

# COMPETITIVE BASKETBALL LEAGUE RULES OF PLAY

## GENERAL RULES OF PLAY

1. All games will be played under the rules followed by the National Federation of High School Basketball (with some noted exceptions).
2. Quarters will be 10 minutes in length.
3. The clock will only stop for timeouts and 5 minute substitutions.
4. Timeouts are 30 seconds.
5. 5 minute subs are only 10 seconds.
6. The clock will stop for the last 2 minutes of the game on all dead ball situations.
7. Each team may call 3 timeouts per game.
8. Half time will last 2 minutes.
9. There will be 1 minute between quarters.
10. Alternate possessions start each quarter except the first quarter where a jump ball is required.
11. Teams must have 4 players to start a game.
12. There will be a 5 minute grace period to wait for players to show.
13. Lane violations are 3 seconds.
14. There are 3 point shots for all age groups.
15. Penalty free throws will be awarded on the 7<sup>th</sup> team fouls during each half.
16. 3<sup>rd</sup> and 4<sup>th</sup> graders will be allowed to move closer for free throws.
17. A player fouls out of the game with the 6<sup>th</sup> personal foul.
18. All technical fouls will be 2 shots.
19. A technical counts as both a personal and a team foul.
20. ALL PLAYERS MUST PLAY 20 MINUTES OF EACH GAME.
21. IT IS MANDATORY TO SUBSTITUTE EVERYONE ON THE BENCH AT THE BEGINNING OF EACH QUARTER AND AT THE 5 MINUTE SUBSTITUTIONS.
22. EVERY PLAYER ON THE BENCH MUST ENTER THE GAME.
23. The only exception to the substitution rule is an injury or the player fouls out.
24. A team may change their rotation to start the 2<sup>nd</sup> half.
25. Every player must sit out 5 minutes.
26. Free substitutions are allowed in overtime.
27. If a team is up by 20 points there will be no full court press allowed.
28. 3<sup>rd</sup> and 4<sup>th</sup> grade can only press in the second half of the game.
29. Any defense can be used except in the 3<sup>rd</sup> and 4<sup>th</sup> where zone defense is not allowed.
30. 3<sup>rd</sup> thru 6<sup>th</sup> will use a 28.5 ball.
31. 7<sup>th</sup> thru 12<sup>th</sup> will use 29.5 ball.

32. In the event of a tie, an overtime of 3 minutes will be played starting with a jump ball at center court. 2<sup>nd</sup> over time will result in a 2 minutes of over time, 3<sup>rd</sup> will result in 1 minute of overtime and 4<sup>th</sup> will be sudden death.
33. One timeout per team is allowed in over time
34. The clock will stop in the last 20 seconds of overtime in dead ball situations.
35. No player is allowed to wear jewelry of any type during the game.
36. All players must wear official jerseys during the game.
37. Painting of sneakers is not allowed.
38. Shirts must be tucked inside shorts.
39. Only the head coach and one assistant may sit on the bench.
40. Only one coach can stand up at a time on the bench.

## **COMPETITIVE BASKETBALL LEAGUE RULES OF CONDUCT**

### **RULES OF CONDUCT**

1. It is expected of all players, coaches, parents and spectators that with the respect to the other players, coaches, officials, parents or spectators; there will be ABSOLUTELY NO berating, fighting, offensive/unsportsmanlike conduct, foul language or swearing. These acts will not be tolerated whether during the game or afterwards in the parking lot, etc. Anyone breaking this rule faces a technical foul and possible suspension from the league and future competitive programs.
2. No foul language will be tolerated by the players or coaches. An automatic technical foul will be assessed if a player or coach uses foul language. A second violation will result in ejection, and a possible one game suspension.
3. Any parent or spectator using foul language will be issued a warning or may be ejected.
4. Any player, spectator or coach thrown out of a game will be subjected to possible suspension from the league games and practices.
5. Anyone defacing or damaging the property of the facility we are using whether before, during or after the game will be automatically suspended from the league and held liable for all costs.
6. No bouncing of balls in the hallway of "The Gym" is permitted.
7. **PLEASE KEEP ALL CHILDREN FROM RUNNING THROUGH THE SCHOOLS!!**
8. **REMEMBER TO RESPECT THE PROPERTY WE ARE USING!**
9. Please keep all cheering in a positive manner and show good sportsmanship.

