



Game -Time Rules & Regulations

General

- A. **Game Length** - games shall begin at the start of every hour scheduled with a 10 minute grace period if necessary. Games are divided into 4 quarters of 8 minutes for Pac 10, SEC and ACC divisions, and 9 minutes for NBA. A running clock will be in effect, except for these situations:
1. a timeout
 2. an injury
 3. referee's discretion
 4. the last two minutes of the second half if score is within 10 points or less
- B. **Beginning of games** – a jump ball will be used to start all games. If a team wins the tip, the opposition shall be rewarded the ball on the next jump-ball situation (two players control the ball simultaneously, the ball gets lodged between the rim and the backboard, etc.) Possession alternates from that point forward.
- C. **Time outs** – each team shall receive two timeouts per half. Timeouts shall last no more than one minute. In an overtime, each team will be rewarded an additional timeout. One Timeout can be carried from first half to the second half and from 4th quarter to the overtime period if needed. Also to be noted, timeouts can only be called:
1. when there is a dead-ball
 2. when your team has possession of the ball (by player or coach)
 3. after a made basket by the opposing team
- Special rule: any time out called during the last 30 seconds of any quarter will allow the team with the ball to advance the ball to the front court if desired.**
- D. **Overtime** - Three minute period with last one minute stop clock, that will begin with a jump-ball at center court.
- E. **Substitutions** - for all divisions, substitutions may only be made at the End of each quarter or at the mid-quarter substitution break which will take place at approximately the four minute mark for Pac 10, SEC, ACC divisions and four and half minute mark for NBA. Players must kneel near half-court in order to be let into games. If players fail to do so, they will not be allowed to make a substitution until they follow correct procedures. There are no exceptions to the substitution rule except for:
1. an injured player
 2. a player being fouled out or ejected



- F. **Playing time** – if there are seven to ten players on a team at a given time, each player must play a minimum of two quarters (or 4 half quarters) and sit out a minimum of one quarter (or 2 half quarters). If there are four to six players, each player must play a minimum of three quarters (or 6 half quarters).
A coach must play all players the required time unless previous written permission has been given by a league director. If a player arrives late, each quarter late will result in a loss of one-fourth of the players playing time. The rest of their playing time must be performed. There are no exceptions to the playing time rule, failure to comply will result in a forfeit for the violating team.
- F. **Number of players** – a team must start a game with at least four and no more than 5 players on the court. During the course of a game, a team must play with at least 3 players and no more than 5 on the court at all times. If there are less than 4 to start a game or less than 3 during the course of a game, an automatic forfeit will result. Please note that if a non-roster player enters a game, it will also result in an automatic forfeit for the offending team. The game may continue as scheduled but it will count as a loss for the team in violation, regardless of the point outcome.
- G. **The line** – if the ball touches, or the player in control of the ball steps on or over the line, it is ruled out of bounds and awarded to the opposing team.



Fouls

G. **Technical** - a technical foul may be called against any player, coach, or assistant. A technical foul results in two free throws and the possession of the ball at the half court line for the opposing team. Two technical fouls during a game will result in automatic disqualification and ejection of the offending player or coach from that game.

Reasons for technical fouls include but are not limited to:

1. unsportsmanlike conduct
2. foul language
3. arguing with/yelling at an official
4. debating the rules of the game with an official
5. criticizing an official's call or lack thereof
6. fighting
7. a flagrant foul
8. delay of game
9. hitting the ball with a fist
10. slamming/throwing the ball
11. too many players on court
12. a coach walking out onto the court without referee's permission

H. **Personal** – a personal foul is a direct, physical contact with another player that results in an unfair advantage to the player initiating the contact. Upon the fifth personal foul of a game, the violating player is no longer eligible to play in that game, regardless of minutes played. Types of personal fouls include but are not limited to:

1. Blocking – physically impeding the progress of a player who is still moving (without having already established a set position)
2. Charging – running into an opposing player who already has established a set position (unless the defensive player has been determined by the referee to be standing directly under the basket)
3. Holding – restricting movement of another player by holding onto a body part or article of clothing
4. Hand-checking – placing a flat-hand on an opposing player
5. Illegal screen – a form of blocking in which the player setting the screen is still moving when the defender makes contact
6. Over-the-back – infringing with the vertical plane of, and making contact with, a player who is in position for a rebound
7. Reaching in – extending an arm and making contact with a ballhandler in an attempt to steal
8. Tripping another player (does not have to be intentional)
9. Pushing another player



10. Hacking/striking/hitting/elbowing a player (does not have to be intentional)
11. Player control – when the referee determines that an offensive or defensive player is playing out of control

Principles to remember

1. a body part cannot be extended into the path of an opponent (teach the kids to play defense with your feet, not your arms)
2. the first player to establish position has priority to that position
3. the player who moves into the path of an opponent (especially when airborne) when contact occurs, is responsible for that contact

Consequences of Fouls

I. Free throws – free throws shall be awarded to a player who is fouled in the process of shooting. If the shot was good, one free throw is awarded, if the shot missed, two free throws shall be awarded (no free throws for 1-3 girls and 1-2 boys, instead, ball will be taken out of bounds).

1. The defending team must occupy the two spots in the lane nearest to the basket
2. No player may enter the key until the ball hits the rim
 - i. If the defense violates, another shot is awarded if the original was missed
 - ii. If the offense violates on the first shot, no point shall be awarded
 - iii. If the offense violates on the second (or third) shot, the basket is negated (if it was made) and the ball shall be awarded to the opposition
3. If a free throw misses the rim, the defense automatically gets the ball out of bounds, on the second shot of a two shot foul, or the third shot of a three shot foul.

J. Possession of the ball out of bounds – if a foul occurs and the player is not in the process of shooting; the ball will be awarded to the opposition and taken out of bounds. If the foul occurred above the free throw line, the ball will be taken at half court. If the foul occurred below the free-low line, the ball will be taken out at the baseline.

K. Team fouls – every foul will be counted against your “team foul” total. On the 7th team foul in a half, the opposition will shoot 1 and 1. On the 10th team foul of a half, the opposition will shoot 2 free throws.



Violations

A. Time violations

1. **10 seconds in backcourt** – an offensive team takes 10 or more seconds to get the ball across the mid-court line
2. **5 second in-bound** - the offensive team fails to throw the ball inbounds within 5 seconds from when it was handed to the in-bounder (not enforced for Pac 10).
 - i. Please note: a defender must stand at least 3 feet from the player in bounding the ball (referee's discretion)
3. **3 seconds in the lane** - an offensive player is in the free throw lane of the frontcourt (has one foot or more inside the lane or on the line) for 3 or more seconds while his or her team is in possession of the ball (not enforced in Pac 10)
4. **5 seconds in possession** - an offensive player fails pass or shoot the ball within 5 seconds after being guarded within 3 feet by a defender in the frontcourt (not enforced in Pac 10 and SEC)

B. Ball-Handling violations

1. **Double dribble** - resuming a dribble after having stopped (and no defender interrupts the players possession of the ball) or dribbling the ball with both hands simultaneously (not enforced in Pac 10)
2. **Backcourt** - returning the ball to the backcourt by an offensive player after he or she has crossed into the frontcourt (not enforced in Pac 10)
3. **Traveling** - taking more than one step without dribbling. (not enforced in Pac 10)

Examples:

- a. Feet sliding
 - b. Picking-up an established pivot foot
 - c. Failure to jump-stop properly
 - d. Stumbling while in possession of the ball (and keeping control of the ball)
 - e. Returning to your feet from the ground with the ball
4. **Carrying the ball** – a player turns the ball a complete 180 degrees in the hand between dribbles (not enforced in Pac 10)



Defense

- A. **Double teaming** – double teaming is not allowed for Pac 10 and SEC. If double teaming is called, the ball will be given back to team with control of the ball and taken out of bounds.
- B. **Press** (defensive pressure) - is not allowed beyond mid-court except for the last 2 minutes of the fourth quarter when the trailing team is behind by 7 points or less (Pac 10 and the SEC divisions are not allowed to press throughout the whole game)
- C. **While opposition is in-bounding** – the defense must remain one arm's length (approximately 3 feet) away from the in-bounder during side line take outs (referee's discretion)
- D. **Man to Man or Zone defense**
 - a. NBA and ACC are to play man to man defense at all times. Zone defense is prohibited with no exception. Failure to follow this rule will result in a first warning and a technical foul for every violation afterwards.
 - b. Zone defense is only allowed in Pac 10 and SEC levels, however we strongly recommend using a man to man half court defensive set as much as possible.