

**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 3-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 is allowed throughout the entire game, as well as the entire overtime period.

### 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.**
- 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.
- Alternating possession arrow in effect.
- 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
- 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 for girls and 29.5 for boys.
- 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.**