

# BASKETBALL RULES

## Spring 2008

1. **Official Rules:**
  - A. CIF Rule Book shall be official rules for all games.
  - B. Additional Rules applied to Youth games as follows:
  
2. **Uniforms:**
  - A. Teams will have Team jerseys and black shorts at all games.
  - B. No shorts should be worn that require the use of a belt.
  - C. All Jerseys must be tucked in shorts during the entire game.
  
3. **Playing Time:**
  - A. Two eighteen minute halves – running clock for Divisions 1, 2, 3, 4, & 5.
  - B. Stopped clock for the last three minutes of the game, if the score is within single digits. The clock will continue to run with a 10-point lead. There will be no stop clock for Division 1.
  - C. Half time is two minutes.
  - D. Two time-outs per team in first half, three time-outs allowed during second half, no carryover.
  - E. Overtime:
    1. A jump ball shall start each over time period.
    2. First overtime period is three minutes. The clock will stop on dead balls during the last one minute of overtime only.
    3. Second overtime period is sudden death.
    4. One time-out allowed per team for first overtime period only.
  
4. **Player participation and substitution:**
  - A. The game will be divided in three periods per half. The games will be stopped for substitutions at the twelve minutes and six minute mark of each half.
  - B. No substitutions during play except for injury, illness or disqualification. Players exiting the game due to injury may return to the game as soon as they feel able. If the officials or staff has reason to believe an injury may be faked, substitutions can be denied.
  - C. At the beginning of each substitution period **every player on the bench, from the previous substitution period, must enter into the game.** Therefore, **a player may not sit out two consecutive periods** unless cleared through the scorer's table. No exceptions!
  - D. When a team has six players, each player must sit out one full period. When a team has seven or more players, all players must sit out at least one six-minute period prior to the start of the last period of play. A player sitting out for the first time during the final six minutes of the game may not be subbed into the game during the final three minutes.

- E. Subs entering during “free sub” time (only at the last **three** minutes of the game) will check in at the scorers table. Thirty (30) seconds will be allowed between each substitution period. Violation of this rule will result in a “warning” followed by a technical foul.
- F. All players must play three full six-minute periods. Players playing their third period during the final six minutes of the game may not be subbed out during the final three minutes.

5. **Defense:**

- A. Teams may play a zone or man defense at any time during the game.

6. **Press:**

- A. No full-court press until the last six minutes of the game. (one warning per half, second warning is a technical foul.)
  - 1. Once the defense team has secured possession of the ball the offensive team must retreat on defense and not press/touch the ball until the ball has passed half-court.
- B. Half-court press anytime.
  - 1. Any team with a 20-point advantage must stay within the 3-point line. The team will not be allowed to come out of the 3-point line until the advantage is reduced to 15 points.
- C. Any team with a 15-point advantage will not be allowed to full-court press.

7. **Coaches responsibility and conduct:**

- A. A coach may stand in front of his/her bench to coach his/her team only during breaks in the play, not during play. Coaches will remain sitting at all times during play, on the bench, behind the boundary lines during games or they will receive a warning or a technical foul (depending on the circumstances). A coach may never pass the half-court line or approach the scorers table (unless instructed to do so). This rule is not applicable to Basketball Division 1.
- B. A coach may not step onto the floor for any reason during the game, unless given permission from the referee or club staff. First violation of this rule will result in a warning or technical foul (depending on the circumstances), and a second will result on ejection from the facility.
- C. The coach or players on the court can call a time out.
- D. A coach will be responsible for the sportsmanship of his/her players.
- E. The coach will be responsible for his/her team’s fans/parents (If there are any problems with a fan you will be asked to have them leave the gym or game will be forfeited.)
- F. Coaches must act in a responsible sportsmanlike manner at all times.
- G. No more than two coaches and the players are allowed on the bench.

**8. Free Throws:**

- A. Division I will shoot from the marked area on the court (Goalie's box at F.V., red free throw line at H.B.)
- B. Division II will shoot from the first hash mark.
- C. Division III, IV, and V will shoot from the free throw line.
- D. Bonus (one and one) on the seventh team foul, double bonus (two free throws) on the tenth team foul per half.

**9. Ball Size:**

- A. Division I will use 27 inch ball.
- B. Division II and III will use 28.5 inch ball.
- C. Division IV and V will use 29.5 inch ball.

**10. Fouls:**

- A. Five fouls per player for disqualification.
- B. Two technical fouls for disqualification. (2 shots and the ball.)
- C. Technical fouls count as one personal foul and a team foul.

**11. Scoreboard Rule:**

- A. Any team with 35 or more point advantage will have their score blanked from the scoreboard.

**12. Game time:**

- A. Game time is tip off time. If we are running late, teams will be given 5 minutes to warm up and fill out line up cards. Forfeit time is 10 minutes after scheduled game time.
  - 1. Four players are required for a legal game. If one team has four players the opposing coach can decide to play 4 or 5 players. If a player, on a four man team fouls out, or is injured, the team can continue to play with 3. If a team is reduced to 2 players the game is forfeited.

**13. Playoff Eligibility:**

- A. Any player who has not played four regular season games will not be eligible to participate in the playoffs or finals.
- B. Tie breakers will be as follows for leagues with 4 teams: Total Season Point Value (wins, losses, ties), Total Wins, Head to Head Competition (only in divisions where there are 4 teams due to equal opportunity of head to head play will this be used as a third tie breaker), Goals Against Average, Coin Toss
- C. Tie breakers will be as follows for leagues with 5 or more teams: Total Season Point Value (wins, losses, ties), Total Wins, Goals Against Average, Head to Head Competition, Coin Toss

We would like to wish each team, participant, coach and fan, a fun and enjoyable season.