

Basketball League Rules

Revised 2016

Rules:

1. **There are to be no cuts or competitive tryouts for basketball teams.** Schools have the option of adding additional teams to a league (i.e. 2 girls' basketball teams). If a school intends to enter more than one team, athletes must be distributed between the teams equally according to ability – thereby making both teams of (more or less) balanced ability.

2. **Equipment**
 - Net Height – 10 feet. Ball size – 6

3. **Time**
 - Games will consist of 2 - twenty minute halves.
 - 2 Time-outs per half. 30 seconds in length.
 - Clock stops during time outs and free throws.
 - Time outs can only be called when a team has possession of the ball.
 - The last 2 minutes of the game will be stop time and the clock stops at every whistle.
 - Teams have 10 seconds to cross half-court.

4. **Fouls**
 - Players are ejected on 5 personal fouls.
 - 2 shot bonus situation is in on 7th team foul per half.
 - Team fouls reset in 2nd half.
 - On shooting fouls, 2 free throws will be awarded.
 - A technical foul results in 2 shots, plus possession.
 - Two technical fouls result in a disqualification.
 - A flagrant foul can result in a disqualification.

5. **During Free Throw Shooting**
 - Clock stops during free throws.
 - On a free throw, the players lined up in the key can start to box-out when the ball leaves the hand. The shooter and those players outside the key (usually 3 point line) can come in when the ball hits the rim.

6. **Defense**
 - Man to man defense is to be played.
 - Zone defense is not permitted.
 - Closely guarded players have five seconds to release the ball.
 - Full court press allowed until 20 point advantage. Once 20 point advantage is gained, the remainder of the half is played with half court press by the leading team.
 - Possession arrow will be used for all held balls and to start the second half. The possession arrows begin the game by going to the team that lost the jump-ball. Ball is inbounded from center-line to start the second half.

7. **Substitutions**

- **All players are to get equal playing time no matter what the score is. We will have score sheets where score keepers will be keeping track of the player playing time.**
- A referee can call a technical foul on a team that is blatantly not playing all of its players equally (to the best of the coach's ability). A warning can be given by the referee to the offending team but is not necessary before giving the technical foul.
- Substitutions to be made in dead-ball (whistle) situations only.
- Substitute players must report to the score keeper's table before entering the game.

8. Jewellery

- No jewellery is permitted, including ear rings, with the exception of medic alert bracelets which must be taped.

9. Sportsmanship

- As a courtesy, teams leading by a wide margin are expected to make a reasonable effort not to run up the score.
- An emphasis on additional passing, decreased offensive rebounding, and increased playing time for less experienced players may all be helpful.