

# 2018-2019 BAC InHouse / Recreational Rules

## Eligibility

Minnesota State High School League rules do not allow high school athletes that play on high school basketball teams to compete on other teams/leagues in their sport during the High School season. This includes the period of time when the High School basketball season has concluded and the BAC High School program is still engaged in the season or playoffs. High School varsity, Jr. varsity, B-team and 9th grade A team players are not eligible. Any players up to and including 8th grade playing for the a 9th grade B team are eligible.

## Equal Participation Rule

- A. Each player on a team will have an equal amount of playing time (or as close as possible). No player will play more than one segment greater than other players. Exceptions to this rule include:
  1. Illness or injury to a player: Notify referee and coach. (The player may return to finish their segment.)
  2. Game ejection.
  3. Disciplinary action by a coach: The parent/guardian of the disciplined player, opposing coach and officials must be notified before the game. Recommended disciplinary action is the loss of a segment of play.
  4. After four individual fouls in the first half, the player must sit. After five individual fouls in the game, the player is fouled out.
  5. If an equal participation action or infraction occurs during the game, the opposing coach and officials are to be notified. Equal participation actions and infractions must be clearly noted on the score sheet.
- B. Equal participation actions and infractions must be clearly noted on the score sheet.
- C. A player that arrives to a game late plays receives an equal amount of playing time for the time that remains in the game upon his arrival. For example, if a player misses the first two segments, the lost playing time is not made up throughout the remainder of the game. If a player misses the first half, he does not play the full second half.
- D. In the event a substitution is made due to the above situations (in 1, 2, 3 or 4), the player entering the game must be a player with the least amount of playing time and that segment will not be used to determine equal participation. The player that substitutes in this event shall be denoted on the score sheet with an "S" in the segment spot. This same player may not have another "S" segment until all other eligible players have an "S" segment.
- E. In the event that a player on the floor receives a technical foul, that player must sit out the remainder of the segment and be replaced by an eligible "S" player.
- F. Overtime games: Equal participation will continue through overtime. No player will play more than one segment greater than other players. OT consists of a two-minute period with substitutions occurring after one minute. If more than 10 players are on one team, two players can share one segment.
- G. Equal participation is a requirement for all grade levels, including regular and overtime play. Any discrepancies must be noted before the conclusion of the game. Protests will not be handled after a game is completed. Key checkpoints are before the start of the 2nd half and before the start of the last quarter. Use these times to address and correct discrepancies. A technical foul and loss of possession will be assessed to the offending team. The equal participation issue must be corrected. If not correctable, the referee must be notified to render a decision regarding unequal play. Unequal play can result in a forfeit.

### Examples of Equal Participation

10 players: each player plays four segments (half-quarters)

9 players: four players play five segments, five players play 4 segments

8 players: each player plays five segments

7 players: five players play six segments, two players play 5 segments

6 players: four players play seven segments, two players play 6 segments

- H. Substitutions - Coaches may not bring in "substitute" players who are not registered with BAC. Coaches may bring in players from a lower level league within an inhouse program but cannot use the same substitute player two games in a row or for more than 3 games per year. Substitutions should be clearly documented on the score sheet with the players name, level and inhouse team that they are assigned. Team rosters are fixed during team formation. Violation of the substitution rules may result in game forfeit.

### **Game Duration and Time-Outs**

- A. Games consist of four quarters each lasting 8 minutes.\*
- B. Quarters are divided into 4-minute segments to allow for substitutions under the equal participation rule.\*
- C. Time will be running for the first three minutes of every segment (stopped for foul shots, timeouts and official timeouts).\* The last minute of the segment will be stop time. If there is a 20 point lead at the start of the 7<sup>th</sup> or 8<sup>th</sup> segment then the entire segment will be played using a running clock, only stopping for official time outs. Any fouls resulting in FTs during a running clock should be shot before the game is deemed complete.
- D. \*Note that for 7<sup>th</sup> – 12<sup>th</sup> grade girls playing in Bloomington and having games scheduled more than 75 minutes apart have that quarters are 10 minutes, segments 5 minutes that are 3 run / 2 stop.
- E. The half-quarter, odd segments, mark is not a time-out for coaches to talk with players. Substitutions should be quick and take 1 minute. Quarter breaks are intended to be longer at the referee's discretion.
- F. The possession arrow is used after each segment.
- G. Each team is allowed two, 1 minute, timeouts per half and one timeout per overtime period.
- H. Half-time may be up to 4 minutes at the referee's discretion and may be shortened due to schedule.
- I. Overtime – regular season teams play 1 overtime (2 segments). Games may end in a tie after 2, 1 minute segments.
- J. Overtime periods will consist of two minutes (stop-time). This is divided into two one-minute segments to accommodate equal participation. Each overtime period starts with a jump ball and possession arrow is used after the 1<sup>st</sup> overtime segment. If the game remains tied after 2 overtime segments then additional overtime periods consisting of two one-minute segments will be played until there is a winner. A game will never end with an odd number of segments played. Equal participation is enforced throughout the entire game.

### **Grade Specific Rules**

#### **3rd and 4th grade**

The only defense that can be played is man to man half court with double teams allowed in the offensive lanes. Defensive players must fall back to half court once the ball is in controlled by an offensive player in the backcourt.

**Girls** - Stealing is not allowed off the dribble. The defenders may tie up the ball and steal passes.

**Boys** - Stealing is not allowed off the dribble to start the season. Stealing is allowed after 12/31.

The FT line is located 2 feet inside the regulation FT line and a player may cross the FT line during their shot.

**Girls only**—During the first 6 segments, if a foul is called on a shooting foul then 1 point is awarded to the team that was fouled and only 1 free throw will be awarded. This rule only applies to shooting fouls, not for bonus or double bonus situations. Normal FT shooting rules apply for the last 2 segments.

#### **5rd and 6th grade**

The only defense that can be played is man to man half court with double teams allowed in the offensive lanes. Defensive players must fall back to half court once the ball is in controlled by an offensive player in the backcourt.

A player may not cross the FT line during their shot.

## **7th and 8th Grade**

Double teams and zone defenses are allowed from the 3 point arc extended.

Both — Man to man full court defense is allowed. Double teams are also allowed during a defensive rebound while the ball is in the lane. Once the ball is secured outside of the lane then the double team rules come into play.

## **No Specific Rules for 9th – 12th grade.**

### **Technical Fouls (Disqualification)**

Technical fouls will result in the awarding of two point for the opposing team (no foul shots) plus ball possession. A player that is called for a technical foul is required to leave the court for the remainder of the segment and must be replaced by an “S” player (see rule “D” in the Equal Participation).

A Violation of the illegal defense rule is considered a technical foul which are not counted against the bench under section “D”.

B. Delaying the game between segments without any timeouts may result in a technical foul which are not counted against the bench under section “D”.

C. Technical fouls are record throughout the season. Any player or coach that reaches 4 technical fouls for the year will be asked to sign a code of conduct that will outline specific conditions for remaining in the league.

D. Players and coaches are disqualified from a game when cited with a 2nd technical foul and are automatically disqualified from the next game. Parents may be asked by referees to leave the building for unsportsmanlike conduct. Disqualified individuals are expected to stay away from the game sites and are not permitted to attend the next game as a spectator. This includes play-offs. In the event that the next game is the 2nd or 3rd game of a double- or triple-header, the disqualified individual must miss that game and leave the game site.

E. If a team has 5 players remaining on a team and one of them foul out, the team has the option of playing with 4 players or playing with five. If they play with 5, a technical foul will be assessed for each foul committed by the player that has 5 fouls. Whatever decision is made, it cannot be changed during the course of the game.

### **Three Point Goals**

Three point goals are allowed only on courts marked with a 3-point circle. Three point goals are not awarded on a court where there is no line regardless of where the shot is made.

### **League Standings/Post Season Play**

League standings are based upon win-loss records and in the case of ties, head to head competition determines a tiebreaker. Scoring differentials have no bearing on standings. Therefore, running up of scores accomplishes nothing in terms of standings. In the case of ties after head to head competition, defensive points allowed against common opponents will be the tiebreaker.

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## **Code of Conduct**

**I hereby pledge to provide a positive attitude and be responsible for my participation in youth sports by following this Code of Ethics both in person and electronically:**

- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.
- I will encourage good sportsmanship from fellow players, coaches and parents at every game and practice.
- I will remember that no game is officiated perfectly. I will respect the referee / umpire and accept the calls that are made during the games.
- I will attend every practice and game that is reasonably possible and I will communicate if I cannot.
- I will expect to receive a fair and equal amount of playing time as defined by the sport / activity.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches and all BAC volunteers with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being FUN!
- I deserve to play in an alcohol, tobacco and drug free environment and expect adults to respect that wish.