



WINS For Life

2016 Fall Basketball League



League Rules & Game Rules

September 24 – November 5

Boys (game times): 9:00am, 10:15am, 11:30am, 12:45pm, 2:00pm, 3:15pm

Girls (game times): 2:00pm, 3:15pm, 4:30pm, 5:45pm

* **Two volunteers are needed, each game, to keep:** 1) the score sheet 2) the score board clock.

* We appreciate the helpful volunteers. **All volunteers will be neutral (not cheering or “coaching” during the game).**

Game Structure (full court competition)

Two 20-minute halves:

- Running time for the first 15-minutes of each half. Stop time: the last 5-minutes of each half.
- On two-shot free throws: **clock stops following the call**, remains stopped during the 1st free throw. clock re-starts when the ball is released on the 2nd (or last) free throw.
- All Divisions: Sub every 5-minutes (stop the clock). No time-out!...quick subs (have them ready to go).
- Basketball Size: 3rd/4th grade division (28.5), Girls Leagues: (28.5), Boys grades 5-12: (29.5)

Time Outs: 1st half: One (60-second), *no carry-over. 2nd half: two (60-second) time-outs.

* **if a team has 6 or less players, then BOTH teams will be allowed two timeouts in each half.**

Half-time: three (3) minutes (run the clock down)

Over-time: 2 minutes (regulation stop-time). Each team begins with (one) 30-sec. time-out. (no carry-over).

2 O.T.'s: Begins with jump-ball (“sudden death”: first team to score wins). No time-outs, no carry-over’s.

Defense: **NO Zone Defense** (only man to man defense).

* Full-court (man to man) pressure is allowed until a team has a 15-point lead.

* If up by 15 or more, you must pick up defensively after the ball crosses ½ court.

Fouls: Teams will shoot “1-and-1 free throws” on the 10th foul and beyond (per half).

Six personal fouls is a “foul-out” (disqualification)

Rosters: All players must be officially registered: registration fee paid, with a signed registration form.

No player is allowed to be on two teams. If a “replacement player(s)” is needed, to give a team 5 players, to avoid a forfeit, they MUST fill out a registration form & pay \$15 (to the site director) prior to the game. If the team does not do this: the game may result in a forfeit loss.

Playing Time & Substitution rotations:

* **Must adhere to equal play-time rule.**

* **Sub rotations:** assign numbers to the players present: #1 thru the total number of players present (ex. 1-9).

Example: if you have 9 players: Start #'s 1-5; 1st sub: 6, 7, 8, 9, 1; 2nd sub: 2, 3, 4, 5, 6; 3rd sub: 7, 8, 9, 1, 2,...

* **Sub every 5 minutes**, except the last two minutes of the 2nd half (then you can play anyone & free substitute)

* *The lone potential exception to a change in the substitution pattern is for a medical, health, or injury related. Not “foul trouble”*

* **During the last two minutes (of the 2nd half only) coaches may free substitute at will.**

Post-Game: *Shake hands

* **Coaches:** 1) Log the *score & attendance* on roster sheet. 2) Give score sheets & roster sheets to Site Director.

League Director: **Dave Vasquenza**, cell: (860) 817-4113, office: (860) 645-1934, email: wins4life@cox.net

Sites & Site Directors:

* Star Hill Athletic Center (100 Gerber Dr., Tolland, CT. 06084)

David Vasquenza: 860-817-4113

* Court Side Sports Center (517 Burlington Rd., Harwinton, CT. 06791)

Larry Nelson, 860-841-6653

* Canton High School (76 Simonds Avenue, Canton, CT. 06019)

Mike Morhardt: 860-543-2598

* Southington High School (720 Pleasant St., Southington, CT. 06489)

John Cessario: 860-614-0572, Bill Haman: 919-8536

Reminders:

- **Positive dialogue only.** Fans should only be cheering. No comments directed at officials, coaches, or players!
- Clean-up the bench area following each game.
- Respect the officials and opponents. All our officials are high school or college basketball officials.

