

## Council Rock Basketball Association Rules (9/2010)

Coaches are to place the physical and emotional well-being of the players ahead of any personal desire to win. Coaches are to lead by example in demonstrating fair play and good sportsmanship at all times. All games will be played according to NFHS rules with the following emphasis and/or exceptions:

1. Games MUST end on time, regardless of the actual start time. If for some reason the gym opening is delayed, the game must be truncated such that the game is concluded prior to the scheduled start time of the next game.
2. Playing Time: Each player present must play and sit equally each game. See separate rule on playing time. Games will be forfeited for any violation of this rule. Games will stop at approximately the midpoint of each quarter on any out of bound (including a made shot) situation or when the official or referee deems appropriate for the substitutions of player(s). Mid-quarter stoppages are for substitutions only and not for team meetings. If a team is taking advantage of the mid-point stoppage for substitutions, at the discretion of the official, after a warning, the violating team will be charged a time-out. If no time-outs remain, the team will be charged with a delay of game technical foul.
3. Each team is allowed three (3) 30 second time outs per game. Time outs may not be carried over into an overtime period. One additional time out is allowed for each subsequent overtime period. These additional overtime time outs do not carry over into subsequent overtime periods.
4. Personal fouls will be recorded. Each player is allowed five personal fouls before being removed from the game. Technical fouls are both a personal and a team foul.
5. Team fouls will be recorded. The penalty situation is in effect on the 7<sup>th</sup> foul of each half. On the 7<sup>th</sup> foul, the fouled player is awarded a one and one bonus free throw; on the 10<sup>th</sup> foul, and above, for the remainder of the half, the free throw shooter will be awarded two shots. It is the mutual responsibility of both coaches to notify the referee when the penalty situations are in effect.
6. Substitutions are permitted only at the nearest halfway-point of each quarter. Substitutions for injuries or illnesses are permitted at any time but the equal playing time rule remains in effect for all non- injured players. A player may not be substituted because of foul trouble except at the designated halfway-point of the quarter.
7. Games must start with five players, but may finish with less (foul outs, injuries, etc.). Start of game delays of more than ten minutes because of not enough players will result in a forfeit by the delaying team. In the event of a forfeit, the remaining players in attendance will be split between the two teams and a scrimmage will be played.
8. Quarters for 3<sup>rd</sup> through 6<sup>th</sup> grades plus 7<sup>th</sup> and 8<sup>th</sup> grade Girls Divisions will last for ten minutes with a running clock, stopping only for foul shots, injuries, substitutions and time outs. Quarters for 7<sup>th</sup> and 8<sup>th</sup> grade boys Divisions will last for seven minutes. All H. S. (9<sup>th</sup> - 12<sup>th</sup>) are eight minutes. The clock will stop when the ball is considered "dead. Games should be completed within their designated time slot. During the playoffs, in divisions with running clocks, the clock will stop when the ball is considered "dead" during the last minute of play in the game and during the last minute of any overtime period.
9. There will be a one-minute rest between quarters and three minutes between halves for all divisions (as time permits).

10. Games may end in a tie. At the end of the regulation game, it will be considered that the equal playing time rule has been satisfied. If time permits, teams will play one (1) three minute overtime period during which the team may start with any 5 players. The exception being that in the playoffs, teams will play subsequent three minute periods until a winner is determined. Please note that the equal playing time rule is still in effect during any subsequent periods of overtime during the playoffs. A jump ball will start each game and overtime periods. At the start of 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> quarters, possession will be awarded based on alternate possessions. Mid quarter substitutions are not a change of possession.
11. Games up through and including 6<sup>th</sup> grade boys and 8<sup>th</sup> grade girls, the ball is considered free until it crosses half court. Defense will allow a three-foot buffer zone in the front court. Note: teams get ten seconds to get the ball over half court regardless if a timeout is called in age groups where full court pressing is permitted. In grades where no defense is permitted in the backcourt, the official's count will resume from when the timeout was called. Once the ball is brought into the front court, an inbound pass can be challenged full court. In small gyms, once the ball crosses the mid court line, the backcourt will be considered to be the rear foul line extended.
12. Sixth grade boys and 7<sup>th</sup> and 8<sup>th</sup> grade girls will be able to full court press at the beginning of the last part of the final quarter after the final substitution and during overtime. This rule carries over to playoffs. If a team is leading by 11 points or more they are not allowed to press. Once warned, second and subsequent violations would be a technical foul. Seventh grade boys and up along with 9<sup>th</sup> Grade and above girls will allowed to full court press at all times regardless of the score. However, they are discouraged from pressing if the outcome of the game is no longer in dispute.
13. Basket height for 2<sup>nd</sup> grade divisions is eight feet, 3<sup>rd</sup> grade is eight and one half feet, 4<sup>th</sup> grade is nine feet, and all other divisions are ten feet as conditions permit.
14. Three seconds in the lane will be called for the 5<sup>th</sup> grade and above divisions. Five seconds in the lane will be called in the 3<sup>rd</sup> and 4<sup>th</sup> grade divisions, No lane violations for 2<sup>nd</sup> grade unless abuse is observed.
15. The five second closely guarded rule will not be used in the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade divisions.
16. Comparison of scorebooks is recommended after each quarter and mandatory in the playoffs.
17. Games are considered postponed (probably eliminated) if schools are closed due to inclement weather. These games may or may not be rescheduled. All other cancellations will only be authorized by the Association's Executive Board. No games may be canceled for any reason without prior authorization from the appropriate CRBA administration.
18. Jewelry is not permitted to be worn by players at practices or games. The rule bans the wearing of, but is not limited to, all rings, bracelets, wrist bands, hard plastic and metal hair clips or pins, earrings (including "posts"), necklaces and watches. Medical alert bracelets are exempt from this rule but should be taped down using athletic tape. This rule applies to both sexes. If a player cannot remove jewelry, including earrings then he/she will not be permitted to play. No hard (plaster, fiberglass, hard leather) casts, as well as metal arm or leg braces are permitted either in practices or games.
19. Ball size for league games are as follows: 2<sup>nd</sup> through 4<sup>th</sup> grade teams – junior-size ball; 5<sup>th</sup> and 6<sup>th</sup> grade boys and all girls 5<sup>th</sup> grade and up -women's 28.5 size; 7<sup>th</sup> grade & up boys - regulation size ball- 29.5.

20. Anyone who engages in fighting or the verbal abuse of a referee or another player or coach before, during, or after a game including, but not limited to a player, coach, parent or spectator shall be ejected for the remainder of that game. This individual shall be suspended for the following game and further penalties could be assessed at the discretion of the Executive Board. A single occurrence may result in expulsion from the program.
21. Upon a second ejection, at minimum, a player will be suspended for the following game. Additionally, all reported incidents will be reviewed by the Executive Board to determine if further penalties are necessary.
22. Man to man defense is strongly encouraged in all grade divisions and is mandatory for the 2<sup>nd</sup> grade division. Coaches are permitted on the court during the game play in the 2<sup>nd</sup> & 3<sup>rd</sup> grade divisions.