

RULES FOR 2013-2014 SHORE AREA HIGH SCHOOL REC GAMES

1. LENGTH OF GAME: The game will be comprised of FOUR 9 minute, RUNNING TIME quarters. During play, the clock will only stop on fouls that result in foul shots. In the event that the shooter is shooting two foul shots, the clock will re-start as soon as the shooter receives the ball from the referee for the second foul shot. In the event that the shooter is shooting a "one-and-one" foul shot, the clock shall re-start as soon as the first shot is missed OR, if the first shot is made, then the clock shall re-start as soon as the shooter receives the ball for the second foul shot. In the event that the shooter is shooting only one foul shot, the clock re-starts as soon as the foul shooter receives the ball from the referee.

NOTE: The last two minutes of each game will be played in regular stop time in this division.

2. OVERTIME: One THREE (3) minute, STOP TIME overtime. NO PRESSING IN OVERTIME.

3. TIME OUTS: Each team is allowed TWO (2) full timeouts per game and ONE (1) thirty second time out per game. In the event of overtime, each team gets only 1 timeout and the timeouts from the regular game do not carry over.

4. DEFENSE: Pressing only allowed in the last two minutes of each half by either team (but not by a team that is up by 15 points or more), or at any point in the game by a team that is down by more than 15 points. Otherwise, defense cannot be played until offense reaches the frontcourt hash mark (or the volleyball line, if no hash mark). Once the offense reaches the frontcourt hash mark, defense can be played all the way to half court. If a team holds a 15 point lead or more, that team **MUST** play "in the paint" on defense.

5. COACHES: Only TWO (2) coaches are permitted on the bench and only ONE (1) coach for each team may be standing at any one time.

6. PLAYING TIME: EXCEPT FOR THE FOLLOWING EXCEPTIONS, EVERY PLAYER MUST PLAY AT LEAST HALF THE GAME. Exceptions to this rule are:

- a. injury to a player
- b. medical condition (e.g., asthma)
- c. foul trouble
- d. late arrival, early departure

7. SUBSTITUTIONS: Subject to the exceptions set forth in paragraph 6, substitutes will only be permitted to enter a game at the start of each quarter. At the end of the game, every player must have played at least half the game (subject to the exceptions set forth in paragraph 6). **USE THE SUBSTITUTION MATRIX AND YOU WILL NOT HAVE ANY PROBLEMS KEEPING TRACK OF YOUR SUBSTITUTIONS!**

8. FOULS: Each player is allowed 5 personal fouls. Upon committing the 5th personal foul, the player must be removed from the game.

9 FOUL SHOTS: "1 and 1" after the 7th team foul in a half; 2 shots after the 10th team foul in a half.

10. BASKETBALL SIZE: 29.5

11. REFEREES: IABBO or high school age.

12. GENERAL RULES:

(a) No jewelry. All necklaces, bracelets, earrings, etc. must be removed prior to the game.

(b) No chewing gum while playing.

(c) Coaches and players are prohibited from arguing with the scorekeepers or clock operators.

(d) All team members must be wearing a team shirt and must be wearing sneakers in order to play.

(e) As of July 11, 2006, the laws of the State of New Jersey require that participants in youth sports who wear eyeglasses must now wear PROTECTIVE SPORTS GLASSES while playing sports. No player will be permitted to participate in any game while wearing non-protective sports glasses.

(f) Questioning of calls by players and/or coaches is prohibited. Any coach or player who receives a technical will be suspended for one (1) game and deemed the village idiot. A coach or player who receives two (2) or more technical fouls in the same game will be suspended from coaching/playing for the rest of the season.