

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. At the **home court Commissioner's Discretion**, one or both quarters of the second half may be reduced in duration to accommodate time requirements.
- 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 will be made near the 4-minute mark of each quarter. In order to keep the game moving, coaches should have their substitutions ready prior to the 4-minute mark of the quarter.
- Players should take a knee at the score table, if possible, until called in by the referee.

TIME OUTS

- One 30-second time out per team will be allowed per half. Time-outs may be used at the coach's discretion
- **Overtime** – One 30-second time out per team **MAY** be allowed at home court Commissioner's discretion.

CLOCK STOPPAGE

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

FOULS

- Personal Fouls will be kept. Players will be allowed 3 fouls per half. After the 3rd foul in the first half, that player must sit until the start of the second half. After the 3rd foul in the 2nd half, that player must sit for the remainder of the game, including an overtime period, if time permits.

Technical Fouls (coaches only):

- 1st technical foul: coach will be warned and possession goes to other team
- 2nd technical foul: coach is out for the rest of the game and the next game. possession goes to other team
- If a coach is ejected from a second game, they are eliminated from the remainder of the season

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

- No backcourt defense – the defense must allow the offense to get the ball across half court.

FAST BREAKS:

- If a player receives the ball ahead of the defense there should be no fast break. If a player receives the ball and pushes up the floor with the Defense in front of them a faster pace can continue.

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 **IF TIME PERMITS.**
- 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
- **Personal fouls from the 2nd half of play carry over into Overtime.** If a player has 3 fouls in the second half, he/she is not eligible to play in overtime OR if a player gets his 3rd foul during overtime play, he is out for the remainder of the overtime period.
- One 30-second time out per team **MAY** be allowed at home court Commissioner's discretion

GENERAL RULES

- The general rules of basketball will apply with consideration given to the age and skill level of the players
- 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 not allowed anywhere, except in the "paint".**
- Games may be played on ½ **OR** full court based on **home court Commissioner's Discretion**
- 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 missing 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.**