

LOWER BALDWIN BASKETBALL LEAGUE RULES

2016 – 2017



Revised 12/14/2016

General Rules

All Rules will follow the **AHSAA** rule book unless otherwise specified hereafter.

Food and drinks are **NOT** allowed in the gyms (water will be provided at each facility). No artificial noisemakers will be permitted at the games.

Jewelry: A player may not participate while wearing jewelry or other items, which in the opinion of the referee, may be dangerous to the player or other players. Participation with a cast, metal brace, or some other hardened support device will not be permitted. No amount of foam coverage will suffice a hard cast, metal brace, etc. to be allowed on the court.

Starting and Concluding the Game: Head coaches shall check-in with the official scorekeeper to submit rosters and to verify their bench side. Teams will conduct warm-ups on the side of the court opposite of their team bench (does not apply to 6U Coed).

Teams may start a game with a minimum of 4 players all of whom must be on the official team roster. Teams shall have a maximum of 5 minutes from the scheduled start time to field the minimum number of players needed. A technical foul will be assessed for any team subbing in a player that is on the team but not listed on their roster in the scorebook (regardless of circumstance).

After a coin toss or jump ball, the alternating possession rule will apply throughout the rest of the game for any subsequent jump balls and quarter breaks during regulation play.

Coaches and players shall vacate their bench area immediately following a game. Any postgame speeches shall be done off the court as to not hinder the next teams ability to warm-up. Coaches shall insure their bench area is clean and ready for the next team.

Game Clock: The official game clock will be a running clock. It will not be stopped for free throws. It will only be stopped during the last minute of each quarter on a dead ball whistle (including free throws). During the last minute, the clock will begin once the ball is touched inbounds by a player.

Time outs: 6U will have one timeout per half. All other age groups will receive a total of 3 timeouts per game but only allowed a maximum of two timeouts per half (i.e. 2/3 timeout). A coach must get the attention of a referee (not the scorekeeper) to receive a timeout.

Free substitution: Prior to a dead ball whistle, either team may substitute players once the player has checked in with the official scorekeeper, the buzzer has been sounded and the referee has acknowledged that the sub may enter the game.

Free-throws: Coaches are encouraged to teach their players the correct way to line-up for a free-throw (time is of the essence). Players can enter the lane and play for the rebound once the basketball hits the rim or backboard.

Note: a three-point shot is not in effect at gyms without a three-point arch area (i.e. Orange Beach Elementary School, Foley Elementary School).

Mercy Rule: In the event during a game any team is ahead by 20 points, the referee will instruct the official scorekeeper to let the time clock run. If the team that is behind by 20 points pulls the score back to within a 10-point deficit the referee will instruct the scorekeeper to revert back to stopping the clock at normal intervals. The team ahead by 15 or more points shall not press during the mercy rule.

Tie Games & Overtime: Regular season games may end in a tie. In a tournament game, if the score is tied at the end of regulation, there will be a three-minute overtime period and each team will receive one timeout. Three minute periods with one timeout will continue until a winner is declared.

Coach's Box: All coaches must remain inside their respective coach's box. First violation will result in a warning. Any violation after a warning is issued will result in a technical foul. Likewise, only one coach may be allowed to stand and instruct his/her team. A warning will be issued on the first offense and then technical fouls thereafter.

Conduct: Coaches are responsible for their own conduct as well the conduct of their players and spectators. Only coaches and assistant coaches are allowed to be on the coach's bench side of the gym. Spectators are to remain on the spectator side and may not pace the court sidelines or baselines as to distract, instruct, or coach the basketball game.

Coaches, players and spectators shall not be permitted to question an official's call during a game. However; a coach may use one of his / her timeouts to ask for an explanation of a call or a clarification of a rule in a professional and calm approach. Improper questioning of an official's call may result in a warning or an assessment of a technical foul at the discretion of the official.

Scorebooks: Coaches are encouraged to keep their own scorebook. However, the designated table scorekeeper's book is the official scorebook for the game. Coaches or other team scorekeepers may only check the official scorekeeper's book during timeouts, in-between quarters, and at halftime.

Technical Fouls: Technical fouls may be called by an official against the bench of any team, which shall result in two free throws and possession of the ball to the opposing team. Offences for which technical fouls may be called are: unsportsmanlike behavior by any player, coach or spectator for either team, deliberate and flagrant play by any player, and/or ejection of a coach, player or spectator.

Note: Officials are encouraged to give a warning for any foul that may result in a technical foul. Although a warning is not deemed necessary it will be left to the referee's discretion according to the foul / infraction. The decision of an official as to what shall constitute unsportsmanlike behavior and rough play shall be conclusive. An official may remove/eject any player, coach, or spectator from the gym for unsportsmanlike behavior, cursing, and/or deliberate and flagrant play or misconduct.

League Guidelines and Procedures

As a recreational league, a team participating in this league shall not be permitted more than three events per week which includes practices, games, and/or a combination of both. Furthermore, a team may not be allowed to practice for a time period lasting longer than 1.5 hours.

Safety: Each participating community shall have safety measures to protect the participant's best interest. For example, a strict code of conduct, concussion training courses, and thorough background checks. Coaches shall insure the safety of each child prior to leaving a practice or game and that each player's ride has arrived prior to leaving the gym.

Scheduling: Due to the limited availability of the gym, game start times are approximate. All players and coaches should be at the gym twenty minutes prior to the start time of their game. The right of the league is reserved to adjust starting times slightly to allow all games to be completed within the gym time allotted.

Drafting of Teams: No player may play for more than one (1) team during the season. Players who participate in their Middle School's basketball program and listed on a school roster at any point during the current season will not be permitted to play.

Players will be distributed by the respective league athletic directors according to each player's age and gender. Large divisions may require a draft. The goal of the league is to distribute the players in a manner, which creates the most equally balanced teams in each division. By doing so this shall promote equally competitive games between the teams and throughout the league.

Player Participation: Every player dressed out for a game must play at least one half of each game (teams with 10 or more players will distribute playing time evenly). If a player is disrespectful to the coach, teammates or opponents, minimum playing time may be reduced to one quarter of the next scheduled game as a disciplinary action. If a player has multiple unexcused absences from practices, playing time may be reduced from the minimum of the next scheduled game. This will be at the discretion of the coach and the player's parent. The official scorekeeper and the opposing coach must be notified of any player not dressed before the start of the game. Failure to comply with these rules may result in a forfeiture of the game.

Misconduct & Discipline Action: Players in the 14 & Under age groups will be required to read and sign a league-wide Player Code of Conduct.

Anyone ejected from a game must be fully removed from the gym building so that they will not distract the continuation of the game. The game shall be stopped until the person(s) have left the premises. If the ejected individual refuses to leave the premises, officers of the law will be called and the game may be subject to a cancellation or forfeiture by the team whom had the ejection. A minor

not accompanied by a parent must be supervised by an adult of that team for the remainder of the game. Ejection of a coach, player or spectator will result in a minimum one game suspension (no exceptions) and additional discipline action may be subject to review by the league basketball coordinators.

A technical foul called on a coach shall be documented in an incident report or game report at the conclusion of the game. The coach may be further reprimanded subject to the review of the league coordinators.

End of Season Tournament Rules

Tournament Participation: Each player on the team roster shall play the minimum number of minutes equal to one quarter of a game in each tournament game. For Example: 11-12 Boys play four 8 minute quarters. Therefore, each player must play at least a total of 8 cumulative minutes in each tournament game. It is the responsibility of the coach to notify the opposing coach, referee, scorekeeper, and site coordinator prior to the game of any players who have been ill or injured that are attending the game but are not playing. For example, a player has a broken arm but wants to stay and support their team. The penalty for not playing each player a quarter of the game will be a forfeit.

Tournament Protest Guidelines: During a tournament game only, if a coach has an issue that is a conflict with the league rules, then the coach must immediately call a timeout and request a protest with the officials, scorekeeper, and coordinators if available. If the coach does not have possession to call a timeout, then the coach should go to the score table and request a protest. Once the referees and the coordinators have been notified of the issue and an agreement of a solution has been established the protesting coach will regain their timeout. On the other hand, if the protest has been denied, the game will resume and the coaches will lose their timeout. If the protesting coach does not have a timeout, the coach may still request a protest but will incur a technical foul if the protest is denied. Coaches may not protest the referee's judgment calls. Only eligibility protest will be allowed after the completion of a game. Any coach or team trying to exploit the rules, subject to the coordinators review, will result in a forfeit of the tournament.

QUICK REFERENCE CHART

	6U Coed	8U Boys	8U Girls	10U Boys	10U Girls	12U Boys	12U Girls	14U Coed
# of Players	5v5	5v5	5v5	5v5	5v5	5v5	5v5	5v5
Goal Height	8'	8'	8'	10'	10'	10'	10'	10'
Ball Size	Junior 27.5	Int. 28.5	Int. 28.5	Int. 28.5	Int. 28.5	Official 29.5	Int. 28.5	Official 29.5
Free -throw Line	Any	10'	10'	12'	12'	15'	15'	15'
Quarter Length	4 min	7 min	7 min	8 min	8 min	8 min	8 min	8 min
Coaches on Court	No	No	No	No	No	No	No	No
Minimum Play Time	At least ½ game	At least ½ game	At least ½ game	At least ½ game	At least ½ game	At least ½ game	At least ½ game	At least ½ game
1 min. Timeouts	1/half	2/3 half/game	2/3 half/game	2/3 half/game	2/3 half/game	2/3 half/game	2/3 half/game	2/3 half/game
Jump Ball	Coin Toss	Coin Toss	Coin Toss	Coin Toss	Coin Toss	Yes	Yes	Yes
Alternate Possession	At Quarters	Entire Game	Entire Game	Entire Game	Entire Game	Entire Game	Entire Game	Entire Game
Subs	Quarter and at halftime	Free / on a Deadball	*Free / on a Deadball	Free / on a Deadball	Free / on a Deadball	Free / on a Deadball	Free / on a Deadball	Free / on a Deadball
Full Court Pressing	No	Last min. of each half	Last min. of each half	Last 2 min. of each half	Last 2 min. of each half	Anytime	Last 2 min. of each quarter	Anytime
Stealing	No	Last min. of each quarter	Last min. of each quarter	Anytime	Anytime	Anytime	Anytime	Anytime
Lane Violations	None	5 Sec.	5 Sec.	3 Sec.	3 Sec.	3 Sec.	3 Sec.	3 Sec.
Defense	Man-to- man only	Any	Any	Any	Any	Any	Any	Any

Special Rules

6U COED

Start of Game: The start of each game will consist of teams lining up at mid-court. Each individual player will then proceed to dribble down the court uncontested and shoot a lay-up on each side of the goal (two lay-ups). For each lay-up made, the team will be rewarded two points. Each player will also have an opportunity to shoot two free throws and will be rewarded a point for each free throw made. If the teams are uneven in number of players, then a coach from the team with the greater number of players will choose a player to shoot twice from the opposing team to help make up the difference. We will have a scoreboard, but only for the purposes of kids seeing their baskets added to the score.

Substitutions will be limited to quarter and halftime breaks except in the event of an injury or intervention by the referee.

Only man-to-man defense allowed (use of colored wristbands). All defensive players may guard the offensive player beginning at half court.

No pressing, traps, or double teaming allowed. No reaching in, stealing, tying-up or stripping the ball from the ball handler.

Defenses are only allowed to steal off of a pass or a mishandled/fumbled ball.

No screens or picks allowed. No fast breaks by passing the ball down the floor (no baseball throws). Players may only fast break by dribbling the ball down the floor.

8U BOYS & GIRLS

*Free substitutions allowed, however for 8UG, teams playing in Gulf Shores or Orange beach shall only sub during quarter breaks or on a timeout.

Teams can play any defense. Defensive players may guard the offensive players once he/she have crossed half court.

No double-teaming, trapping, or tying-up the player in possession of the basketball. Multiple double team offences may result in a team foul.

Players are not allowed to steal the ball off the dribble. Stealing a pass or picking up a ball not in control of the offensive team is permitted.

Player's may only steal the ball off the dribble during the last minute of each quarter. The 5 second rule is in effect. Players that violate this rule will receive two warnings during a game. On the third offence and after involving the same player, that player will be charged with a personal foul and the team be charged a team foul.

No full-court press allowed except when there is one minute remaining in the 2nd and 4th quarter. During the mercy rule, the team ahead shall not be allowed to full-court press nor steal the ball.

No offensive fast-breaks allowed (no baseball throws). Teams may only fast break by dribbling the ball down the court.