

Stratford Athletic Organization

2009 – 2010 Basketball Rules

Competitive Leagues

Rule changes from last season are highlighted.

REGULAR SEASON

I. CLOCK & GENERAL RULES

- All games consist of two 20 minute halves.
- A jump ball only starts the game. The possession arrow will go in the direction of the team losing the jump ball and will alternate throughout the game with each jump ball or situation requiring the use of the arrow. Possession to begin the second half will be the only exception as described below.
- The team behind at the start of the second half will begin the half with possession of the ball. The arrow will favor the other team and will alternate appropriately throughout the half. If the game is tied at halftime then the arrow will determine who begins the second half with possession. The arrow will continue to alternate appropriately throughout the half.
- The clock is stopped for time-outs only unless there is under 2 minutes left in each half. (See 2 minute exception)
- 2 Minute Exception – At the two minute mark of each half, the clock stops for foul shots, fouls (even if no shot), out of bounds, and injury.
- No overtimes will be played during the regular season due to gym time constraints. Regular season games can end in a tie.
- Each team will get two timeouts per half. Timeouts are 30 seconds. Unused timeouts in the first half cannot be carried over into the second half.
- Half-time will last 3 minutes. Referees are instructed to start the 5 second inbound count on the offensive team regardless of whether either team is ready once 3 minutes has expired.

II. SUBSTITUTION RULES

- **The clock does not stop during substitutions!**
- Each team must substitute at the 5, 10, and 15 minute marks of each half. Referees are instructed to use their discretion and call for substitutions as close to the 5 minute interval as possible. For example, the referee should not stop play in the middle of an offensive possession. The referee should stop play immediately after a defensive rebound, out of bounds, or after made foul shots and field goals.
- Players on the sideline CANNOT sit out 2 consecutive 5 minute intervals. Each half is a separate entity pertaining to substitutions. The last 5 minute interval of the first half and the first 5 minute interval of the second half are not considered consecutive 5 minute intervals.

- Each player must sit out at least one 5 minute interval during each half. Note: This is not possible if a team has 6 or less players. In that case each player must sit out at least once during the game.
- Substitutions must be made within 10 seconds. Each 5 minute interval mark of each half IS NOT a timeout. Referees will re-start the game with the 5 second inbound rule starting for the offensive team regardless of whether either team is ready if in the referee's opinion a team is taking an excessive amount of time to complete substitutions.
- Teams MAY NOT substitute at any other time during the game. If a timeout is called, the same players on the court prior to the timeout must re-enter the game regardless of how much time is left in the game. The only exception to this is injury, ejection, or foul trouble. Foul trouble is considered as a player committing his/her third foul in the first half or his/he fourth foul in the first 10 minutes of the second half.

III. TEAM RULES

- Each team plays with 5 players per side.
- A team must start a game with 4 players if 5 are not available. Less than 4 players at the start of the game will force a team to forfeit the game. If a team cannot be assembled within 15 minutes after the scheduled start time of the game, that team must forfeit the game. If a team starts a game with 4 players and a fifth player shows up after the game has begun, that player may enter the game at the next dead ball.
- A team may play with as few as 3 players due to foul outs, injury, or ejections. Less than 3 players will result in a forfeit of the game.
- If a team is short handed and needs to call up a player from the league below, you must choose from the highest grade level in that league. Coaches in each league should provide a list of players eligible to be called up. Once a player plays up he/she should not be awarded the opportunity to play up until everyone else on the call up list has been given the opportunity to play up. No call ups are permitted for the high school league.

IV. DEFENSIVE RULES

- Man to man or zone defense is permitted.
- A defense must allow an offensive player over the mid-court line before applying pressure. At Parkview gym the player with the ball may not be pressured until it passes the hash mark beyond half court. At Yellin gym the player with the ball may not be pressured until it passes the first red line from the volleyball court beyond half court. In both gyms the ball may be pressured after the first pass is made beyond half court regardless of crossing the designated line. The referee will begin a 5 second count once the ball crosses half court.
- At the two minute mark of each half, full court defense is permitted.

V. FOULS

- A player will foul out of the game on their fifth foul.
- The seventh team foul in a half results in a 1 and 1 foul shot situation.
- The tenth team foul in a half results in two shots.
- Backcourt fouls in the last two minutes of each half will result in a stoppage of play and the fouled player receiving two free throws unless the foul is deemed in the referee's discretion as an intentional foul or a flagrant foul. If the foul is considered a backcourt foul the ball will be live on the second free throw. If the foul is considered intentional or flagrant, the appropriate measures will be taken as illustrated below. A backcourt foul not in the last two minutes of each half will be treated as any other foul.
- Intentional fouls and flagrant fouls will be called at the referee's discretion.
 - Intentional Fouls:* The player fouled will receive two shots and his team will keep possession of the ball. A player charged with an intentional foul will receive a personal foul and their team will receive a team foul.
 - Flagrant Fouls:* The player fouled will receive two shots and his team will keep possession of the ball. A player charged with a flagrant foul will be ejected from the game and could be subject to further disciplinary action as appropriate based on Board review of the matter.

PLAYOFFS

All regular season rules will apply with the following additional rules:

- Player's substitution rules carry through into each 5 minute overtime period. Any player on the bench at the end of regulation or the end of an overtime period must enter the game to begin the next overtime period.
- There will be a substitution two and a half minutes into each overtime period. All substitution rules apply during this time as well.
- All overtime periods will start with a jump ball.
- Personal fouls carry into each overtime period.
- Any unused timeout **from the second half only** will carry over into the overtime period. Each team will receive an additional timeout per overtime period. Any unused timeouts will carry over into additional overtime periods.
- All players must be contacted as to the date and time of the game. Refusal to do so may result in the forfeiting of the game.
- The 5 minute overtime period will be a running clock except for the final two minutes. The same rules will apply for the final two minutes of each overtime that apply to the final two minutes of each half.

Please note: Poor sportsmanship, foul language, and flagrant disregard for rules and safety will not be tolerated. Any offense to this could result in suspensions and/or disciplinary action as appropriate based on Board review of the matter.

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