

RULES

All coaches are to meet with the referee at the scorer's table prior to the start of every game to make sure everyone is clear about new rules and to bring up any particular issues that may pertain to that game; *i.e. some has a kid on the team with asthma and he or she cannot play the required half game per player as per the rules*, or agree on how to handle any player who needs to jump over the foul line to reach the basket, etc. This will be a good time for refs to make sure coaches understand the technical foul and bench rules. Home court Commissioner is encouraged to attend this discussion. ***The purpose of this rule is to promote good sportsmanship.*** This session at the scorer's table is meant to be a very brief meeting and in no way should these discussions get so elaborate that they are delaying the start of a game.

Games will not start until there is a parent (not coach) to sit at the scorer's table and maintain the book. In addition, **the rules must be available at the scorer's table.**

PLAYING TIME & SUBSTITUTIONS

- The game will consist of four 8-minute quarters
- All players must play at least ½ game - 16minutes.
- All players must sit for a minimum of 4 minutes during a game, unless a team has 5 players or less
- Player **substitutions** may be made at any clock stoppage during the game.
- Players must take a knee at the score table until called in by the referee.

TIME OUTS

- **Two 1-minute time outs** will be allowed per half. Time-outs may be used at the coach's discretion and kept track of by the scorer's table.
- **Overtime** – **Only ONE 1-minute timeout** is allowed during overtime. Unused timeouts are not carried over into overtime

CLOCK STOPPAGE

- Stoppage of the clock occurs with the following:
 - **Referee whistle** - **All fouls** - **All out of bound plays** - **Any injury**

FOULS

- Each player is allowed 5 fouls per game. When the player receives the 5th foul, he/she must exit the game and may not play for the remainder of that game.
- **Technical Fouls:** **1st** Technical Foul during a game – Player or coach is warned and the other team gets 2 shots and possession. **2nd** Technical during a game – Player or coach is out for the rest of the game the next game. The other team gets 2 shots and possession.
- **If a player or coach is ejected from a second game, they are eliminated from the remainder of the season (including playoffs)**

PENALTIES

- The offensive team is allowed 10 seconds to get ball over half court.
- The 5-second rule in the key is in effect.
- 5 seconds for inbound plays.
- 5 second rule in effect for holding the ball when a player is not using dribble.
- Passing from frontcourt to backcourt will result in a turnover, except in inbound passing

BACKCOURT DEFENSE

- Backcourt defense will be allowed during the last 2 minutes of the 1st half and the last 2 minutes of the 2nd half **ONLY**. The referee will discuss with both coaches prior to the second and fourth quarters.
- With two minutes remaining, each team may begin playing full court defense – this will be a running change to the game.
- Backcourt defense is allowed the **last minute** of the overtime period.
- In the event a team is defending in the backcourt (other than the times permitted), the official will issue one warning to both teams. If either team is called for playing backcourt defense after the warning, a technical foul will be issued to the offending team which will result in a free throw and the ball out of bounds to the other team

MERCY RULE

- A **Mercy Rule** will be enacted any time a team is winning by 20 points or more. The leading team will not be able to double team and is **expected** to slow the pace and intensity of the game. **The Mercy rule is in affect during the playoffs as well**

OVERTIME

- Any games tied at the end of regulation will go into overtime.
- Overtime will consist of one (1) 4-minute overtime period.
- If the score remains equal at the end of the overtime period a tie will be awarded
- **Team fouls carry over into Overtime**
- **Backcourt defense is allowed the last minute of the overtime period**
- Only **(ONE) 1-minute timeout** is allowed during overtime. Unused timeouts are not carried over into overtime

GENERAL RULES

- Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd, and 4th quarters.
- Players occupying marked spaces along the free throw lane will be allowed to enter the lane once the ball is released by the free throw shooter, free throw shooter must wait for ball to hit the rim or backboard before entering the free throw lane
- Alternating possession arrow in effect.
- 3 point shots will be allowed.
- Double-teaming is allowed
- A team must start with 5 players. In the event the 5th player fouls out of the game, with no additional players on the bench, the team can play with 4 players. If another player fouls out, leaving 3 active players, the team must forfeit.
- If a team cannot field 7 players, additional players may be added to the roster, **but must come from another team of a lower grade level. Any team using players called up from a lower level may not have a roster of more than 7 players at the start of the game.** If a team cannot start the game with 5 players, it forfeits the game.
- A 28.5 in ball will be used
- Ten foot baskets will be used
- **Only 2 coaches are allowed on the bench. Only 1 coach is allowed to be standing at any given time.**