

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 unless approved by the league director prior to a regular season game. No substitutions/replacements during playoffs, no exceptions.
- 1.4 SCORE KEEPER FEE:** - Each team should pay the score keeper prior to the start of the game.

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.
- 3). No SHOT 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 3rd 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 3rd 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 D-2 GIRLS/BOYS, D-1 GIRLS/BOYS AND HS Boys and Girls DIVISIONS

Every player shall play 10 minutes in first half and another 5 minutes in the third quarter. For the 1st, 2nd and 3rd quarters, around the 5-minute mark, there will be an unofficial time out for coaching substitutions. The clock will not stop. Free substitutions will not occur until the fourth quarter. The only exception is in case of injury or health problems.

Penalty: If a team does not comply with the player participation rule, the offending team may be charged with a technical foul.

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 10th 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 consistently making baskets, please encourage your team to allow the other teams to shoot and score too.
- 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...kids are more concerned with the snacks, than about the game.

DIVISION FIVE

1. **Defense**: Teams may play zone or man-to-man at any time during the game.
2. **Press**: Presses are allowed in the last four minutes of the 4th 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. 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.

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.

2. Press: Presses are allowed in the 2nd and 4th 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. 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.

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.

2. Press: Presses are allowed in the 2nd and 4th 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 AND HS SCHOOL

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

GIRLS DIVISION(S):

DIVISION THREE 2nd-4th Grade:

1. Defense: Teams may play zone or man-to-man at any time during the game.

2. Press: Presses are allowed in the last **four minutes of the 4th quarter** if a team is not up by eleven points or more.

3. Five (5) Second Violation: An offensive player may not be in the key for five (5) seconds or more for **1st-4th** grade.

4. Ball Size: 27.5

5. Free Throw Line: The free throw line will be (10) feet from the baseline. **Both teams will shoot free throws before the start of the game and the 2nd half. Each team will shoot equal number of shots based on how many players are present.**

6. Delay of Game: Back court defense/stopping a fast break. A team can be warned once per half. The referee can make a technical foul call if they believe a team is using this as a tactic to prevent the other team from scoring or making a positive offensive play.

DIVISION TWO-4th-6th Grade

1. Official High School rules will govern play unless noted below.
2. **Ball Size:** 27.5

DIVISION ONE 6th-8th Grade

1. Official High School rules will govern play unless noted below.
2. **Ball Size:** 28.5

HS SCHOOL Girls

1. Official High School rules will govern play unless otherwise noted above. No Shot Clock

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