

Spring Branch – Memorial Sports Association



Basketball Rules

11/6/2024

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SPRING BRANCH MEMORIAL SPORTS ASSOCIATION BASKETBALL PROGRAM

The Board of Directors of the Spring Branch-Memorial Sports Association (“SBMSA”) empowers the Board of Basketball Commissioners (the “Basketball Board”) to administer all phases of this basketball program (the “Program”), which are not specifically reserved for the SBMSA Board of Directors and are not in direct violation of SBMSA’s by-laws, as outlined in these rules. Within these limits, any majority decision of the Basketball Board will be official, final, and non-appealable.

1.00 PROGRAM STRUCTURE AND ADMINISTRATION

1.01 Leagues: The Program is made up of four (4) age groups, divided between boys and girls, as follows:

- (a) Freshman League is made up of players who are 5 and 6 years of age.
- (b) Sophomore League is made up of players who are 7 and 8 years of age.
 - (i) The Program Director will determine if a separate 7 year-old league and 8 year-old league is necessary.
 - (ii) The Program Director may establish the 7 year-old league as players not in the 3rd or 4th grade, regardless of age.
 - (iii) Players in 5th grade and above are not eligible to play in the Sophomore League.
- (c) Junior League is made up of players who are 9 and 10 years of age.
 - (i) The Program Director may divide into American League and National League.
- (d) Senior League is made up of players who are 11, 12, 13 and 14 years of age.
 - (i) The Program Director will determine if a separate 11-12 year-old league and 7th/8th grade league is necessary.
 - (ii) The Program Director may establish the 11-12 year-old league as players not in the 7th or 8th grade, regardless of age.
 - (iii) Players in 9th grade and above are not eligible to play in the Senior League.

1.02 Proof of Age: Age is determined as of April 30 of the year of the fall registration (not the year of the spring season). All players must provide a copy of their birth certificate to SBMSA or have a copy of their birth certificate on file with SBMSA prior to the completion of team formation for the current season. Players who fail to do so may not be allowed to participate during the current season.

1.03 Board Composition: The Basketball Board shall be comprised of no fewer than five (5) members, and the Basketball Board shall administer the Program. The Basketball Board shall consist of the Program Director, who shall be appointed by the President of SBMSA and approved by the SBMSA Board of Directors, and the balance of the Basketball Board, who shall be selected by the Program Director subject to the approval of the SBMSA Board of Directors.

1.04 Meetings: The Basketball Board shall meet from time to time, as called by the Program Director. No meeting is official unless there are at least three (3) members of the Basketball Board present and one of those members present is the Program Director. The Basketball Board may meet by telephone. The Basketball Board may vote by telephone or by e-mail.

- 1.05 Responsibilities of the Program Director: The Program Director answers to the SBMSA Board of Directors; and administers all functions of the Basketball Board in managing, supervising, and delegating authority within the proper guidelines as directed by the SBMSA Board of Directors. The Program Director administers the Program and directs the operations of the commissioner of each league (the “League Commissioner”).
- 1.06 Responsibilities of League Commissioners: League Commissioners answer to the Program Director; and direct the operations of their league, including recruiting coaches, coordinating with the Program Director in such areas as game and practice scheduling, supervising gyms, reporting scores, maintaining league standings, organizing the post-season tournament, reviewing all proposals and/or complaints from coaches and parents, and instructing coaches in the administration of those functions designated by the Basketball Board.
- 1.07 Responsibilities of Coaches: Coaches, who are generally the head coaches of their team, report to their League Commissioner. Coaches direct the operations of their team according to the Basketball Rules as set forth by the Basketball Board and SBMSA; appoint assistant coaches and submit a list of such assistants to their League Commissioner for approval prior to the first practice (but please note that the Basketball Board and/or SBMSA reserves the right to approve or disapprove any appointments); promote sportsmanship and control the conduct of assistant coaches, players, parents, and fans of their team; assure players meet minimum playing requirements as set by the Basketball Board; and manage all aspects of team participation in the basketball season.
- (a) All coaches (including assistant coaches) must have registered as a coach on SBMSA’s website, cleared a background check, and signed a “Basketball Coaching Agreement” form before they can begin coaching their team.
- 1.08 Head and Assistant Coaches: Each team may have one head coach and one identified assistant coach (except no assistant coach may be identified until after team formation in the American League) whose players will be placed on the same team. A head coach is not required to have an assistant coach. A head coach can still identify an assistant after team formation but no changes to team players will be made.
- (a) In the Junior and Senior leagues, the draft round of the head coach’s player and assistant coach’s player will be determined by the League Commissioner. **The League Commissioner’s decision is FINAL.**
- (i) If this results in two first rounder’s for a team, these will be the 1st and 2nd round picks; The team forfeits a 3rd round pick replaced by the last pick in the 5th round.
- (ii) If this results in two second rounders, these will be the 2nd and 3rd round picks; 4th round forfeited for the last pick in the 6th round.
- (iii) Two in any other round will simply be consecutive round picks with no penalty.
- 2.00 SPORTSMANSHIP
- 2.01 Sportsmanship Committee: SBMSA Board of Directors has created a formal Sportsmanship Committee to assist each sport Program Director/Board on serious or recurrent sportsmanship violations by any coach, parent, player or fan. The Sportsmanship committee

is charged to formalize and mandate, through consistent and reportable actions, that Sportsmanship is a core value of SBMSA. That includes better tracking of individuals who display repeated lapses of good sportsmanship and/or conduct across multiple SBMSA program venues. This committee will be led by the Sportsmanship Director and each sport will appoint a representative to serve on this committee. At his/her sole discretion, the Sportsmanship Director may appoint additional individuals to serve of this committee. This committee brings consistency and accountability to the coach selection process between the sport programs and provides a mechanism to permanently remove coaches for repeat lapses in sportsmanship and/or indifference in providing positive coaching and mentoring leadership to our youth athletes. This committee can also be engaged to address issues outside of actions by game officials where a coach/parent/athlete/fan merits disciplinary discussion for repetitive or very serious sportsmanship violations and/or has been previously suspended for conduct detrimental to league core values. Program Directors can request any serious sportsmanship violation by a coach, player, parent or fan etc. be referred to the Sportsmanship Committee. Any recommendations by the Sportsmanship Committee will be handed to the sports Program Director/Board for final action and is not subject to an appeal. Unless otherwise communicated by Program Director, any matter forwarded to the Sportsmanship Committee will be considered an immediate and indefinite suspension until Sportsmanship Committee hands final recommendation to sports Program Director/Board for final action.

2.02 Expectations: The Program will be conducted and carried out by all participants in a competitive but sporting manner. It is expected that all involved will treat each other with courtesy and respect, and that players, coaches, parents, and spectators should always control their emotions. **This requires all adults involved to set a good example so that the players may learn to accept both victory and defeat in a fair and responsible way.**

2.03 Suspensions: One of the primary goals of SBMSA is teaching good sportsmanship to our area youth. Displays of poor sportsmanship by players, coaches, parents, and/or spectators will not be tolerated. As a discouragement of such displays, the SBMSA Board of Directors mandates a one game suspension for any player or coach ejected from a game by a game official based on poor sportsmanship or any parent or spectator removed from a game by a game official based on poor sportsmanship. This suspension shall be administered by the Program Director and the Basketball Board. While the one game suspension is mandated, the Program Director and the Basketball Board may for particularly outrageous behavior or recurring incidents, levy suspensions of additional games up to and including the remainder of a season or future seasons. The decision of the Program Director and the Basketball Board shall be final and not subject to an appeal.

3.00 GENERAL RULES

3.01 Gyms: SBMSA has access to local school gymnasium facilities for games and practice sessions for a specified time period. Coaches, players, parents or spectators are allowed in the gymnasium during this SBMSA time period only.

- (a) In no event should a school gymnasium be left open and unattended.
- (b) The gymnasium is reserved for the scheduled teams. Only players and coaches of these teams and the referees are allowed on the gymnasium floor between games, between quarters, and during timeouts.

- (c) Teams may not enter the gymnasium floor until their specified practice time. When practice has concluded, teams must leave the gymnasium immediately after coaches have determined that each player has been picked up or some previous arrangement has been made. **Coaches may not “scout” the practice of opposing teams.**
- 3.02 Uniforms: SBMSA will furnish a game jersey and shorts for each player which must be worn at all games, **NO EXCEPTIONS. Teams are not allowed to participate in SBMSA games wearing uniforms not issued by SBMSA.**
- (a) The same color shorts must be worn by all players on the same team.
 - (b) Undershirts, if worn, shall be of the same solid color front and back as team shirts. Undershirts shall not have frayed or ragged edges.
 - (c) All players should wear gym shoes.
 - (d) **Jerseys must be tucked in.**
 - (e) The intent of these rules is not to prevent an individual player who does not have the SBMSA uniform for a particular game from playing that game. Therefore, if an individual player has the same/similar color jersey, shorts and/or socks as their team SBMSA uniform, that player may be allowed to participate in that game at the discretion of the referee.
- 3.03 Basketballs: Each team will be furnished one (1) basketball to be used as the game ball.
- (a) The team’s head coach is responsible for the basketball.
 - (b) The Home Team is responsible for furnishing an SBMSA game ball upon request by the referee(s).
 - (c) Basketball size is 27.5” for Freshman League, 29.5” for the 7th/8th grade league, and 28.5” for all other leagues.
- 3.04 Goals: Goal height is 8 feet for the girl’s Freshman League, 8 ½ feet for the boy’s Freshman League and the boy’s and girl’s Sophomore Leagues, and 10 feet for all other leagues.
- 3.05 Player Participation: It is a mandatory requirement that all roster players who are present play the following required time each game unless they are injured, sick or being disciplined by the coach. Coaches must notify the referee and opposing team before play begins if there are roster players present not scheduled to play because of the above reasons.
- (a) In order to play a game, a team must have at least five (four for Freshman League) of its regular roster players ready to play.
 - (i) All players on a team roster are considered eligible unless they are unable to play due to injury, sickness, disciplinary reasons, or family emergency.
 - (ii) Games cannot be re-scheduled because of lack of players on a team.
 - (b) If a team does not have at least seven players at the start of the second quarter (five for Freshman League), then the team will forfeit the game.
 - (i) If the number of eligible players on a team drops below this mandatory level, players may be borrowed from a younger age group or the National League for an American League team. A player may not be borrowed if the team has at least the minimum regular roster players present. Any borrowed player must meet the participation requirement and must be a

registered SBMSA player. Exceptions to this rule must be approved by the League Commissioners. Borrowed players DO NOT become members of the team and should be asked on a “game by game” basis. ALL teams in a league have equal access to any potential borrowed player and thus, the borrowed player cannot be exclusive to one team in the league. Borrowed players must attend their own games and practices first, and can only attend another team’s game or practice if there is no conflict with his/her own team.

- (c) Prior to the start of a game, the Visiting Team must submit their 1st quarter line-up. The Home Team will then submit its 1st quarter line-up.
 - (i) Coach picks any five (four for Freshman League) players to start the game and play the first quarter.
 - (ii) Remaining five (four for Freshman League) players play the second quarter. If a team does not have another five (four for Freshman League), then the opposing coach chooses missing players from the group that played the first quarter.
 - (1) If a player arrives late (after the 2nd quarter has started), he/she should be substituted for one of the replacement players that the opposing coach chose and the choice of which replacement player will be up to the opposing coach.
 - (2) No substitutions for late arrival will be made in the 1st quarter. That player will simply become part of the remaining group of players to play in the 2nd quarter.
- (d) Prior to the start of the first half of the third quarter, the Home Team must submit its line-up for the first half of the 3rd quarter. The Visiting team will then submit its line-up for the first half of the 3rd quarter.
 - (i) Coach picks any five (four for Freshman League) players to start the 3rd quarter.
 - (ii) Remaining five (four for Freshman League) players play the second half of the 3rd quarter. If a team does not have another five (four for Freshman League), then the opposing coach chooses missing players from the group that played the first half of the 3rd quarter.
 - (1) If a player arrives late (after the second half of the 3rd quarter has started), he/she should be substituted for one of the replacement players that the opposing coach chose and the choice of which replacement player will be up to the opposing coach.
 - (2) No substitutions for late arrival will be made in the first half of the 3rd quarter. That player will simply become part of the remaining group of players to play in the second half of the 3rd quarter.
 - (iii) The official timekeeper will split the third quarter time to accommodate this.
- (e) Fourth quarter is subject to a free substitution rule.
- (f) Any substitution in the first three quarters (due to injury or fouling out) will be by the opposing coach. If the injured player can go back into the game during their quarter of play, the player should be substituted back into the game to satisfy player participation guidelines.
- (g) **PENALTY: FAILURE TO OBSERVE THESE RULES WILL RESULT IN THE TEAM FORFEITING THE GAME.**

- 3.06 Bench Area: Only uniformed players and a maximum of two (2) coaches shall be permitted to occupy the player's bench just prior to and during games.
- (a) Each coach must display the league issued Coach Identification Card at all times.
 - (b) A coach without this card will not be able to occupy the player's bench during a game. NO EXCEPTIONS.
 - (c) **A coach may not enter the floor of play for any reason during a game without receiving permission from the referee(s).**
 - (i) The coach may be removed from the gymnasium for the remainder of the game for violation of this rule.
 - (ii) The coach may assist an injured player off the floor after the referee stops the game, and calls the coach onto the floor.
 - (d) **Coaches must remain seated on the bench at all times while the clock is running or stopped except to:**
 - (i) Confer with bench personnel or players.
 - (ii) Rise in front of their seat to signal for a timeout, or communicate to a player on the court.
 - (iii) Confer with personnel at the scorer's table.
 - (iv) Replace or remove a disqualified or injured player.
 - (v) Coaches may rise from their seats to spontaneously react to an outstanding play, but must return immediately to their seats. **Under NO circumstances may a coach rise from his seat to question or challenge an Official's call on the court.**
 - (e) **Parents and spectators may not enter the floor of play without receiving permission from the referee. Failure to abide by this rule will result in suspension for the parent/spectator for the remainder of that game and the following game.**
- 3.07 Scorekeeper and Timekeepers: At least five (5) minutes prior to the start of a game, each head coach is responsible for designating an adult who will serve as an official scorekeeper and an official timekeeper.
- (a) The scorekeeper and timekeeper are game officials and should refrain from coaching and excessive celebration.
 - (b) The Home Team designates the scorekeeper. The Visiting Team designates the timekeeper.
 - (c) The scorekeeper is the official "scorebook" for the game and is expected to track points by team, fouls by player, fouls by team for each half, technical fouls by player/coach, violations for backcourt defense, and violations for zone defense.
 - (i) The Home Team shall keep a running score of total team points scored in the scorebook (official score) in all leagues.
 - (ii) For Freshman and Sophomore leagues, the Home Team shall also keep score of all points scored by each player individually in the box score portion of the scorebook.

- 3.08 Game Forfeiture: Grounds for forfeiture of games shall include:
- (a) Playing an ineligible player.
 - (b) Failing to play an eligible player for required time.
 - (c) Team failing to appear at game site with the mandatory number of eligible players no later than the start of the second quarter.
 - (i) In this instance, upon coaches' agreement a forfeited game may continue as a "practice game." One team can even borrow players from the opposing team in order to play the game. The intent is to allow the players that are present to play if they choose to do so. The referees should not be involved in this discussion.
 - (d) Team failing to have a coach or responsible adult present at the start of a game.
 - (e) Not controlling a player, coach, parent, or spectator who has been ejected from the game or playing facility.
 - (f) Breach of SBMSA's Code of Ethics.
- 3.09 Playoff Seeding: Playoff tournaments are held at the end of the regular season. All teams participate and are placed in brackets according to divisional standings. Standings and seeding will be determined according to the following rules:
- (a) For standings within a division and for tournament seedings in a single division format, the following will apply.
 - (i) Win percentage in divisional games (there may be instances where games between teams in the same division are identified as non-divisional by the Program Director prior to the first game).
 - (ii) Head-to-head win percentage. All tied teams must have played each other an equal number of times for this rule to apply.
 - (iii) Win percentage against common opponents starting with the lowest seeded common opponent, all the way up to the highest seeded common opponent until the tie is broken – the "worst loss."
 - (iv) Overall win percentage, including non-divisional games.
 - (v) Coin flip.
 - (b) For tournament seedings in a multi-division format, the following will apply. [Note: Example below assumes a three-division format.]
 - (i) First place teams in each division based on standings are placed in seeding group 1-3, second place teams in each division based on standings are placed in seeding group 4-6, and third place teams in each division based on standings are placed in seeding group 7-9. There is no power-weighting of divisions (or teams).
 - (ii) The three (3) teams in each seeding group are ranked by win percentage in divisional games. In other words, the three teams in seeding group 1-3 are seeded 1,2, and 3 to the extent differentiation can be established through their respective divisional win percentage alone. The same is done for the remaining seeding groups.
 - (iii) In the event of a tie between two or more teams (i.e. same divisional win percentage) within a seeding group, the first tie-breaker is the teams 'win percentage against the top team in their respective division, starting with the first-ranked team. If the win percentages versus the first-ranked team are the same, the win percentages against the second-ranked team are compared next. If still tied, move to the third-ranked team, and so on, until a differentiation

can be established. In doing these comparisons, only the top teams that are ranked higher than the teams in question are considered – the “best win.”

- (iv) A major priority in the seeding of all teams is that no team will play a team from its own division in its first playoff game. Thus, in applying tiebreaker (iii) above, a team may be eliminated from a particular seeding spot if such placement would mean that it would play a team from its own division. Likewise, if application of rule (ii) would leave two teams from the same division playing each other in their first playoff game, a team would be shifted one seed so that the objective of this rule (iv) would be achieved.
- (v) If two or more teams are still tied after applying the above rules, the final tiebreaker is a coin flip.
- (c) Points for, points against, or point differential are not used to determine tie-breakers. Using points encourages unsportsmanlike behavior in the regular season games, such as running the scores up or keeping your best defenders on the floor when a team is clearly beat.

4.00 GAME RULES

4.01 Basic Playing Rules: Rules shall be National Federation of State High School Association rules except where modified by these SBMSA rules.

4.02 Start of Game: Games will start as soon as the referee(s) signals each team.

- (a) The ball shall be put in play in the center circle by a jump between any two opponents at the start of the game and each extra period.
- (b) In all other jump ball situations, the team will alternate taking the ball out-of-bounds for a throw-in. The team not obtaining control of the jump ball will start the alternating possession procedure.

4.03 Clock: Games will consist of twelve (ten for Freshman League) minute “Running Clock” quarters.

- (a) For all but the last minute of the second and fourth quarters the clock stops for Official timeouts only, (which include “coaches’ timeouts”, getting players lined up for free throws and technical fouls).
 - (i) When a timeout is called, the clock starts again as soon as the ball is handed to a player shooting free throws or handed to a player who is throwing the ball in from out-of-bounds.
 - (ii) On a technical foul, the clock stops when the referee makes the technical foul call and should start when the ball is handed to the player shooting the technical foul.
- (b) In the last half of the fourth (4th) quarter, the clock stops for all free throws and the clock starts again when the ball is touched after a live missed free throw or when a player touches the ball after it is inbounded following a made free throw. However, if a team is ahead by twenty (20) or more points, the game shall use a running clock until the trailing team reduces the deficit to within fifteen points at which point, the clock will stop for all free throws.

- (c) The last minute of the second (2nd) and fourth (4th) quarter revert to high school rules (i.e., the clock stops on ALL whistles). However, the clock shall not stop in the last minute of the fourth (4th) quarter if a team has a lead of twenty (20) / fifteen (15) or more points.
 - (d) There will be five (5) minutes allowed between halves; two (2) minutes between quarters.
 - (i) This is all that is allowed for a coach to converse with his players AND to set up his defensive match-ups/assignments with the players of the opposing team. Players and coaches are expected to have their next group “matched up” and ready to play at the end of these breaks.
 - (ii) Any team not ready to play is subject to a “team technical foul”, which results in the opposing team getting 2 free shots and the ball to start the quarter.
- 4.04 Timeout: Timeouts limited to four (4) per team per game, but not more than two (2) per half.
- (a) Timeouts to be one minute in length.
 - (b) The ball shall be put in play after a timeout as soon as the referee indicates play will resume. A technical foul will be assessed if a delay occurs.
- 4.05 Overtime: Except for Freshman League and Sophomore League, one (1) overtime period will be played in the case of a tie at the end of regulation play for regular season games. In the event there is a tie after the one overtime period, the game will be declared a tie by the official. As many overtime periods will be played as needed to determine a winner in all playoff games, across all leagues. The following rules will be used for all overtime periods:
- (a) Open substitution in the overtime period, just like the 4th quarter.
 - (b) All overtime periods begin with a jump ball and possessions change accordingly thereafter.
 - (c) All individual fouls, fourth quarter team fouls, and technical fouls (rules and conduct) carry over into the overtime period.
 - (d) All overtimes will be two (2) minutes with the clock stopping on ALL whistles for the entire two (2) minutes.
 - (e) Each team will receive one (1) timeout per overtime period. Timeouts do not carry over from the regulation portion of the game or from one overtime period to another.
 - (f) If the league has a “No Backcourt Defense” rule, then backcourt defense will only be allowed in the last minute of each overtime period.
- 4.06 Fouls: On a player’s fifth foul (personal fouls and conduct technical fouls), the player must leave the game.
- 4.07 Technical Fouls: Two (2) conduct technical fouls called on a player or coach will result in ejection from the game.
- (a) Ejection will only occur as a result of conduct technical fouls, not technical fouls given as a result of double teaming, zone defense, backcourt defense, etc.
 - (b) All technical fouls are two (2) shots plus ball out-of-bounds.

- 4.08 Backcourt Defense: Except for American League and Senior League, backcourt defense against the ball handler is not allowed.
- (a) After a basket or after a defensive player gains clear control of the ball on a rebound, steal, or turnover, any attempt to steal the ball from the player in possession of the ball before it has crossed center court will be considered an illegal backcourt press. This also relates to fast break opportunities.
 - (b) The following rules apply to passes:
 - (i) All passes beyond the defensive free throw line extended may be contested.
 - (ii) A pass in the backcourt behind the ball or behind the defensive free throw line extended cannot be contested.
 - (c) The only exception to this rule is during the last minute of the game! During the last 60 seconds of the game, backcourt defense is allowed for any team that does not have a lead of ten (10) points or more. (i.e., No backcourt defense allowed for a team with a 10-point lead).
 - (d) PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.
- 4.09 Defense: American League (Junior Boys American League only; Junior Girls American League shall fall under the “man-to-man” defense rules with NO half-court zone defense) and Senior League have no restrictions regarding types of defense. All other league defenses shall be “man-to-man” and a zone defense shall not be permitted.
- (a) The referee shall allow play to continue if, in the referee’s discretion, the ball handler is in the act of scoring.
 - (i) If the player scores, the basket counts and the referee may call a violation for illegal defense and issue a warning for illegal defense, but no technical foul (2 free throws and possession) shall be assessed.
 - (ii) If the player does not immediately score, the referee will stop play for illegal defense.
 - (b) Whether a defensive player is zoning will be a judgment call by the official. The intent of the rule is to prevent:
 - (i) The chaser defense, where one player chases the offensive player with the ball.
 - (ii) The traditional zone defense, where one or more defensive players’ primary responsibility is protecting an area of the court.
 - (c) A player must guard the same man throughout each possession down the court.
 - (i) Coaches are allowed to make defensive adjustments at any time during the game, if they feel a need. However, there is no chaser defense, where one player chases the offensive player with the ball.
 - (ii) See League Specific Rules for “switching” during a possession.
 - (d) Double teaming the offensive player with the ball is always permitted inside the free throw lane (the “Paint”) and may be allowed others times pursuant to League Specific Rules. The Paint (for double-teaming purposes) for each league is defined below within the League Specific Rules.
 - (e) “Man-to-man” defense requires that each man be cognizant of the man he/she is guarding at all times.
 - (i) It does not require the defender to “shadow” his man regardless of the position of the ball.
 - (ii) Specifically, if the offense is removing players from an area for the purpose

of isolation of a talented offensive player, the other defenders are allowed to “sag” off of their man if their man is situated away from the ball. Good man-to-man defense demands that the defender be cognizant of both his man and the ball. In general, the officials should only call a violation against the defense when, in the official’s judgment, the defender(s) are purposefully playing a position on the court without regard for the location of their offensive counterpart.

- (iii) **There is no prescribed distance for the defender to cover the opposing offensive player if the opposing offensive player is outside the 3-point line (more than twenty feet from the basket for Freshman League and Sophomore League). However, once the opposing offensive player is inside the 3-point line (within twenty feet of the basket for Freshman League and Sophomore League), the defender must maintain reasonable distance, at the referee’s discretion, between the defender and the offensive player he/she is guarding, unless he/she is involved in a double team on the offensive player with the ball in the Paint. A defender is considered to be within a reasonable distance to the offensive player he/she is guarding if:**

- (1) **He/she is not positioned inside the Paint.**
- (2) **If the offensive player is within 3 feet of the Paint, the defensive player is within 4 feet of the offensive player and may be in the Paint.**
- (3) **If the offensive player is in possession of the ball, the defensive player is within 4 feet of the ball handler.**

- (e) PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

4.10 Isolation Offense: American League and Senior League have no restrictions regarding types of offense. For all other leagues, isolation offense, where other players vacate one side of the court or spread out to the corners, so that a key player may go one-on-one, is not permitted. At the referee’s discretion, this may include plays that aren’t technically one-on-one, but are, nonetheless, unusual basketball plays where the intent appears to have an isolation-type result.

- (a) PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

5.00 LEAGUE SPECIFIC RULES

5.01 Freshman League: Rules specific to Freshman League are as follows:

- (a) Player Participation: Each team shall have no more than four (4) players on the court at any time.
- (b) Clock: Quarters will be ten (10) minutes.
- (c) Overtime: There is NO OVERTIME.
- (d) Maximum Player Points: The maximum points any individual player may score is twenty (20) for the Freshman League - boys and girls.
 - (i) All points scored by each player individually in the box score portion of the scorebook.
 - (ii) Any points by that player after reaching the maximum will not be scored, even if this results in counting only one point from a two-point shot. Likewise, if the player scores their maximum point during foul shots, then

- any remaining foul shots will be attempted but will not count toward the running score.
- (iii) If a basket is made by that player thereafter, there is no penalty and play will resume as usual with the opposing team inbounding the ball BUT the points will NOT be scored by the scorekeeper in the running score.
 - (iv) If the player is fouled AFTER reaching the point maximum and this results in foul shots, the fouled player's coach may select another player on the court to shoot the foul shots. This does not apply to a player reaching the point maximum during foul shots.
- (d) Backcourt Defense: The Backcourt Defense rules are modified such that:
- (i) A legally intercepted backcourt pass does not result in a turnover. The team whose pass was intercepted will receive the ball inbounded sideline. The only exception is during the last 60 seconds of the game when backcourt defense is allowed for any team that does not have a lead of ten (10) points or more.
 - (ii) WHEN PERMITTED, ALL BACKCOURT DEFENSE MUST BE MAN-TO-MAN. NO TRAPS ALLOWED, NO ZONE DEFENSE, AND NO "SWITCHING" OFF THE PLAYER YOU ARE DEFENDING DURING A SPECIFIC PLAY.
- (e) Defense: The Defense rules are modified such that:
- (i) "Switching" off the man you are defending is not allowed during play.
 - (ii) A defender of an offensive player who is executing a screen may "flash" so the ball handler is forced to dribble around the screen and the defender. This is not a double team. A flash should last no longer than a 1 count by the official and the flashing defender should not establish legal guarding position on the ball handler. Establishing legal guarding position will constitute a switch and will be officiated according to section 5.02(d)(i).
 - (iii) No double teams outside the Paint.
 - (iv) The Paint (for double-teaming purposes) is defined as the International Lane. The International Lane is defined by lines marked on the court, which generally should be the box bordered by the international base line (20 feet across) and the regulation free throw line (12 feet across), rather than the free throw line used by the Freshman League.
 - (v) **There is no prescribed distance for the defender to cover the opposing offensive player if the opposing offensive player is more than twenty (20) feet from the basket. However, once the opposing offensive player is within twenty (20) feet of the basket, the defender must maintain reasonable distance, at the referee's discretion, between the defender and the offensive player he/she is guarding, unless he/she is involved in a double team on the offensive player with the ball in the Paint.**
- (f) Backcourt Violation: No backcourt violation and no use of the 10 second rule.
- (i) If a player, after crossing over the line, returns to the backcourt, the protection of "no backcourt defense" is no longer in effect for that possession.
 - (ii) Staying in the backcourt with the intent to stall for more than 10 seconds is illegal. PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.
- (g) Screens: **On offense, NO double screens will be allowed - they will be considered an illegal screen, resulting in a turnover.**
- (i) Double screen is defined as two offensive players setting a simultaneous or shoulder to shoulder or front and back pick on a defensive player on the ball. A team can run an offensive play with two or more screens away from the

- ball without resulting in a turnover. A staggered pick is also permissible.
- (ii) Illegal screen is defined as when there is movement by the screener during the actual pick. A player must remain stationary when actual contact is made with the defender. In addition, an illegal screen occurs when the screener extends their elbows outward from the body while setting a pick.
- (iii) A warning shall be given first. The next occurrence, in the referee's discretion, will result in a turnover.
- (h) Foul Lane: Foul lane violations will be five (5) seconds. The foul lane is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the Freshman League.
- (i) Bonus: There are no bonus free throws. Shoot foul shots on fouls committed in the act of shooting only.
- (j) Free Throws: Free throw distance will be 10 feet.

5.02 Sophomore League: Rules specific to Sophomore League are as follows:

- (a) Overtime: There is NO OVERTIME.
- (b) Maximum Player Points: The maximum points any individual player may score is twenty-five (25) for Sophomore boys and twenty (20) for Sophomore girls.
 - (i) All points scored by each player individually in the box score portion of the scorebook.
 - (ii) Any points by that player after reaching the maximum will not be scored, even if this results in counting only one point from a two-point shot. Likewise, if the player scores their maximum point during foul shots, then any remaining foul shots will be attempted but will not count toward the running score.
 - (iii) If a basket is made by that player thereafter, there is no penalty and play will resume as usual with the opposing team inbounding the ball BUT the points will NOT be scored by the scorekeeper in the running score.
 - (iv) If the player is fouled AFTER reaching the point maximum and this results in foul shots, the fouled player's coach may select another player on the court to shoot the foul shots. This does not apply to a player reaching the point maximum during foul shots.
- (c) Backcourt Defense: The Backcourt Defense rules are modified such that:
 - (i) WHEN PERMITTED, ALL BACKCOURT DEFENSE MUST BE MAN-TO-MAN. NO TRAPS ALLOWED, NO ZONE DEFENSE, AND "SWITCHING" ON DEFENSE IS ALLOWED ONLY IF THE DEFENDER GUARDING THE BALL HANDLER IS SCREENED BY AN OPPOSING PLAYER.
- (d) Defense: The Defense rules are modified such that:
 - (i) "Switching" on defense is allowed ONLY if the defender guarding the ball-handler is screened by an opposing player (i.e., if a defender is being picked or screened by an opposing player, he/she can call for a "switch" wherein he/she is allowed to stay and defend that pick-man, allowing his teammate to "switch" and guard the other player). AT NO TIME CAN BOTH DEFENDERS STAY ON THE BALL HANDLER AT THE SAME TIME (this is considered a "double-team").
 - (ii) A defender of an offensive player who is executing a screen may "flash" so the ball handler is forced to dribble around the screen and the defender. This is not a double team. A flash should last no longer than a 1 count by the

official and the flashing defender should not establish legal guarding position on the ball handler. Establishing legal guarding position will constitute a switch and will be officiated according to section 5.02(d)(i).

- (iii) No double teams outside the Paint.
- (iv) The Paint (for double-teaming purposes) is defined as the International Lane. The International Lane is defined by lines marked on the court, which generally should be the box bordered by the international base line (20 feet across) and the regulation free throw line (12 feet across), rather than the free throw line used by the Sophomore League.
- (v) **There is no prescribed distance for the defender to cover the opposing offensive player if the opposing offensive player is more than twenty (20) feet from the basket. However, once the opposing offensive player is within twenty (20) feet of the basket, the defender must maintain reasonable distance, at the referee's discretion, between the defender and the offensive player he/she is guarding, unless he/she is involved in a double team on the offensive player with the ball in the Paint.**
- (e) Screens: **On offense, NO double screens will be allowed - they will be considered an illegal screen, resulting in a turnover.**
 - (i) Double screen is defined as two offensive players setting a simultaneous or shoulder to shoulder or front and back pick on a defensive player on the ball. A team can run an offensive play with two or more screens away from the ball without resulting in a turnover. A staggered pick is also permissible.
 - (ii) Illegal screen is defined as when there is movement by the screener during the actual pick. A player must remain stationary when actual contact is made with the defender. In addition, an illegal screen occurs when the screener extends their elbows outward from the body while setting a pick.
 - (iii) A warning shall be given first. The next occurrence, in the referee's discretion, will result in a turnover.
- (f) Foul Lane: Foul lane violations will be five (5) seconds. The foul lane is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the Sophomore League.
- (g) Bonus: Teams will shoot two (2) free throws upon the fifth team foul (personal fouls and conduct technical fouls) of each quarter.
- (h) Free Throws: Free throw distance is 11 feet.

5.03 Junior League: Rules specific to Junior League (not including American League) are as follows:

- (a) Backcourt Defense: The Backcourt Defense rules are modified such that:
 - (i) **WHEN PERMITTED, ALL BACKCOURT DEFENSE MUST BE MAN-TO-MAN.NO ZONE DEFENSE AND MULTIPLE DEFENDERS CAN BE USED ONLY AGAINST THE OFFENSIVE PLAYER IN CONTROL OF THE BASKETBALL.**
 - (ii) On full court or half court inbounds plays during the last minute of play, the opposing defense must set-up in man-to-man defense prior to the ball being thrown in. Once the ball is thrown in, then the regular rules apply in the backcourt. During a full court press, if the offensive player is attacked by multiple defenders and passes the ball to another offensive player, the defenders must locate and return to defend the specific player they were guarding at the start of that term of play. In other words, no defender is

allowed to chase a passed ball unless the pass is to the specific offensive player he/she had switched from to assist in multiple defenses.

- (b) Defense: The Defense rules are modified such that:
 - (i) “Switching” is allowed at any time on defense.
 - (ii) On all inbounds plays, the opposing defense must set-up in man-to-man defense prior to the ball being thrown in. Once the ball is thrown in, then the regular rules apply.
 - (iii) Guarding a specific offensive player with more than one defender is allowable, anywhere in the front court, under the following conditions:
 - 1) Multiple defenders may be used ONLY against the offensive player in control of the basketball.
 - 2) If the offensive player is attacked by multiple defenders and passes the ball to another offensive player, the defenders must locate and return to defend the specific player they were guarding at the start of that term of play. In other words, no defender is allowed to chase a passed ball unless the pass is to the specific offensive player he/she had switched from to assist in multiple defenses. A “chaser defense” is referee’s discretion.
- (i) **There is no prescribed distance for the defender to cover the opposing offensive player if the opposing offensive player is outside the 3-point line. However, once the opposing offensive player is inside the 3-point line, the defender must maintain reasonable distance, at the referee’s discretion, between the defender and the offensive player he/she is guarding, unless he/she is involved in a double team on the offensive player with the ball.**
- (b) Foul Lane: Foul lane violations will be three (3) seconds. The foul lane is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the Junior League.
- (c) Bonus: Teams will shoot two (2) free throws upon the fifth team foul (personal fouls and conduct technical fouls) of each quarter.
- (d) Free Throws: Free throw distance is 13 feet for Junior League girls and 14 feet for National League.

5.04 American League and Senior League: Rules specific to American League and Senior League are as follows:

- (e) Player Participation: In the Senior League, if a team gains a twenty-five point advantage prior to the start of the fourth quarter, both coaches can and should agree to allow open player substitution. The intent is to allow players that typically do not play in the fourth quarter the opportunity to play more minutes and exhibit sportsmanship by not running up the score when the final outcome is no longer in doubt.
- (f) Backcourt Defense: Backcourt defense is allowed. However, if one team develops a lead of twenty (20) points [ten (10) points for Junior Girls American League] or more points, that team will not be allowed to engage in backcourt defense until such time as that team's lead is reduced to less than twenty (20) points [(ten (10) points for Junior Girls American League] points.
 - (i) PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

- (g) Defense: Zone defense is allowed. There are no special rules or restrictions regarding defense, EXCEPT half-court zone defense is NOT allowed for the Junior Girls American League.
- (h) Offense: There are no special rules or restrictions regarding offense.
- (i) Foul Lane: Foul lane violations will be three (3) seconds. The foul lane is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the league.
- (j) Bonus: Teams will shoot two free throw(s) for all fouls upon the fifth team foul (personal fouls and conduct technical fouls of each quarter).
- (k) Free Throws: Free throw distance is 14 feet for American League and 15 feet for Senior League.