

# NORTH COUNTY

## BASKETBALL

# RULES AND REGULATIONS

### SECTION 1- OFFICIAL RULE BOOK

- 1.1 SAFETY FIRST** - The referees may blow the whistle and stop the game to investigate the condition of a player who might be hurt, at any time, and resume play as soon as reasonable. The safety and well-being of our players is always our main concern.
- 1.2 HOME TEAM** – Sits on the right side when facing the score table.
- 1.3 REGISTERED PLAYER** – Players need to be registered on a team in order to play for that team. If they are not registered and play in a game this will result in an automatic forfeit. This is a pay to play league. No player substitution/replacement will be tolerated.
- 1.4 SCORE KEEPER FEE:** - Each team should pay the score keeper prior to the start of the game. \$10.00 per game, per team.

### SECTION 2 - LENGTH OF PLAYING PERIODS

There will be four (10) ten-minute quarters for all divisions. Every quarter will be a running clock, only stopping on:

- 1) Timeouts. (45 Seconds)
- 2) When the referee stops the clock.

### SECTION 3 - THE CLOCK

The clock will be stopped during the last two (2) minutes of the game, on all dead ball situations for all divisions, if there is a point difference less than 11 points.

### SECTION 4 - HALF TIME

The 1st and 2nd quarters will constitute the 1st half. The 3<sup>rd</sup> and 4th quarters will constitute the 2nd half. Half time will be three (3) minutes in duration.

### SECTION 5 - OVERTIME PERIOD

Overtime quarters will consist of two (2) minutes. The first minute will be a running clock. The clock will become a regulation clock the last minute of the overtime period and will stop on dead ball situations. NOTE: If a game requires a 3<sup>rd</sup> overtime period, sudden death (first team to score) is in effect during the regular season. Sudden Death does not apply in the playoffs and the rules revert back to regular overtime quarters.

### SECTION 6 – TIMEOUTS

Each team will be allowed **ONE timeout** in the first half and **TWO** in the second half. No timeouts will be carried over to the second half or overtime. One additional timeout will be granted to each team for each overtime period.

### SECTION 7 - PLAYER PARTICIPATION—DOES NOT APPLY TO 4<sup>th</sup>-8<sup>th</sup> Girls, 5<sup>th</sup>-6<sup>th</sup> and 7<sup>th</sup>-8<sup>th</sup> BOYS DIVISIONS

Every player shall play 10 minutes in first half and another 5 minutes in the third quarter. For the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarters, around the 5 minute mark, there will be an unofficial time out for coaching substitutions. The clock will not stop. **Players CAN NOT SIT for an entire quarter.** Every player must sit for at least 5 minutes prior to start of the 4<sup>th</sup> quarter. Free substitutions will not occur until the fourth quarter. The only exception is in case of injury or health problems. **Not following these rules, is an automatic technical foul resulting in two foul shots for the opposing team.**

If a player arrives late to the game, that player's participation begins at the start of the next full quarter. Example: If player arrives shortly before half time, he is eligible to play at the 5-minute interval if applicable. The score keeper will monitor and enforce this rule.

### **THE PLAYER PARTICIPATION RULE MUST BE STRICTLY ENFORCED**

**Penalty:** If a team does not comply with the player participation rule, the offending team may forfeit the contest.

### **SECTION 8 - FREE THROW BONUS RULE**

The teams will shoot a one and one bonus:

1. First Half: **ON** the 7th team foul in that half.
2. Second Half: **ON** the 7th team foul in that half.
- 3). Teams will shoot two foul shots **ON** the 10<sup>th</sup> team foul per half.

### **SECTION 9 - 25 POINT LEAD RULE:**

If a team has a 25 point lead they may only play defense inside the **3 POINT ARC** until their lead is **11 POINTS** or less. At that time, they may press, if pressing is permissible for that division. If a team presses when leading by 25 or more points, or plays defense outside the 3 POINT ARC, the opposing team will be rewarded **THREE POINTS** by the referee or score keeper; **THREE POINTS** per violation. The 25-point lead rule applies to every division and will be strictly enforced to ensure good sportsmanship.

### **CLINIC (ROOKIE) DIVISION**

- 1). **Coach from the Baseline**—Behind your offense or defense. On the baseline for defense and half-court for offense.
- 2). **No more than one coach on court per team**. No assistants on court. Assistant coaches should be on the bench or sidelines with the players.
- 3). **No Defense** beyond the 3-point line or in transition. Teach kids to race back to the free throw line to defend.
- 4). **Ball out of Bounds**: With a travel or a foul have the kids take the ball up top. Don't turn over possession.
- 5). **Whistle**: Use the whistle so things don't get out of hand.
- 6). **Fouls**: If a foul happens on either side—call it, then quickly teach and/or advice then take the ball up top. Sometimes it's hard for the offensive coach/referee to see what happens under the basket so try to work together if you don't have a referee. Remember we're not keeping score, stats or standings.

- 7). **8 five minute quarters.** The game should last **45 minutes** with a 3-minute halftime. After five minutes, you have 30 seconds to make substitutions—then continue the game. Have one of the assistant coaches keep time.
- 8). **Have a Humble Team!** We want kids to have fun and to continue playing basketball. We do not want kids to be discouraged to play the game at such a young age. If your team is making baskets on a consistent bases please encourage your team to allow the other teams to shoot and score.
- 9). **Defense:** Zone Defense only. You can choose from a 2-3, 3-2 or 1-2-2. No Man to Man defense will be allowed.
- 10). **Baskets:** Baskets will be a placed at 8 feet.
- 11). **Ball Size:** 25.5
- 12). **Have a Great Time:** Make it fun for the kids! Don't forget their age....the kids are more concerned with the snacks, than the game!

### **DIVISION FIVE**

- 1. Defense:** Teams may play zone or man-to-man at any time during the game. Zone defense is highly recommended.
- 2. Press:** Presses are allowed in the last **four minutes of the 4<sup>th</sup> quarter** if a team is not up by eleven points or more. Otherwise, half-court defense is allowed.
- 3. Five (5) Second Violation:** An offensive player may not be in the key for five (5) seconds or more. This will be a violation against the offending team.
- 4. Ball Size:** 27.5
- 5. Free Throws:** Each player will shoot at least one (1) free throw prior to the start of the game and at the start of the second half. Each successful free throw will be recorded in the scorebook and count in the team's overall score. Referees will administer the free throws. One referee will be in charge of the visiting team while the other referee will be in charge of the home team. Both teams will shoot free throws at the same time, but at different baskets. The line is **10 FEET** from the baseline.
- If one team has fewer players than the opposing team, then a player, or players, who have missed their initial free throw attempt, will be allowed to shoot an extra shot to balance the team's attempts. A shooter may touch the line, but not cross completely over the line with the shooter's foot on the free throw attempt.
- 6. Delay of Game:** Back court defense/stopping a fast break. A team can be warned once per half. A second offense equals **TWO POINTS** for the opposing team.

### **DIVISION FOUR**

- 1. Defense:** Teams may play zone or man-to-man at any time during the game. Zone defense is highly recommended.
- 2. Press:** Presses are allowed in the 2<sup>nd</sup> and 4<sup>th</sup> quarters if a team is not up by eleven points or more. Otherwise, half-court defense is allowed.

**3. Five (5) Second Violation:** An offensive player may not be in the key for five (5) seconds or more. This will be a violation against the offending team.

**4. Ball Size:** 27.5

**5. Free Throws:** Each player will shoot at least one (1) free throw prior to the start of the game and at the start of the second half. Each successful free throw will be recorded in the scorebook and count in the team's overall score. Referees will administer the free throws. One referee will be in charge of the visiting team while the other referee will be in charge of the home team. Both teams will shoot free throws at the same time, but at different baskets. The line is **12 FEET** from the baseline.

If one team has fewer players than the opposing team, then a player, or players, who have missed their initial free throw attempt, will be allowed to shoot an extra shot to balance the team's attempts. A shooter may touch the line, but not cross completely over the line with the shooter's foot on the free throw attempt.

**6. Delay of Game:** Back court defense/stopping a fast break. A team can be warned once per half. A second offense equals **TWO POINTS** for the opposing team.

### **DIVISION THREE**

**1. Defense:** Teams may play zone or man-to-man at any time during the game. Zone defense is highly recommended.

**2. Press:** Presses are allowed in the 2<sup>nd</sup> and 4<sup>th</sup> quarters if a team is not up by eleven points or more. Otherwise, half-court defense is allowed.

**3. Five (5) Second Violation:** An offensive player may not be in the key for five (5) seconds or more. This will be a violation against the offending team.

**4. Ball Size:** 28.5

**5. Free Throw Line:** The free throw line will be **(14)** feet from the face of the backboard.

**6. Delay of Game:** Back court defense/stopping a fast break. A team can be warned once per half. A second offense equals **TWO POINTS** for the opposing team.

### **DIVISION TWO**

**1.** Official High School rules will govern play unless otherwise noted above.

**2. Ball Size:** 28.5

### **DIVISION ONE**

**1.** Official High School rules will govern play unless otherwise noted above.

### **GIRLS DIVISION:**

**1. Defense:** Teams may play zone or man-to-man at any time during the game. Zone defense is highly recommended.

**2. Press:** Presses are allowed in the last **four minutes of the 4<sup>th</sup> quarter** if a team is not up by eleven points or more. Otherwise, half-court defense is allowed for the **1<sup>st</sup>-4<sup>th</sup>** grade girls division. Presses are allowed the entire game for **4<sup>th</sup>-8<sup>th</sup>** grade as long as a team does **NOT** have a **15 POINT LEAD**. If the team that is leading violates these rules the referee or scorekeeper may add **ONE** point to the losing team score; **ONE** point per violation. The **25 POINT RULE** applies to all divisions and will be strictly enforced.

**3. Three and Five (3 and 5) Second Violation:** An offensive player may not be in the key for five (5) seconds or more for **1<sup>st</sup>-3<sup>rd</sup>** grade and three (3) for **4<sup>th</sup>-8<sup>th</sup>** grade.

**4. Ball Size:** 27.5 for **1<sup>st</sup>-3<sup>rd</sup>** grade and 28.5 for **4<sup>th</sup>-8<sup>th</sup>** grade.

**5. Free Throw Line:** The free throw line will be (12) feet from the face of the backboard for **1<sup>st</sup>-4<sup>th</sup>** and regulation for **4<sup>th</sup>-8<sup>th</sup>** grade. **1<sup>st</sup>-4<sup>th</sup> Grade will shoot free throws before each half like D-4.**

**Updated December 10, 2018**