Boys Grade 3&4 (B34)
Clinic Boys

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

	Clinic Boys (B34)
Basket Height	9'
Running Clock per Quarter	9 min
3 pt goals	Yes*
Fastbreaks Allowed?	Yes
10-sec violation	Yes
Over and Back Violation	Yes
Press Defense	No
Scoring Modifications	Yes*

* Clinic Division Scoring:

3 point goals are counted if the playing court provides the necessary lines.

Once a team reaches 20 points, the displayed score will no longer accrue for that team.

Scoresheets are used to track playing time and fouls. Win/Loss records are not kept.

The mechanical board and wireless controller are to be used at Carrolltowne and Piney Ridge.

Clinic Divisions will not hold post-season tournaments.

Front Court Defense

- Front court defense can play up to the mid court line. No safe zone restrictions.

The following are permitted:

- Players are permitted to steal the dribble and pass.
- Blocked shots
- Taking the ball from a player's hands

The following **are not** permitted:

- Full court press
- **Zone defense is not permitted.**



Girls Grade 5&6 (G56)
Intermediate Girls

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

	Intermediate Girls (G56)
Basket Height	10'
Running Clock per Quarter	9 min
3 pt goals	Yes
Fastbreaks Allowed?	Yes
10-sec violation	Yes
Over and Back Violation	Yes
Press Defense	Up to 10pts
Scoring Modifications	No

Press Defense – Intermediate Girls (G56)

- Full Court Press may ONLY be man to man.
- Zone press is no longer permitted

Sykesville Middle School – Court Markings

- **Baseline throw-in:** The space between the green line and baseline is a 'neutral zone'. Neither offense nor defense are permitted to enter this area to receive or defend a throw-in. The thrower MUST remain outside the outermost black baseline. The space between is equal to the required 3 feet permitted on throw-ins.

Post Season

- **Tournaments:** Grade 56 divisions will hold post-season tournaments.
 - The format will be determined by the number of teams and competitive balance of each division.
- **Other Activities:** In the mission of fairness to all players, FABL does not permit All-Star games.



Boys Grade 5&6 (B56)
Intermediate Boys

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

	Intermediate Boys (B56)
Basket Height	10'
Running Clock per Quarter	9 min
3 pt goals	Yes
Fastbreaks Allowed?	Yes
10-sec violation	Yes
Over and Back Violation	Yes
Press Defense	Up to 10pts
Scoring Modifications	No

Press Defense – Intermediate Boys (B56)

- Full Court Press may ONLY be man to man.
- Zone press is no longer permitted

Sykesville Middle School – Court Markings

- **Baseline throw-in:** The space between the green line and baseline is a 'neutral zone'. Neither offense nor defense are permitted to enter this area to receive or defend a throw-in. The thrower MUST remain outside the outermost black baseline. The space between is equal to the required 3 feet permitted on throw-ins.

Post Season

- **Tournaments:** Grade 56 divisions will hold post-season tournaments.
 - The format will be determined by the number of teams and competitive balance of each division.
- **Other Activities:** In the mission of fairness to all players, FABL does not permit All-Star games.



Girls Grade 7&8 (G78)
Junior Girls

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

	Junior Girls (G78)
Basket Height	10'
Running Clock per Quarter	9 min
3 pt goals	Yes
Fastbreaks Allowed?	Yes
10-sec violation	Yes
Over and Back Violation	Yes
Press Defense	Up to 10pts
Scoring Modifications	No

Press Defense – Junior Girls (G78)

- Full Court Press may ONLY be man to man.
- Zone press is no longer permitted

Post Season

- **Tournaments:** Grade 78 divisions will hold post-season tournaments.
 - The format will be determined by the number of teams and competitive balance of each division.
- **Other Activities:** In the mission of fairness to all players, FABL does not permit All-Star games.



Boys Grade 7&8 (B78)
Junior Boys

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.

	Junior Boys (B78)
Basket Height	10'
Running Clock per Quarter	9 min
3 pt goals	Yes
Fastbreaks Allowed?	Yes
10-sec violation	Yes
Over and Back Violation	Yes
Press Defense	Up to 10pts
Scoring Modifications	No

Press Defense – Junior Boys (B78)

- Full Court Press may ONLY be man to man.
- Zone press is no longer permitted

Post Season

- **Tournaments:** Grade 78 divisions will hold post-season tournaments.
 - The format will be determined by the number of teams and competitive balance of each division.
- **Other Activities:** In the mission of fairness to all players, FABL does not permit All-Star games.