

### Game Length

Games will consist of 4 eight minute quarters. The clock will only stop on the referee whistles, extended delays & at the four minute mark of each quarter to allow for substitutions (**Substitutions are not a time-out, get your players in & out**). The team with possession of the ball at the four minute mark of each quarter will retain possession of the ball when play continues. If the end of a period comes during a shooting foul situation, the free throws will be attempted with the rebound determining possession. The start of each new quarter will be determined by the possession arrow. A five minute break will occur at the half of each game if actual time allows. **Games without overtime should end at least 10 minutes before the top of the hour.** Depending upon completion of previous game, warm up time may be minimal.

### Play Clock

A continuous play clock will be used with the clock stopping for the following: injury, official's time out, personal fouls, and time outs. On a non-shooting foul, the clock will resume when the ball is put into play. On a shooting foul, the clock will resume with rim contact of the first attempt (1 and 1) or second attempt (2 shots). Also, the clock will stop on all whistles during the last minute of each half.

### Overtime

Teams tied at the end of regulation can play 1 additional four minute quarter if started at least 5 minutes before top of the hour. Games will end in a tie if there is less than 5 minutes before the top of the hour. Substitutions will be allowed at the two minute mark of overtime (Substitutions are not a time-out, get your players in & out). In overtime, the first team to score a point will win. If no team scores in the additional four minute overtime, games will end with a tie.

### Time-outs

2 time-outs are permitted per game. 1 additional time-out per team if game goes to overtime.

### Ball Size

28.5 inch basketball will be used.

### Team Shirts

Players must wear team shirts in order to play. If needed, penny shirts to be provided by host facility.

### Jewelry

No watches or jewelry of any kind will be allowed on the court.

### # of Players

A team must have 5 players to start the game but may finish with less than 5 in the event of an ejection, foul outs, injuries, etc. A forfeit will occur after five minutes past the designated start time if a team does not have the minimum number of players to start a league game. Coaches may elect to play the game but the forfeit stands for determination of league standings. In the event of one team playing with less than 5 players, coaches will decide if they want to match up with the same number of players for the remaining game.

### Player Minutes

Because the intent of this program is one of instruction, an equal play rule will be enforced. No player can play more than 1 four minute period than any other player & **a strong effort should be made by coaches to rotate all players through all the various playing positions.** Every player must have an opportunity to be in a ball handling position. A warning will be given to the coach if the same player(s) are in the ball handling positions. After the first warning, the team will lose possession of the ball every time after. Player substitutions (outside of the normal four minute mark of each quarter) are allowed only in the event of an injury, but this partial period does not count towards the replacement player's total number of periods played. A player not present or ready to play at the start of the game must sit the remainder of the eight minute quarter they arrived in. Player may play in the following eight minute quarter provided that player is ready & is entered into the officials score book.

### Forfeits

All games will start at the designated time unless otherwise specified by the League Director or the League Representative. A forfeit will occur after five minutes past the designated start time if a team does not have the minimum number of players to start a league game (**See # of Players rule for details**). Coaches may elect to play the game but the forfeit stands for determination of league standings.

### Standings

The league will maintain standings or win/loss records.

### Free Throws

Free throws will be shot from the regulation line, but no violations will be called for crossing the line on the shot. However, the shooter may not go after the rebound before it hits the rim.

### Defense

Defenders may not initiate Man-to-Man defense until their offensive player has crossed the half court line. Defenders are required to fall back beyond half court line after a defensive rebound, made basket, or when the ball changes possession (possession is defined in this example as controlling the ball). The only exception is when pressing in the last four minute of second & fourth quarters and the last two minutes of overtime (**See Pressing rule for details**).

### Man-to-Man Defense

**Man-to-man defense will be strictly called. Double-teaming is only allowed when the offensive player in possession of the ball enters the lane.** In Man-to-Man defense, defensive players are not required to play defense outside the perimeter of the 3-point line but they must remain in the area adjacent to their offensive player until an offensive player with possession of the ball enters the lane or their offensive player moves inside the 3-point line on the ball side of the court (Strong side). After 3 team violations of guarding the wrong offensive player or "sagging" too far off their offensive player, 1 free throw will be given to the offensive team & will maintain possession of the ball. No zone defenses of any kind are allowed.

### Double-Teaming

**Double-teaming is only allowed when the offensive player controlling the ball is in the lane.** Open switches are encouraged and permitted for defensive purposes. The officials would do their best to determine a double-team. Since open switching is allowed, it makes the call more difficult. The officials will use two different indicators when interpreting a double-team: (1) Is the offensive player being impeded or guarded by two defensive players where two players are making a play on the ball? (2) Is the offensive player stopped or trapped by two defensive players? If either of these conditions is true, the officials will signal a double-team with the ball awarded back to the offense. If neither of these conditions is true, the officials will let play continue until one of these conditions occurs. After 3 team violations of double-teaming outside of the lane, 1 free throw will be giving to the offensive team & will maintain possession of the ball.

### Pressing

Man-to-Man pressing will be allowed in the last four minute of second & fourth quarters and the last two minutes of overtime, provided the team pressing is not leading the game by more that 20 points. A turnover resulting from a double-team or backcourt trap will result in the ball being returned to the offensive team and the inbound play will resume at half court.

### Conduct

Technical fouls can be assessed by the referees if needed. A technical foul will result in the ball being awarded to the opposing team at half court. A coach receiving a technical foul must remain in their chair on the bench the remainder of the game. A player receiving a technical foul must sit out the remaining time in the half. A coach or player receiving 2 technical fouls will be automatically removed from the game & will be subject to review. Any unsportsmanlike conduct by players, coaches, or spectators will result in that individual being removed from the current game; such conduct to be determined by the referees and facility supervisor. The first violation by a player, coach, or spectator will result in a 2-game minimum suspension. A second violation will require the individual to a board review which could lead to the removal of the individual from the program with no refund of fees.

### Referee Calls

All calls or decisions made by the referees during the course of the game are final. Disputes regarding rules interpretation will first be directed to the facility supervisor & then to the League Director. If needed, the League Director will consult with the Board President. Unless otherwise noted in this document, normal "IESA" rules regarding game play will apply.

### Coaches

The head coach & the assistance coach(s) will be allowed on the bench during a game. Only the head coach will be allowed to address the officials. The officials reserve the right to remove any coach from the game that does not comply with this rule. It is the responsibility of each coach to see that each team member present for the game is entered into the official scorebook prior to the start of the game. It is the responsibility of each player to register with the official scorer prior to entering the game. The players must report to the scorer at the beginning of each period.

### Youth Basketball Rules

Unless otherwise noted in this document, normal "IESA" rules regarding game play will apply.