



North Bellmore – North Merrick Basketball League

Rules and Regulations

Current High School rules are applicable except as shown below. **League Directors have full discretion to adjust these rules as they see appropriate to ensure competitive balance.**

Section I: PLAYERS AND SUBSTITUTIONS

1. A player is permitted to play no more than the maximum number of periods, but must play the minimum number of periods (see *Minimum and Maximum Playing Periods section*). Each player **MUST** play either the first or second period **AND** either the third or fourth period. A coach **MAY NOT** manipulate the playing periods to have their weaker players play all of their minimum playing periods in the first half of the game. Likewise, the coach **MAY NOT** manipulate the playing periods to have their stronger players play all of their minimum playing periods in the second half of the game.

Example: Each member of a team with 10 players will play 4 periods (2 in 1st Half and 2 in 2nd Half)

If less than 10 players are available for the game, coaches will follow the schedule under the *Minimum and Maximum Playing Periods* section. The coach cannot play a weaker player 4 periods in the first half (players must play at least 2 periods in both halves as described above).

2. Until all players have played the required minimum number of periods, substitutions can only be made at end of each period. After all players have completed the required

minimum number of periods, the coach can make unlimited player substitutions.

3. Players picked to play the minimum number of periods must be designated prior to START of the THIRD PERIOD. The opposing coach and official scorer must be notified. When there are 9 players, 5 players play 4 periods and 4 players play 5 periods. When there are 8 players, each player generally plays 5 periods. When there are 7 players, 5 players generally play 6 periods and 2 players play 5 periods. When there are 6 players, 4 players generally play 7 periods and 2 players play 6 periods. These maximum/minimum periods could change in certain situations as shown above.

At the beginning of each season (or playoffs where applicable) the League Director has the option of eliminating or modifying the picking of players. In some divisions, the top 2 draft choices may not play the maximum number of periods.

4. If a player fouls out (commits 5 fouls) before completing the minimum number of periods, they must complete the minimum number of periods specified. A technical foul shall be assessed (2 foul shots) for each succeeding foul committed by that player.
5. A player can play if they are present before the start of the second period. However, late arrivals play a limited number of periods as follows. All other players must play their required minimum number of periods.

<u>ARRIVAL PRIOR TO:</u>	<u>PERIODS TO BE PLAYED:</u>
3rd period	4 (3rd, 4th & 2 in 2nd half)
4th period	3 (4th & 2 in 2nd half)
5th period	2
6th period	2
7th period	1

6. If a player cannot complete their period because of an injury, the injured player and the substitute player shall not receive credit for this period in applying it to the

required MINIMUM number of periods played, but it shall apply to the MAXIMUM number of periods a player can play (see *Minimum and Maximum Playing Periods*).

7. 5 players must appear at the beginning of the game or the team will forfeit.
8. When a player scores out (see *Scoring & Timing* section), fouls out, or is injured, and eligible bench players remain, the coach must select an eligible substitute player of equal ability.
9. An eligible player is one who has not played their maximum number of periods. If there are no eligible players, the opposing coach will select the substitute player. If the substitute player previously fouled out, a technical foul will be assessed for each foul this player commits. A player who scored out may NEVER re-enter the game.

Example: If a team has 9 players and opposing coach selected 2 players to play the minimum (i.e., 4 periods), neither player can play an extra period to replace a fouled out or scored out player. He/she is an ineligible player.

Section II: SCORING AND TIMING

1. Both coaches must provide a competent person as scorer or timer (NOT THE ASSISTANT COACH). Scorer/timer MUST SIT at the scorer's table. At no time should a scorer/timer coach the players from the scoring table.
2. Regulation Time for Freshman and Junior Divisions will be 8 periods of 3 minutes each (24 minutes). For Intermediate, Senior and Super Senior Divisions there will be 8 periods of 4 minutes each (32 minutes). There shall be 1 minute intermission between periods, except for 3 minute intermission between the 4th and 5th periods.
3. If running time is necessary, the period lengths stated in 2.2 are doubled. The clock only stops for time outs.

4. Teams must SIMULTANEOUSLY sign in players prior to period. If there is a problem, coin will be flipped and winner will choose odd or even periods to put his team out first. Once players have signed in, no change may be made except as provided in section 1.2, 1.5 and 1.7.
5. In the LAST MINUTE of play in an 8th period or Overtime Period of a Freshman or Junior Division (boys and girls) game, an Intermediate Boys Division game or a Senior Girls Division game, when play stops and WINNING team has the ball, clock will not start until the ball passes half court. The same applies when a basket or free throw is made by the LOSING team. This stops the winning team from running out the clock in the back court without giving the other team the opportunity to get the ball.
6. If the score is tied at the end of Regulation Time, there will be a 4 minute Overtime Period for eligible players. At the 2 minute mark, the clock will be stopped. Coaches must substitute the remaining eligible players into the game.

Example: If a team has 10 players, each player should play 2 minutes.

If there is no winner at the end of the Overtime Period, additional 2 minute periods may be played. The coach may choose players for first 2 minutes, but if another 2 minute period is required remaining players must play. Overtime Period is an extension of the 2nd half for team fouls.

There are no Overtime Periods allowed in the Freshman Divisions. Games will end in a tie.

7. FOUR (4) TIMEOUTS are permitted per regulation game and can be used at any point in the game. Each team is allowed 1 additional timeout per Overtime Period.
8. Players who scored out or fouled out may NOT play in overtime period.
9. In the Freshman or Junior Divisions (boys & girls), a player can only score **7 FIELD GOALS** in a game (referred to as

"Scoring Out"). The player can remain in the game until they have reached their minimum playing periods after which they must leave the game. Any additional field goals made by that player will not count and will be considered a turnover with the ball being given to the opposing team. If the player scores their 7th field goal in the last period, they must leave the game and can not re-enter the game (at the discretion of the League Director). Free Throws do not count towards the player's Score Out total.

Section III: OFFENSE AND DEFENSE

1. No ZONE DEFENSE is allowed in Freshman and Junior (boys and girls) Divisions. A strict man-to-man defense must be used. Violations MAY result in a technical foul after one warning. Repeated violations will subject player or coach to disciplinary actions.

A defender must play their man at the top of the key and be within 4 FEET of their man (generally considered arms-length). The defender can only leave their man to defend a player attempting a shot or driving toward the basket if that player is ABREAST OR AHEAD of the defender. Switching to a different player is allowed if no double-teaming occurs. Double-teaming may occur for a short period if player gets an offensive rebound. A technical foul may be imposed by the referee if in their opinion there is a deliberate/consistent attempt by the defending team to double-team or play a zone defense when one is not allowed.

2. In Freshman, Junior, Intermediate Boys and Senior Girls Divisions opposing team must DROP BACK past center court when the ball is in the backcourt. A defender must allow the offensive player with the ball to CROSS OVER center court before trying to steal the ball. A defender cannot step or reach across center court to touch the ball. In summary, a defender cannot touch the ball in the backcourt. If a ball is deflected into the backcourt by a defending player from the frontcourt, the defending player may attempt to recover the ball in the backcourt. If the ball is regained by the offensive team, the defender must drop

back past half court and allow the offensive player to advance the ball over half court. A technical foul may result if in the opinion of the referee a player is deliberately defending in the backcourt to prevent the offensive team from creating a fast break opportunity.

3. At no time can one player continually dribble the ball without some participation by their teammates. Their teammates must be in the game. When this occurs, a technical foul may be assessed after one warning.
4. ISOLATION is illegal when a team DELIBERATELY puts players in an area so that the offensive or defensive players do not actively participate in the game. This may result in a technical foul after one warning.

EXAMPLE: Placing players in extreme corners of the court; Running an offense where one player has the ball and the other four players are placed to one side of the court (commonly referred to as an Overload).

5. In the Freshman Divisions, a player attempting a Free Throw may take the Free Throw from a position in front of the foul line. In the Junior Divisions, a player attempting a Free Throw may take the shot from a position either behind the foul line or while their feet are touching the foul line and may jump across the foul line on the attempted shot. The player may not advance for a rebound until the ball touches the rim.

Section IV: GENERAL RULES

1. Players, coach and assistant coaches are the only people allowed on the bench. Spectators must sit on the opposite side of gym. Players must remain on bench when not playing except to go to the water fountain. **NO FOOD OR DRINKS ARE ALLOWED IN THE GYM.**
2. The league will not tolerate abusive or unsportsmanlike behavior by coaches, players or spectators. Any player or coach ejected from a game will be SUSPENDED for the next

game unless there are extraordinary circumstances.
Subsequent ejection may result in permanent suspension.

3. Coaches are responsible for players' behavior during practices/games to avoid injury or damage to school property. Player problems should be discussed with the League Director.

INJURY/SICKNESS

If player cannot complete period due to injury or sickness, a substitute of COMPARABLE ABILITY can be used. If the injured player returns in subsequent period, that period should be shared by both players. If the injured player cannot return, the portion of the period played by a substitute (if more than 1 minute) shall apply to the MAXIMUM (not minimum) periods.

For example, a team has 9 players and John is injured halfway in the period. Bill completes the period. If John returns, he & Bill share subsequent period playing the portion they missed in prior period. If John cannot return, Bill will apply substituted period to his maximum. Therefore, if Bill plays 5 periods, the partial period counts towards that maximum. If Bill plays 4 periods, the partial period will not count towards his minimum. Therefore, Bill plays about 4 periods if John cannot return.

Section V: MINIMUM AND MAXIMUM PLAYING PERIODS

Players picked must be designated prior to START of THIRD PERIOD and opposing coach and official scorer must be told.

10 Players: Each Player plays 4 periods
9 Players: 4 Players play 5 periods; 5 Players play 4 periods
8 Players: Each Player plays 5 periods
7 Players: 5 Players play 6 periods; 2 Players play 5 periods
6 Players: 4 Players play 7 periods; 2 Players play 6 periods

These minimum/maximum periods could change in certain situations. The Division Director has the option of eliminating or modifying the picking of players.

Note: Table below shows limited times when maximum or minimum periods could change.

Maximum Periods	Minimum Periods	# of Players Team A	# of Players Team B	Maximum Periods	Minimum Periods	Team A picks # of Players from Team B to play the Minimum Number of Periods
4	4	10	10	4	4	
4	4	10	9	5	4	2
4	4	10	8	5	5	
4	4	10	7	6	5	2
4	4	10	6	7	6	2
4	4	10	5	8	8	
5	4	9	9	5	4	
5	4	9	8	5	5	
5	4	9	7	6	5	2
6	4	9	6	7	6	2
6	4	9	5	8	8	
5	5	8	8	5	5	
5	5	8	7	6	5	2
6	4	8	6	7	6	2
6	4	8	5	8	8	
6	5	7	7	6	5	
6	5	7	6	7	6	2
6	4	7	5	8	8	
7	6	6	6	7	6	
7	6	6	5	8	8	
8	8	5	5	8	8	