

BASKETBALL

General Information:

1. This league is for recreation and development. The opportunity for each participant to receive an equal amount of playing time is not required but encouraged.
2. Official ball size: 28.5 (Size 7 Girls) and 29.5 (Size 8 Boys).
3. Team listed first on the schedule is the **HOME** team.
4. Game time is 12:30 for Development games
5. Game time is 1:00 for Tournament games.

Rules

1. First possession will be determined by a jump ball.
 - a. The team not retaining the jump ball will start the alternating possession procedure.
2. Time Limits: Each game will be two - twenty minute halves (Running Clock). The clock will only stop for timeouts and injuries.
3. The clock will stop at all whistles in the last minute of the game if the score is within 5 points. Games will be played in the time allotted.
4. Halftime will be 4 minutes in length.
5. Time outs: Each team will be awarded four (4) 30 sec. Timeouts per game; two per half.
6. Fouls: A player is allowed five fouls before removal from the game.
7. Substitutions may be made on your own possession of a dead ball, clock will continue running.
8. Players may not wear any jewelry of any kind.
9. Possession Arrow: when two players have joint possession of the ball, or if a referee is not able to determine who last touched the ball, the "Alternate Possession Rule" shall be applied.
10. Rules in effect: double dribble, traveling, three seconds in the key, 10-second line or "over and back" line, 5 sec. Throw in, reaching and charging.
 - a. 5 second rule- When a closely guarded player anywhere in the front court holds the ball for five (5) seconds or a closely guarded player combines dribbling and holding the ball for five (5) seconds it is a violation and the defense will get the ball out of bounds.
11. A shooter fouled in the act of shooting or a team fouled in the double bonus will be awarded 1pt and 1 foul shot. The clock will run during this time.
12. Bonus will occur after 10 team fouls not 7. There will be no one on one's after 7 team fouls.
13. No pressing if the game has a 20-point difference.
 - a. There is no pressing allowed in the development game
14. Tie Games:
 - a. A 3-minute OT running clock will be used to determine the winner.
 - b. If still tied, a second sudden death OT (First team to score) will be declared the winner.

15. Unlimited substitutions after a foul, violation or time is called.
 - a. Players must check in with the official scorer.
 - b. The official must call in players prior to entering the court.
16. Field goals count as two (2) points. Foul shots count as 1 point.
 - a. Three (3) point field goals will not be awarded if there is not a clearly marked line.

Violations

Violations are rule infractions not involving fouls. The opposing team will get the ball out-of-bounds for the following violations.

1. **Double dribble** - A dribble is bouncing the ball with one (1) hand. The player dribbling can take as many steps as he wishes between bounces and bounce the ball as often as desired. The dribble is complete when the ball comes to rest in one or both hands. The hands can be alternated during the dribble but the ball cannot be palmed. One air dribble is an infraction of these dribbling restrictions. Unintentional fumbling of the ball does not cause double dribble.
2. **Ten-second violation** - When a team gains control of the ball in its backcourt that team must advance the ball to its frontcourt within a period of ten (10) seconds. The centerline is entirely in the backcourt.
3. **Ball is out of bounds** - When a ball touches a player, other person, floor, ceiling, overhead equipment or supports which are outside a boundary or when it passes over the rectangular backboard. (The edge of the backboard is in bounds.)
4. A player must take a free throw within ten (10) seconds after being handed the ball. If the free throw is missed and the ball does not touch the rim, **it is a violation**. The free throw shooter cannot step across the foul line until the ball hits the rim. Other players cannot step into the free throw lane's vertical plane until the shooter releases the basketball.
5. **Three-second violation** - Offensive players being within the free throw lane from foul line to end lines for more than three (3) continuous seconds when the offensive team controls the ball.
6. **Traveling** - Running with the ball is a violation except with limitations:
 - a. A player who receives the ball while standing still may pivot using either foot as the pivot foot. Once the pivot foot is established the other foot can take any number of steps provided the pivot foot holds its position.
 - b. Any player can lift either foot or jump before passing or shooting a field goal. However, the ball must leave the hands before the pivot foot leaves the floor.
 - c. A player must start dribbling before the pivot foot leaves the floor.