



## General Rules All Divisions 2016 – 2017

- Four 60 second time-outs will be allowed per team. One additional time-out per overtime.
- Players foul out on the fifth foul. Team fouls are kept by half. On the seventh foul, the player shoots one and one. On the 10<sup>th</sup> foul and thereafter, the player shoots two shots. All second half fouls carry over into overtime.
- Technical fouls count as personal fouls and team fouls.
- Alternate possessions are in effect.
- Forfeits will occur if a team does not have 5 players to start a game. There is a 5-minute grace period.
- Each team is to provide either a score keeper or timekeeper.
- One (1) minute between quarters and five (5) minutes between halves.
- Games will begin at their assigned times or six (6) minutes after the previous game ends, whichever is later.
- Recreation League Participation: 75% REC participation required for all players including travel team players, to be eligible for playoffs. This does not include missed games due to injury, sickness, or extenuating circumstances. Travel team players with a tournament conflicting with REC have the right to choose between REC and travel with no penalty. Players not fulfilling 75% participation will not be eligible for Playoffs, but player may appeal to the Board, if there are extenuating circumstances.
- Except for Under-8, please call in your game scores to your Division commissioner, WIN or LOSE, by Sunday evening.
- Remember that you are the adults. Our child referees will do their best but will make mistakes. Treat them the way you would want someone treating your child. Any issue with a referee is to be addressed to John Coletti or Joe Roumelis.
- Minimum playing time – All players, except the Instructional Division, must play at least one full quarter before halftime of each game, unless she is injured or fouled out. Violations will result in forfeits and a meeting with the Board.
  - A. Substitute changes at midway point (4 minutes) for each of the first 3 quarters. There is not a change in possession, this is not a time out, it is a stoppage of the clock for substitution changes only. Coaches must have subs ready at the scorer's table on time for a quick substitution.
  - B. If coaches treat the midway point like a timeout, they will be warned the 1<sup>st</sup> time that if they do it again they will lose a time out. The 2<sup>nd</sup> time they treat the midway point like as a time out, they will be penalized a timeout.
  - C. All players must play 1/2 of each of the first 3 quarters unless injury or foul trouble in the first period **only** (2 or more fouls).
  - D. All players must sit at least one half (1/2) of one quarter within the first three quarters of the game.
  - E. The 4<sup>th</sup> quarter is open substitution at the coach's discretion.
  - F. If a player arrives after completion of the first half, it will be the coach's decision to allow the player to play. In all other circumstances (arrives before the half, missed practice, etc.), the player will play.

## Special U6 and U8 Instructional Rules

- Smaller youth balls (27.0") will be used and the basket will be set at eight and one half (8½) feet high.
- Team scores and standings will not be kept. The purpose of this Division is to provide players with the basic knowledge and skills of the game. The first half of the session will be dedicated to learning the game. Coaches will act in the capacity of referee.
- Foul shots will be taken from a line three feet closer. No player will foul out.
- There are no fast breaks. There are no overtime periods.

## Special Under-10 Rules

- Regular sized balls will be used. (28.5"). The basket will be at a height of 10 feet.
- Team scores and standings will be kept, but coaches remember the purpose of this Division is to provide players with the basic knowledge and skills of the game in a controlled environment.
- Play will consist of eight (8) minute quarters with stop time.
- Foul shots will be taken from a line three feet closer and shooter may jump over line but not to rush in and get the rebound. If they do, it is a loss of possession.
- 3-point shots only count for 2
- Five (5) second lane violations will be in effect.
- Fast Breaks **are permitted** under certain circumstances
  - A. Fast breaks are permitted after pass interceptions, steals, or rebounds always.
  - B. During a fast break, **the defensive team may play defense full court.**
  - C. If a fast break is NOT started, the Defense will fall back and set up behind the 3-point line

- D. Once behind 3-point line, defense is allowed to make contact with the ball over the 3-point line so long as when they do, they have at least one foot on or behind the 3-point line. Contact with the ball w/ both feet over the line will result in stoppage of play and ball being returned to other side.
- E. If after a defensive rebound, the opposing team **does not** start fast breaking into a sprint, the opposing team must drop back behind the 3 point line. If the defense hangs around too long, the referee will advise the defense to get back in position and a continuation of the game ensues (ball is not taken from out of bounds, play just continues).
- Full court pressing is allowed in the last 30 seconds of the game only.

## Special Under-11 Rules

Same Rules as above, except adjustments highlighted below:

- Regular sized balls will be used. (28.5"). The basket will be at a height of 10 feet.
- Team scores and standings will be kept.
- Play will consist of eight (8) minute quarters with stop time.
- Foul shots will be taken from the standard foul line and shooter may jump over line but not to rush in and get the rebound. If they do, it is a loss of possession.
- 3-point shots are in play
- Five (5) second lane violations will be in effect.
- Fast Breaks **are permitted** under certain circumstances
  - A. Fast breaks are permitted after pass interceptions, steals, or rebounds always.
  - B. During a fast break, **the defensive team may play defense full court.**
  - C. If a fast break is NOT started, the Defense will fall back and set up behind HALF COURT, if they choose
  - D. Once behind half court, defense is allowed to make contact with the ball so long as when they do, they have at least one foot on or behind the half court line. Contact with the ball w/ both feet over the line will result in stoppage of play and ball being returned to other side.
  - E. If after a defensive rebound, the opposing team **does not** start fast breaking into a sprint, the opposing team must drop back behind half court. If the defense hangs around too long, the referee will advise the defense to get back in position and a continuation of the game ensues (ball is not taken from out of bounds, play just continues).
- Half court pressing is allowed all game.
- Full court pressing is allowed in the last 2 minutes of the game only.
- If point differential is 20 points, leading team cannot full court press until point differential drops below 10 points.

## Special Under-14 Rules

Same Rules as above, except adjustments highlighted below:

- Regular sized balls will be used. (28.5"). The basket will be at a height of 10 feet.
- Team scores and standings will be kept.
- Play will consist of eight (8) minute quarters with stop time.
- Foul shots will be taken from the standard foul line, shooter may not jump over line. If they do, it is a loss of possession.
- 3-point shots are in play
- Five (5) second lane violations will be in effect.
- Fast Breaks **are permitted** at all times
- Full court pressing is allowed at all times
- If point differential is 20 points, leading team cannot full court press until point differential drops below 10 points.

**EXCEPT AS MODIFIED HEREIN ALL PLAY SHALL BE GOVERNED BY THE 2016-2017 NFHS BASKETBALL RULES**