WINTER LEAGUE RULES

Revised 2/13/2012

Playing Time Rules
(All Age Groups)

- Each player **must play at least 2 full quarters (1/2 the game)**; and each player **must sit 1 full quarter** except in the case of 5 for 6 players (see below). See also 3v3 rules.
- Substitutions are may only occur at the beginning of and ½ way through each quarter except in the case of injury. *An injured player may return as soon as they are able and there is a stoppage in play.* A 10 second substitution stoppage may occur around ½ way between each quarter to allow for substitutes. This substitution stoppage is not a timeout and players must not leave the court. This stoppage does not require a dead ball. It may be occur anytime there is a break or even slowdown in play, pending referee approval.
- 6 player playing time exception: If there are only 6 players present then all players must sit a minimum of ½ quarter and all must play a minimum of ½ of the game (see tip below).
- Both coaches are responsible to track substitutions, teams and individual fouls on the score sheet and settle all disputes. Referees do not monitor this except during the playoffs.
- ***If you break the Playing Time Rule, you forfeit.*** **Please forewarn any coach who is about to break this rule, so that they may avoid the forfeit and rectify the situation.**

Playing Time Tips: (Have this written up beforehand) (See our downloadable score sheet)

For 6 players - 2 play 3 quarters, 4 play 3.5 quarters
For 7 players - 2 play 2.5 quarters, 5 play 3 quarters
For 8 players - 4 play 2 quarters, 4 play 3 quarters

Game Rules

Referees and time keepers shall enforce the following:

- 2nd to 12th and Women's League play (4) 8-minute quarters.
- Adult Men's League play (4) 10-minute quarters.
- Time between quarters shall be 1 minute and Halftime shall be 3 minutes. (Please Set clock)

- Clock stops during foul shots, substitutions, and Time-Outs.
- Clock also stops during the last 2 minutes of **2nd & 4th quarters** on all whistles.
- Teams have (2) 30 second timeouts per half, 1 per entire overtime periods. **You may not substitute during a timeout** unless it was called at the same time as a substitute stoppage.

Tie Games / Over Time / Sudden Death

Tie games will be decided by a full 2:00 minute (*Men's, Ladies League plays 3 minutes*) overtime period. If the game is still tied at the end of overtime, sudden death will be used (1st team to score wins). During the playoffs additional 2 minute overtime period(s) will be used instead of sudden death. The clock stops for all whistles in overtime.

Defense Rules

***2nd - 6th Grade*- Man-to Man only.** If a player gets away from his defender another defender may play help defense by switching men. Both must then switch men so as not to double team. Double teams and zone, or sagging defense are not permitted. Defense must be set up behind the 10-second line (½ court line). No full court presses are permitted. Each defender should stay within a 2'-3' of their man when that player is in the front court and inside the 3 point arc. Wandering away, sagging, or hanging at the foul line is considered zone defense and, and will be strictly called. You are permitted however, to temporarily leave your man to go under screens when necessary. Coaches please do not run clear out plays. Violation is a warning. Continued violations may result in a temporary send off.

ZONE PLAYOFF RULE ENFORCEMENT

- 1st offense: warning - possession to opponent at spot of the foul
- 2nd offense: warning - possession to opponent at spot of the foul
- 3rd offense: 2 shot bench technical & possession (ball put in at the half court.)

7th - Adult Leagues

Man-to-man and zone defenses are permitted. All restrictions are off except:

1. Playing time rules

2. Sportsmanship Rule

Sportsmanship Rule

Boys (7th & 8th) & Girls (7th to 12th grades) – When leading by double digits, all players must back up beyond half court. They may resume full court press once the differential is under 10 points/

Jump Balls

2nd to 6th grade - Jump balls will be executed at the beginning of each quarter and overtime periods. Teams should change direction after half-time and before overtime.

7th to Adult leagues – Jump balls only at the beginning of the game are required.

Fouls / Disqualification (5, 7, 10)

5 fouls disqualifies a player. When the 7th team foul occurs in a half, the fouled player will be awarded a one-and-one foul shot; 2 foul shots are awarded if either the foul occurred in the act of shooting or on/after the 10th foul in a half. Foul counts reset to "0" at half time.

Miscellaneous Rules

- 10 second, 5 second, and 3 second rules will apply for all age groups.
- 3 pointers count only where courts have a clearly marked 3 point line.

Player Eligibility Rules

2nd to Adult teams - Only players assigned to your team may play for you. Use of any other player will result in a forfeit. All players must be registered, paid players, wearing a Winter League jersey to participate. Otherwise, a pickup game may be played. Coaches **may not** agree to override these rules.

Adult Leagues - Substitute Rule

If a team has 5 rostered players or less for a game that team may request substitute(s) from their commissioner using the following procedure:

They must email, or text their commissioner requesting substitutes informing them as to who is missing and the game date and time.

1. A team is to have no more than (6) total players per game when bringing a league approved substitute(s).
2. They may not bring more than (2) substitutes or the game is a forfeit.
3. The substitutes must wear the teams substitute jerseys. (2-3 extra jerseys are provided to each team)
4. Only registered, paid Winter League Adults may substitute and they must be obtained through this system.

5. You may not coordinate your own substitute but may suggest one.
6. During the playoffs, you may not use substitutes.

Violating any of these rules will result in a forfeit without prior notice. It is not the responsibility of the opposing captain to make you aware of this substitution rule and no captain has the authority to wave any of these rules.

Forfeits

4 eligible players constitute a legal game. If a team chooses to play with 4 players the other team must play with 4 players during the regular season. If a team has less than 4 players 10 minutes after the scheduled start they will forfeit the game. If there is a forfeit, a pickup game may still be played a refereed. During the playoffs, you may play the other team full strength regardless of their numbers.

Playoffs

All teams make the year-end playoffs. The season determines the seeding of those teams in the playoffs. There is no minimum number of games a player must play to be eligible to play in the playoffs.

Uniforms

All players are required to wear their Winter League supplied team jerseys and number to every game at all times. A blank Winter League jersey is a legal 00. If a player does not wear the team jersey a 2 shot bench technical will be awarded to the other team. There are no exceptions. No jewelry may be worn. No casts may be worn at any time on the hand as per HS rules.

Trades

All trades are strictly forbidden without prior age group commissioner approval. No game day trades are ever permitted.

Behavior & Language

Questioning Calls

Coaches, players, and spectators are not permitted to question a referee's call. Swearing, foul or abusive language will not be tolerated. Persistent violations may result in removal from the gym, suspensions, or league banishment. Referees may call technical fouls if this rule is violated. A referee may eject a player, coach, or spectator if the referee feels it is warranted. If a player or coach is ejected they will also be suspended for a minimum of 1 game automatically. Two ejections in one season will result in a season long suspension. Coaches who wish to discuss something with a referee should be polite and ask the opposing coach to be present during the discussion. This should take place during a timeout, or stoppage in play. Referees and coaches are to report all game issues including, technical fouls to the

league. Any player who is ejected, must immediately, and quickley leave the facility for face further punishment.

Court Behavior

Parents must stay off the court at all times, unless otherwise directed to enter by the referees. Entering the court without approval may result in a suspension. At no time should a parent speak to an opposing player on the court. Parent must engage in verbal harassment of players, fans or officials.

Regular season suspensions carry over to the playoffs and into future seasons!

Other Items of Note

- 27.5 size basketballs for 2nd grade
- 28.5 size basketballs for grades 3-4 boys and all girls
- All others use full sized balls
- Do not enter the gyms before 6:00pm weekdays, 7:45am Saturdays, except O'Hara. YMCA has rental rights until 6:00pm weekdays. Please leave promptly at the end of your time slot to allow the next coach their full time slot.
- Please use good behavior in schools leaving the bulletin boards, lockers etc alone. Smile because you being video taped. Please pick up after yourselves.
- Please do not park in front of the dumpster at Kerr
- Please stay off the marked "KEEP OFF" equipment at Kerr.
- Please do not use the YMCA balls at Fairview.
- Please thank the custodians and principals.

Game Cancellations / Rescheduling Games / Missing Referees / Referee Issues

Contact **Marc Reppermund via email at president@fcarea.org** to cancel a game, report a missing referee, schedule a makeup game, or communicate a referee issue. You should also email your age group commissioner when you have an issue.