

2017 GIRLS IN HOUSE BASKETBALL BAA/BAC and other assoc. in our league RULES

Eligibility

Minnesota State High School League rules do not allow high school athletes that play on high school basketball teams (Varsity, JV, 10th grade) 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.

Equal Participation Rule

- A. 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 ejections
 3. Disciplinary action by a coach: The parent/guardian of the disciplined player, opposing coach and officials must be notified before the game. Any lost segments must be imposed at the start of 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 for the remainder of the first half. A player fouls out after 5 person fouls.
- B. A player that arrives to a game late or leaves early plays an equal amount of playing time for the time that they're able to play. Segments that a player is missing should be noted with a horizontal line on the score sheet. For example, if a player misses the first two segments, the lost playing time is not made up throughout the remainder of the game.
- C. 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.
- D. 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.
- E. 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 with stop time. In the event it is still tied after two minutes there will be sudden death. Which the first team to score a basket wins. During sudden death a team may use any players.
- F. 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

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

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

Eight players: each player plays five segments

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

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

A team must have 5 players to start the game. 10 minutes past posted start times will be granted for teams with less than 5 players. Teams with less than 5 players may forfeit the game at the league director's discretion. Forfeited games are scored as a 0-0 win and loss.

If a team drops down to 4 players due to injury, sickness or ejection then the team has a choice to play with 4 v 5 or 5 v 5 with the 5th player the last player to be removed from the game. Every foul the 5th player commits will result in a technical foul which is 1 point to the opposing team and possession of the ball.

H. Substitutions

Coaches may not bring in "substitute" players who are not registered with BAA/BAC or an affiliated association. Coaches may bring in players from a lower level league within a BAA/BAC or an affiliated association but cannot use the same substitute player two games in a row or for more than twice per year. Substitutions should be clearly documented on the score sheet with the players name, level and BAA/BAC or an affiliated association 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 lasting 8 minutes, **For all levels. Changed 11/19/17.**

B Each quarter is 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 timeouts and official timeouts, free throws only. The last minute of the segment will be stop time..

D. The half-quarter mark which is after the 1st, 3rd, 5th and 7th segments should only be used for substitutions. Coaches are expected to have their substitutions ready to check in and should not be used as a timeout. Referees will be instructed to issue one warning per game per team with the second offense being a charged timeout. If a team does not have a timeout then the second offense will result in a bench technical.

E. The possession arrow is used after each full quarter or after the 2nd, 4th and 6th segments. During a segment change the ball will remain with the team that has possession at the end of the segment. In the event of a loose ball or shot that is not rebounded before time expires then possession is determined using alternate possession.

F. Each team is allowed two timeouts per half and one timeout per overtime period. A timeout without an available timeout results in a bench technical. Time outs last for one minute.

G. Half-time is 2 minutes.

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 and defensive lanes. Defensive players must fall back to half court once the ball is in controlled by an offensive player in the backcourt.

Stealing **is allowed in the half court.** A defensive player may tie up the ball for a "jump ball" call.

If a player crosses the FT line during their FT shot they may not rebound the ball until the ball is touched by another player.

Three different players must be assigned as the point guard and bring the ball down during a game.

Free throws are shot from 2 feet inside the regulation FT line. A player may cross the FT line but may not rebound the ball until the ball is touched by another player.

5th and 6th grade

The only defense that can be played is man to man half court with double teams allowed in the offensive and defensive lanes. Defensive players must fall back to half court once the ball is in controlled by an offensive player and dribbled out or passed out of the free throw lane in the backcourt.

In the case a team only has 4 players each team will play with 4 players. If a team only has 4 players and a player fouls out that player can stay in the game if the Coach decides to and if that player gets another foul the other team gets two points and the ball.

Stealing is allowed.

If a player crosses the FT line during their FT shot they may not rebound the ball until the ball is touched by another player.

7th and 8th Grade

Full court man-to-man defense is allowed for the entire game. Half court zone defenses may be played for the entire game unless a team is ahead by 20 points. Double teaming a player off the ball is considered a zone defense. If a team is up by 20 points then they must play half court man to man once the ball clears the defensive lane. Double-teaming the ball is allowed from the FT line extended

High School Level 9th – 12th

Full court man-to-man defense is allowed for the entire game. Full court zone defenses may be played for the entire game unless a team is ahead by 20 points. Double teaming a player off the ball is considered a zone defense. If a team is up by 20 points then they must play half court man to man once the ball clears the defensive lane. Double-teaming the ball is allowed within the 3 point arc for all segments regardless of the score.

General Defensive Rules

A. Man to Man Defense Defined: When the ball is outside of the double team area a defensive player must be aware of where their player is on the court. The defender is not required to remain within specific distances of their player however if their player moves they should also adjust their position respective to their player's movement. The goal is maintaining good help defense while avoiding zone defenses. If a player gets beat on defense, a teammate may leave their player to help out but must return or switch in a reasonable amount of time once the other defender recovers. **A player double teamed without the ball while the ball is outside the offensive, defensive lane or being inbounded should be considered a double team.** See league specific rules to define double team areas. See section "D" for violations of these rules.

C. Offensive isolation plays are not allowed. Example: plays designed to isolate ball handlers while the other players spread out with the intent to draw their defenders that result in a "one-on-one" scenario. See section "D" for violations of these rules.

D. When there is a violation of these rules (double teaming, zone defense and isolation plays) an official warning will be given. Each team receives a verbal warning before an official violation is issued. Each violation results in a bench technical resulting in the opponent receiving 1 point and possession. Younger levels may receive multiple verbal warnings at the discretion of the official as long as each team is treated equally.

E. All leagues use a compact 28.5 basketball

F. Games with a 20 point margin starting the 4th quarter will play the remaining **1** segments with a running clock - only stopping for team and official timeouts. The clock will **not** stop for FT or out of bounds.

G. The low post block will remain unoccupied during free throw attempts.

H. Coaches meet with officials for introductions and note any unequal time situations.

I. Fouls are to be called and recorded by player and team. Teams will be awarded FT's based on opponents foul totals by half. Teams that draw 7 fouls are awarded one and one FT's and 10 plus fouls result in 2 FT's. After four individual fouls in the first half, the player must sit for the remainder of the first half. A player fouls out of the game after 5 person fouls.

Intentional and Flagrant Fouls

A. Intentional Fouls usually occurs when a team wants to stop the clock. The intent of this foul is to teach how to go after the ball when attempting to foul. Fouls that are deemed dangerous should still be called as Technical Fouls. Intentional fouls are recorded as a personal foul, two FT's are awarded to the team that draws the foul and they are also award possession of the ball.

B. Flagrant Fouls are those make that can be harmful to a player or players but does not rise to the same level as a technical foul. Flagrant fouls are recorded as a personal foul, two FT's are awarded to the team that draws the foul and they are also award possession of the ball.

Technical Fouls (Disqualification)

- A. Technical fouls are recorded as a personal fouls and results in the awarding of one point for the opposing team (no foul shots) plus ball possession.
- B. A player who accumulates 4 technical fouls in any time span (any number of games) is suspended for one game.
- C. 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.
- D. 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 that player. 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 from.

League Standings/Post Season Play

- A. League standings are based upon number of wins. In the event that teams tie based on this formula, 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. All ties will use head to head among the tied teams first followed by defensive points allowed against for the season as the tiebreaker. If more than 2 teams are tied then head to head among the teams that are tied would be used as the first tiebreaker. When a single team does hold the best record against the common opponents then defensive point against will be used for all remaining teams that are tied.
- B. All teams in 3th - 12th grades participate in a post season tournament.
- C. Awards: Awards may change slightly from year-to-year. Players will receive trophies and/or medals for the regular season championship and for the play-off championship.

Sportsmanship

EVERYONE MUST RESPECT THE REFEREES AND THEIR CALLS. It is important that players are taught not to argue with coaches, referees and teammates. Play fair, do not cheat, fight, or hurt others. Players must be willing to share the ball, pay attention to the game plan and try to execute accordingly.

Players, coaches and parents must not argue calls. If appropriate the coach might ask for a clarification on the call. When relating to the officials, it is important to remember that they could make errors or unpopular calls. This is part of the game. It is impossible to make a call that benefits both sides and they will not get them all right.

We all must remind ourselves that the desire to win may sometimes compromise the goals of sportsmanship, fairness, and providing a positive atmosphere. A successful season should be based on accomplishing the above goals regardless of won-loss records.

It is the responsibilities of the coaches and their assistants to control their actions, their players, and fans. The BAC In-House program is a recreational league and it will exhibit a wide range of talents. It is not appropriate for anyone to make negative comments about players, officials or coaches. This point should be emphasized by the coach to the parents at the first team meeting.

Facility Rules

- A. Spill proof bottles are allowed in gyms that contain water. No other food or drink allowed in gyms (includes gum).
- B. Teams are responsible to supervise school hallways during practices and games. There is no practicing or activities that require a ball in the hallways.
- C. Respect other teams' and organizations' gym times.
- D. Respect school property.

Game Time

- A. Meeting with referees - coaches (or their designee) and referees must meet at center court one minute before game time to discuss issues and rules. This is a good time to discuss concerns, such as where the out of bounds line is and identify players that will not be able to meet the equal participation guidelines.
- B. No more than two coaches per team may sit on the team bench or stand on the team sideline. Other coaches may serve at the scorer's table or observe the game as a parent on the opposite sideline. The bench is reserved for players and coaches, no spectators are allowed on the bench. Exceptions will be made for those attending a player's injuries.

Players Uniform

Players are not allowed to alter the uniform cut or change anything on the uniform. You are allowed to put their names on the back. If a player cuts alter the uniform they are not allowed to play in a game and they are responsible for paying a fee to replace the uniform.

Players must wear the uniform issued to them by their association are responsible to replace lost uniforms. It is the intent for all registered players to play however players may not be allowed to play if they cannot prove they are registered. All jewelry must be removed prior to practice and games to prevent injury. If a player may play with piercings at the referee's discretion provided the following conditions: Front and back are taped, they present minimal danger to the wearer or other players and the wearer assumes all responsibility for harm caused intentional or non-intentional by the piercings. Any player that on the court that does not meet these conditions will leave the court until the conditions are met. A bench technical can be issued against the coach of a player who does not willingly adhere to this policy. **The intent of this rule is safety – for everyone.**

Coaching Qualifications

Teams must have an adult coach or mentor of at least 21 years old. All coaches and assistant coaches pass a criminal background check and provide verification that they have passed concussion training. These coaches or mentors must attend all team functions that are scheduled by the association and are required to sit on the bench or scorer's table during games. Teams may have assistant coaches younger than 21 provided that they remain provide a positive influence on the team. These younger coaches are not allow to help without the 21+ coach or mentor present. Coaches younger than 18 years of age (minors) do not have to provide a background check but do have to provide a concussion training certificate.