

GF Hoops House League Rules of Play

National Federation of High School Basketball Rules apply, except as amended herein, for all house league games.

1.01 -- Player Participation

Coaches are responsible to see that rules related to player participation are followed, and game officials are to ensure that they are correctly applied if questions arise. Violations of this section are not subject to appeal unless they are raised and not remedied during play. A violation of player participation rules shall be deemed unsportsmanlike conduct and will result in a technical foul.

A. Playing Time:

1. Minimum Requirement -- Each player must play a minimum of at least one (1) full quarter (i.e., continuous play from the start to the end of the quarter) each half for a total of two (2) full quarters per game.
2. Maximum Limitation -- No player may play more than three full quarters in a game unless all other players will have played at least three full quarters in the game.
3. Fourth Quarter Substitution -- Coaches are encouraged to consider making substitutions in the fourth quarter as permitted in section 1.01(C)(5) to better balance playing time among players.
4. Overtime -- Any player may play the first overtime period of a game, but all players sitting out any overtime period must play the next overtime period, if there is one.

B. Special Situations:

1. Tardiness -- A player who arrives after a game has started will be deemed to have played in each of the quarters that started before his/her arrival. Thus, a player who arrives late for the first half will be deemed to have met the minimum playing time requirement for that half of the game, and a player who arrives after the second half has begun will be deemed to have met the minimum playing time requirement for the game.
2. Injury or Illness -- A player who is able to return to the game in the same quarter in which he/she was removed due to injury or illness should be substituted back into the game promptly at the next stoppage of play. Whether or not he/she is able to return to the game in that same quarter, however, a player who is removed from the game due to injury or illness will be deemed to have played the quarter in which he/she was removed. Thus, a

player who is removed due to injury or illness in the first quarter will be deemed to have met the minimum playing time requirement for that half of the game, and a player who is removed due to injury or illness in the third quarter will be deemed to have met the minimum playing time requirement for the game.

3. Disqualification -- Any player who is disqualified from a game for reason of fouls or unsportsmanlike behavior will be deemed to have met all player participation requirements and limitations for that game and may not re-enter the game.
 4. Discipline -- A coach may submit a written request through the Grade Group Coordinator to the Commissioner for permission to play a player less than the minimum playing time requirement for disciplinary reasons (e.g. frequent absences from practices despite a concerted effort by the coach to secure their attendance; or poor sportsmanship). The Commissioner, in conjunction with Board may approve, deny, or modify the request. Their decision must be written and shown to the affected player and/or his/her parent(s), as well as to the game officials and the opposing coach at any game to which it applies.
- C. Check In and Substitution:
1. Lineups -- Coaches shall provide the scorekeeper with their first quarter lineup prior to the start of the game. Players for subsequent quarters shall check in with the scorekeeper between quarters.
 2. General Substitution Rule -- Players may not be substituted during the first three quarters except to replace a player removed due to injury, illness or disqualification, as described in section 1.01(B)(2) or (3).
 3. Special Substitutions -- A player substituted in for an injured, ill or disqualified player will not be deemed to have played the quarter in which he/she was substituted in for a player removed due to injury, illness or disqualification, as described in section 1.01(B)(2) or (3).
 4. Special Fourth Quarter Substitutions – A player removed in the fourth quarter due to injury, illness or disqualification pursuant to section 1.01(B)(2) or (3) must be replaced by a player who has not yet achieved the applicable maximum playing time limitation, if such a player is available.
 5. Fourth Quarter Substitutions – Substitution for a player who has met the minimum playing time requirement in a previous quarter is permitted in the fourth quarter if the player to be substituted in has not met the maximum playing time restriction. These substitutions may be made only at the mid-point (between 5 minutes and 3 minutes remaining) of the fourth quarter when an official's time out will be taken for the purpose of allowing substitutions.

The scorekeeper, game officials, and opposing coach must be informed of such substitutions. No lineups will be allowed at this time for purposes of setting matchups.

1.02 -- Player Attire

- A. Safety: Players must wear sneakers during practices and games, and may not wear watches, rings, FitBits, necklaces, earrings, bracelets, hard casts (even if wrapped) or other items that could present a safety hazard to themselves or other players.
- B. Identification: Players must wear league issued jerseys, or shirts deemed sufficiently similar by the game officials, for all games, and game officials shall have the authority to require changes in player attire to avoid identification difficulties during games.

1.03 -- Game Schedule and Forfeits

- A. Schedule: All games are to be played at the time and place they are scheduled, unless they are cancelled by the league due to inclement weather, gym closings, or otherwise. Games not held due to inclement weather or gym closings may be rescheduled at the discretion of the Commissioner, dependent upon gym availability.
- B. Forfeit:
 - 1. Insufficient Players -- A game will be declared a forfeit by a game official when a team cannot put at least four (4) players on the court within five (5) minutes of the scheduled starting time.
 - 2. Loss of Players Not Forfeit -- The need to play with fewer than four (4) players because player(s) have become unavailable due to illness, injury or disqualification will not result in a forfeit.
 - 3. Unofficial Scrimmage -- In the event of a forfeit, coaches are encouraged to organize a scrimmage game by dividing the players present to produce two competitive teams.

1.04 -- Zone Defense

- A. Man-To-Man Defense: Teams in the 2nd through 5th grade groups must play man-to-man defense.
- B. Zone Defense Violation: When, in the discretion of a game official, several moments pass when it is not readily apparent which individual defender is guarding each individual offensive player, a Zone Defense violation will be called in grades 2-5. A team will receive one warning for violations of this rule. Repeated violations of this rule are subject to technical fouls.

- C. Examples of Zone Defense include, but are not limited to:
1. One or more players defending a single position/area on the court rather than an opposing offensive player;
 2. Two or more players defending a single offensive player who does not have the ball;
 3. Two or more players defending the ball without regard for where the ball is or which offensive player is controlling it; or
 4. Two or more players defending a single player with the ball, unless:
 - a) The additional defender(s) leaves his assigned opponent and reacts to defend a player who is driving towards the goal or jumping with the apparent intention of shooting;
 - b) The additional defender(s) leaves his assigned opponent and defends against a player who has already beaten his assigned defender, whether or not he is in the act of shooting (i.e., a "switching" style of defense); or
 - c) The additional defender(s) leaves his assigned opponent and "slides" to defend against a player who, although guarded by another defender, is in or moves into the area adjacent (e.g., the area within 2 or 3 steps) to the additional defender, while the offensive player with the ball is in the adjacent area or for a short, temporary moment.
- D. Exception: One or more offensive players positioned in a remote area of the court such that he/she/they are away from the flow of the offense and do not present a legitimate offensive threat need not be closely guarded.

1.05 -- Isolation Offense

Teams in the 2nd through 5th grade groups shall not employ any so called Isolation Offenses, such as the "4 Corners" and various Spread/Stack offenses. Officials will call an Isolation Offense violation whenever, in their judgment, an offensive player(s) is deliberately positioned in an area(s) of the court away from the flow of the offense and from which he/she/they present no legitimate offensive threat. A team will receive one warning for violations of this rule. Repeated violations of this rule are subject to technical fouls.

1.06 -- Backcourt Defense

- A. Backcourt Defense Violation: Teams in the Boys 5th grade and younger and Girls 6th grade and younger groups will not be permitted to play defense in the backcourt.

A team will receive one warning for a Backcourt Defense violation. Repeated violations of this rule are subject to technical fouls.

- B. Defense Must Retreat: When a change of possession occurs, all players on the defending team must retreat immediately into the defensive half of the court and may not regain possession of the ball until the offensive team brings it across half court, loses it out of bounds, or commits a violation resulting in a change of possession, such as double dribble or failure to inbound the ball or to cross mid-court within the time allotted by rule.

NOTE: *If the clock stops or is stopped when the offensive team has possession of the ball in its backcourt in a game where backcourt defense is not permitted (i.e., time-out or inbounding after foul shots are taken), the clock will not be restarted upon the ensuing inbound pass until the ball crosses the division line into the front court. Although the game clock is not running, the ten second rule will still be in effect.*

- C. Full-Court Defense: Teams in the Boys 6th and above grade groups, and Girls 7th and above grade groups, may generally defend anywhere on the court. When a team leads its opponent by fifteen or more points, however, the Rule 1.06 prohibition on Backcourt Defense will be applied to teams in the Boys 6th and above grade groups, and Girls 7th and above grade groups.
- D. Double Team Limits in Grades 2-5: For teams in Boys grades 2, 3, 4 and 5, and Girls grades 2, 3, 4 and 5, no double teaming of any sort is permitted above the foul throw line extended.

1.07 -- Overtime

In the event a regular season game ends in a tie, one overtime period of three minutes will be played. If there is still a tie, then the game will be decided by sudden-death overtime, the first team scoring declared the winner. For post-season tournament play only consecutive overtime periods of two minutes will be played until a winner emerges. There will be no sudden death overtime in post season play.

1.08 -- Clock

- A. Game Duration: Each game will be played in four quarters of eight (8) minutes each.
- B. Clock Stoppage: Games will be played with a running clock, except that the clock will be stopped for timeouts and, when the score differential is twenty (20) points or less, the clock will be stopped:
 - 1. On all violations that result in a foul shot(s) by either team; and
 - 2. On all whistles during the last minute of the fourth quarter or any OT period.

The clock will stop on the game official's signal and begin again when the ball is placed back in play (e.g., a player on the court touches the ball on a rebound or on a throw-in), except as described in the note in 1.06(B) above.

1.09 -- Timeouts

Each team will be allowed two (2) timeouts of one (1) minute duration in each half of the game, and one (1) timeout of one (1) minute duration per overtime period. Timeouts cannot be saved for use in a later half or overtime period.

1.11 -- Special Rules for 2nd and 3rd grade groups

- A. Objective: The purpose of the 2nd and 3rd grade group programs is to provide the basketball experience and the opportunity to improve basketball skills in a positive environment without the pressure of competition. At this time there will be no playoffs or tournaments in 2nd grade.
- B. There are no playoffs or All-Star Tournaments in 2nd grade.
- C. Adjustments: All 2nd groups and girls 3rd grade groups will use 8 foot baskets and the 27.5" ball, will shoot free throws from 13 rather than 15 feet, will have five (5) second rather than three (3) second lane violations, and will have no 3 point shot. Boys 3rd grade will use 9 foot baskets. The league is not permitted to play defense above the three point line on an initial drive to basket. If on a single possession, the ball crosses the three-point line towards the basket and is passed back out by the offense, the defense may follow the ball back out beyond the three-point line and defend. The 10 second rule for getting it across the mid-court line is still in effect. Once across midcourt, the team will have 5 seconds to get the ball across the three point line. If the offense does not move the ball below the three-point line within the allotted 5 seconds, a violation will be called and it will result in a turnover.
- D. A player occupying a marked lane space during a free throw attempt may not enter the lane until the ball has hit the rim of the basket.

1.12 -- Special Rules for 4th and 5th grade groups

Girls 4th grade will use a 9 foot basket; boys grade 4 and both 5th grade groups (boys and girls) will use 10 foot baskets and the 28.5" ball, and will have no 3 point shot. The Boys and Girls 4th and Girls 5th grade groups will shoot free throws from 13 feet. The Boys 5th grade group will shoot free throws from 15 feet.

1.13 -- Special Rules for 6th grade and older groups

- A. Rules: The 6th and above grade groups will play on courts that coincide with high school guidelines to the extent possible, will use regulation height baskets and will have the 3 point shot.

- B. Ball: The Boys 6th grade group and the girls 6th and above grade groups will use the 28.5" ball. All groups 7th grade and up will use a men's regulation ball.

1.14 – Special Rules for All Star Games

Regular season rules will apply except for the following:

- A. Ten-Minute quarters will be played;
- B. Free substitution will be allowed;
- C. Playing time rules do not apply.

1.15 - Game Protests

- A. Protests Permitted: Non-discretionary rulings believed to conflict with the National Federation of High School Basketball Rules or these GF Hoops House League Rules, or questions of player eligibility, may be protested by a Coach. A game official's exercise of his/her judgment or discretion in game situations may not be the subject of a protest.
- B. Timely Notification Required: Notification of the intent to file a game protest **MUST** be stated by the protesting Coach at the time of the infraction. The game officials, the scorekeeper, the timekeeper, and the opposing Coach must be notified at the time as well.
- C. Filing a Protest: Protests **MUST** be in writing, signed by the team's Coach, and submitted to the appropriate Grade Group Coordinator within two (2) days of the completion of the game. The GGC must notify the opposing team's coach of the protest. The opposing team's **WRITTEN** response, if any, **MUST** be submitted to the GGC within two (2) days of notification of the protest.
- D. Contents of Submission: Each protest (or response) **MUST** contain the following information:
 - 1. Date, time and location of the game;
 - 2. Names of officials, scorekeepers and timekeeper;
 - 3. Rule and alleged infraction;
 - 4. Name(s) of the player(s) in question;
 - 5. Decision and conditions that led to the protest;

6. Any supporting documentation (video, scorebook, etc.).
- E. Review Procedures: In consultation with the Commissioner, Boys & Girls House Program Directors, and Director of Referees, the Commissioner will review all information provided and come to a ruling. A decision will be rendered by the Commissioner within three (3) days of the receipt of the response from the responding team. The GGC and respective coaches from both teams will be notified of all decisions rendered by the Commissioner.