



WINS For Life

2018 Fall Basketball League



League Rules & Game Rules

September 22 – November 3

Boys (game times): 9:00am, 10:15am, 11:30am, 12:45pm, 2:00pm, 3:15pm, 4:30pm (if needed)

Girls (game times): 3:15pm, 4:30pm, 5:45pm, (2:00pm, if needed)

- * **Two volunteers are needed each game to assist with:** 1) the score sheet 2) the score board clock.
- * We appreciate the helpful volunteers.
- * All volunteers will be neutral (not cheering or “coaching” during the game while at the scorers table).

Game Structure: Two 20-minute halves

- Running time for the first 15-minutes of each half. Stop time for the last 5-minutes of each half.
- On all shooting free throws: **clock stops following the call**, remains stopped during the 1st free throw. clock re-starts when the ball is released on the 2nd (or last) free throw.
- Sub every 5-minutes (stop the clock). No time-out!...quick subs (have them ready to go).

Time Outs: two time-outs per half (60-seconds).

Half-time: three (3) minutes (run the clock down)

Over-time: 2 minutes (regulation stop-time). Each gets (one) 30-second time-out (no carry-over).

2 O.T.'s: Begins with jump-ball (“sudden death”: first team to score wins). No time-outs, no carry-over's.

Defense: **NO Zone Defense (only man to man defense).**

- * Full-court pressure (man to man) is allowed, until a team has a 15-point lead.
- * If up by 15 or more, you must pick up defensively after the ball crosses ½ court.

Fouls: Teams will shoot “1-and-1 free throws” on the 10th foul and beyond (per half).
Six personal fouls is a “foul-out” (disqualification)

Playing Time & Substitution rotations:

* **Must adhere to equal play-time rule.**

* **Sub rotations:** assign numbers to the players who are present: #1 thru the total number of players present.

Example: if you have 9 players: Start #'s 1-5; 1st sub: 6, 7, 8, 9, 1; 2nd sub: 2, 3, 4, 5, 6; 3rd sub: 7, 8, 9, 1, 2,..

* **Sub every 5 minutes**, except the last two minutes of the 2nd half (then you can play anyone & free substitute)

* *The lone potential exception to a change in the substitution pattern is for a medical, health, or injury related. Not “foul trouble”*

* **During the last two minutes (of the 2nd half only) coaches may free substitute at will.**

Rosters: All players must be officially registered. The registration fee must be paid with a signed reg. form. No player can be on two rosters. “Replacement players” are allowed only to get a team to 5 active players (when multiple roster members are absent). This must be communicated to the Site Director. If they are not registered in the WINS league, they must complete the registration form and pay \$10 prior to the game. If the team (with replacement players) wins the game, it would not be credited the win in the standings. If a team has to forfeit, the loss is listed as a 0-20 score.

Post-Game: *Shake hands

* **Coaches:** 1) Log the *score & attendance* on roster sheet. 2) Give score sheets & roster sheets to Site Director.

League Director: **Dave Vasquenza**, *cell:* (860) 817-4113, *office:* (860) 645-1934, *email:* wins4life@cox.net

Sites & Site Directors:

* **Star Hill Athletic Center** (100 Gerber Dr., Tolland, CT.); Dave Vasquenza: 860-817-4113, 860-645-1934

* **Court Side Sports Center** (517 Burlington Rd., Harwinton, CT. 06791); Mark Corey, 860-878-7758

* **Canton High School** (76 Simonds Avenue, Canton, CT. 06019); Mike Morhardt: 860-543-2598

* **JCC Valley Sports** (310 Albany Turnpike, Canton, CT. 06019); call Dave Vasquenza: 860-817-4113, 860-645-1934

* **Derynoski Elementary School** (240 Main Street., Southington, CT. 06489) John Cessario: 860-614-0572,

Reminders:

- **Positive dialogue only.** Fans should only be cheering. No comments directed at officials, coaches, or players!
- Clean-up the bench area following each game.
- Respect the officials and opponents. All of our officials are high school or college basketball officials.

