

GBA RULES SUMMARY – 2009 – 2010 Season
RULES APPLICABLE TO ALL GBA LEAGUES USING BOARD CERTIFIED REFEREES

Updated: October 26, 2009

A. General Basketball Rules:

Except as indicated below, high school basketball rules govern GBA games. Those rules include, but are not limited to, the following:

- Each team is allowed 3 full and 2 thirty second time outs during regulation play. Each team is allowed an additional full time out during any 4 minute overtime period. Unused time outs from regulation do carryover to overtime.

Exception: JV League teams are limited to 1 full time out during the first half and 2 full time outs during the second half; an unused first half time out does not carryover to the second half.

- A player fouls out of the game on his or her fifth foul. A Technical foul also counts as a personal foul.
- On free throws, it is a violation for a player to enter the lane before the ball hits the rim. And, the spaces on either side of the lane between the blocks and the end line are no longer used; all players will move up one marked lane space. The defensive team is allowed a maximum of 4 players stationed along the lane. Only 2 offensive players other than the shooter are allowed.
- The “one and one” bonus begins on the 7th team foul of a half. The “2 shot” bonus begins on the 10th team foul of a half.
- 10 second, backcourt and 3 second lane violations will be called on the offensive team.

B. General GBA rules:

1. Coaches - be prepared - it is important to be ready to start play at game time. A scorebook with accurate team rosters, a scorebook keeper and a scoreboard operator should be prepared and ready to go before the start of the game. Please identify parents who are willing to volunteer for these tasks as soon as you get to the gym.
2. Four 8 minute periods will constitute a game.
3. There shall be 2 minute breaks between periods and a 4 minute break between halves.
4. There shall be a 1 minute break at the 4 minute mark during each period for “eighth” substitutions. The timekeeper will notify the game referees at the 4 minute mark, and the referees will use their judgment to halt play as soon as possible after such notice.
5. The 4 minute breaks are not time outs and are not to be used for coaching purposes. Coaches must have a pre-determined lineup and make lineup changes quickly.
6. Players from both teams are expected to check-in at the scorer’s table promptly and simultaneously before the start of each “eighth”. If there is any delay, the home team is to check-in first.
7. Coaches in the Varsity, Major and Senior League are not permitted to go onto the court to arrange player defensive assignments.

8. The team with possession of the ball at a 4 minute break will retain possession via an inbounds pass.

Exception 1: Girls and Boys JV Leagues play 16 minute halves, with a 1 minute break each 4 minutes for "eighth" substitutions.

Exception 2: Girls and Boys Senior Leagues play 18 minute halves with stopped time, with a 1 minute break each 4½ minutes for "eighth" substitutions (at 4:30/9:00/13:30 time breaks). Normal "eighth" rules apply (see paragraph nine below).

9. No one player shall play more than 1/8th of the game more than any other player. Substitutions during an "eighth" because a player is injured or has fouled out shall be made so as not to violate the playing time rule. Substitutions during an "eighth" for other reasons (e.g., foul trouble) are not allowed. A player who plays any portion of an "eighth" (because another player is injured, or has fouled out) shall be credited with playing a full "eighth" for the purposes of administering the playing time rule.

10. A player shall not be out of the game for consecutive "eighths".

11. Players must play the amount indicated below:

<u>Number of Players in Attendance</u>	<u>Playing Time Requirement</u>
11	7 players play 4/8 of the game; 4 players play 3/8 of the game
10	All players play 4/8 of the game
9	4 players play 5/8 of the game; 5 players play 4/8 of the game
8	All players play 5/8 of the game
7	5 players play 6/8 of the game; 2 players play 5/8 of the game
6	4 players play 7/8 of the game; 2 players play 6/8 of the game
5	All players play whole game

12. Late Players - If a player is late for a game, the time he or she misses is not counted as part of their available playing time. This time cannot be made up during the remainder of the game. Example - Tommy arrives after 1/4 of game has been completed. His playing time requirement for rest of game will be based on 3/4 of a game. If he is the 10th player on his team, and there are now 6/8 left to play, he may play only 3/8.

13. Monitor Playing Time - Both coaches, working together, are responsible for monitoring the playing time rules. Any questions or complaints regarding compliance with playing time rules must be raised and resolved prior to the start of the final "eighth" period of a game (after players check in at the scorer's table, but before play begins). The official scorebook will prevail when making determinations with respect to playing time rules. Any coach who repeatedly violates, or attempts to violate, GBA playing time rules will be subject to disciplinary action which may include game suspensions and/or dismissal from the GBA. If the coaches are not able to resolve questions or complaints regarding playing time in a reasonable amount of time, the referees may review the official scorebook and make a final ruling.

14. Players must wear team shirts.

15. All Varsity, Major and Senior League regular season games tied at the end of regulation will be allowed one 4 minute overtime period, which will be divided into two 2 minute segments; substitutions will be made after the first 2 minute segment (same as the "4 minute" substitutions during regulation). Every player shall play at least one of the 2 minute segments of any overtime period. Playing time data from regulation play does not carryover to any overtime period. If a regular season game is tied at the end of the overtime period, the game will be considered a draw.

Exception: JV League games tied at the end of regulation will go directly to sudden death overtime, as described in #16 below.

16. If a JV League game is tied at the end of the overtime period, after a 30 second break, the same group of five players for each team will remain on the court and play "sudden death" overtime. The first team which scores (free throw or field goal) will be declared the winner of the game. The sudden death period will begin with a jump ball at center court. The clock is not run during sudden death overtime. Teams may not call time out during sudden death overtime. A team which inadvertently calls a time out during sudden death overtime will forfeit possession of the ball.

17. Playoff games tied at the end of a 4 minute overtime period will continue with additional overtime periods, following the playing time rule described in #15 above, until a winner is determined.

18. Use of profane language by a coach, player or spectator shall result in immediate ejection from the game and the gym. Repeated offenses shall result in suspension from the GBA.

19. Rules regarding technical fouls called on coaches or players:

- If any player or coach receives a technical foul, the head coach of that team is required to contact the League Commissioner within 48 hours to report and discuss the incident.
- Failure to report the incident within 48 hours may result in disciplinary actions determined by the Commissioner in conjunction with the GBA Board of Directors.
- Repeat offenders are subject to disciplinary actions determined by the league commissioner in conjunction with the GBA Board of Directors.
- Any player or coach ejected from a game is suspended from the following game, and is required to contact the League Commissioner, within 48 hours, to discuss the incident.
- Two ejections during the season will result in immediate dismissal from the GBA for the remainder of the season.
- Any inappropriate or confrontational behavior displayed by a coach or player is subject to disciplinary action to be determined by the commissioner of the league in conjunction with the board of directors.
- Disciplinary actions may include verbal warning, game(s) suspension or dismissal from the GBA (temporarily or permanently).

20. Teams in the Varsity, Major and Senior Leagues may not "full court press" when ahead by 15 or more points.

21. Players must not wear watches, rings, earrings, or other jewelry. Players are not permitted to wear studs (covered or uncovered) in pierced ears.

22. If each team has at least 5 players available at game time, the game will start at the scheduled time. If either team has less than 5 players at game time, a 10 minute grace period (which begins at the scheduled game time) will be granted. If a team has less than 5 players available after the grace period has ended, the game will be declared a forfeit.

C. SPECIAL RULES APPLICABLE TO BOYS and GIRLS JUNIOR VARSITY LEAGUES:

1. Man-to-Man defense must be played for the entire game. Each defensive player is expected to closely guard his/her offensive player when the offensive player is within 20 feet of the basket. "Switches" (if used to defend against picks) are allowed. Zone defenses (including "sagging" in the lane) are not allowed.
2. No backcourt defense is allowed at any time. This rule applies to inbound passes. A defensive player can pressure an offensive player inbound the ball in the frontcourt. But, a defender is not allowed to move into the backcourt to intercept a pass, or cover the receiver.
3. After a basket, or a change of possession when the defense drops back (i.e., a fast break or transition is not in progress), no defense is allowed until the ball crosses the top of the key extended (to the sideline). Once the ball is either passed or dribbled past (below) the near top of the key (line will be marked), or if the ball is being inbounded below the top of the key, defense can be played in the entire half court.
4. Help Defense which results in a "double team" is NOT allowed when a player with the ball is on the perimeter.
5. The offensive team must, at all times, make a good faith effort to advance the ball. "Stalling" while in undefended areas of the court is not permitted
6. All offensive players are expected to participate (be "in the flow") of the offense. Coaches shall not run "isolation" plays (in which the four players without the ball are stationed on the side of the floor away from a talented ball handler).
7. Remedies for violation of any of these rules include warnings, loss of possession, and/or technical fouls. The game referees' judgments relative to these remedies is final
8. 3 point field goals are awarded at the Hebron Avenue gym, as a 3 point line is painted on the floor. There is not a line at Naubuc, so 3 point field goals cannot be awarded there.