

# Palisades Basketball League

## 2019 Rules for 6<sup>th</sup> League

- 1) Before the game begins, the coaches may confer with the referee about the rules, including the tightness of the whistle. Further adjustments to the whistle, if necessary, should be made at half-time (*i.e.* not during the game).
- 2) A game consists of two 18-minute halves, with a running clock, except for the last minute of each half. During the last minute of each half, the clock will be stopped for foul shots, timeouts, out-of-bounds calls, etc.
- 3) Teams are allowed one full timeout and two 30-second timeouts per Game. If an extra period is played, each team will receive an additional 30-second timeout.
- 4) Coaches may substitute players freely. Substitutions must first report to the scorers table before entering the game.
- 5) Each girl should play roughly one-half of each game, but a coach can adjust playing time if a girl has not attended practice, shows up late for a game, or lacks enthusiasm to play.
- 6) Guest players are permitted during the regular season, but only with advance permission from the league. No guest players are permitted during the tournament, and no player can play in the tournament unless she has played in at least 3 of the regular season games, including the first or second game. Exceptions to this rule (because of injuries, school travel, etc.) will be made by the league commissioners.
- 7) The first half will begin with a jump ball; possession at the beginning of the second is dictated by the possession arrow.
- 8) No defense is permitted until the ball crosses the half court line; however, during the last 2 minutes of a game, defense is permitted anywhere on the court. Also, once a team brings a ball across the half court line, the other team is permitted to play defense on the entire court (*i.e.* even if the ball crosses back to the far court).
- 9) The referee has broad and unchallenged discretion to enforce the rules, especially travelling and double dribbling. Generally, enforcement of the rules becomes stricter as the season progresses. For this league, the rules involving traveling and double dribbling may not be enforced if the player does not gain a significant advantage by breaking them. However, once a player stops dribbling, she cannot start again. Enforcing the rules will tighten as the league progresses. Coaches, players, and fans should not question a call. If a coach has a concern, he or she should discuss it with the referee during a break in the action.
- 10) Shots outside the 3-point line are worth 3 points.

- 11) If the score of the game becomes lopsided, the dominating team should limit its play as follows:
- (i) if the dominating team is winning by 10, it must limit its defense to inside the 3-point arc;
  - (ii) if the dominating team is winning by 15 points or more, it must limit its defense to inside the key;
  - (iii) additional restrictions can be made upon agreement of the coaches.
- 12) Unsportsmanlike conduct by a player will result in a technical foul and her ejection from the game. There will be no intentional fouling for the purpose of preventing a player from shooting at all or to delay the game. Violations will result in a technical foul.
- 13) Any player who commits 5 fouls must be removed from the game. If a team commits 7 fouls in a half, the other team receives bonus foul shots. 2 shots will be given after the 10<sup>th</sup> foul.
- 14) If there is a tie at the end of regulation time, an extra 2-minute period is played. If there is a tie at the end of 2 minutes, there will be a sudden-death period which begins with a jump ball and ends when one team scores a point.
- 15) Good sportsmanship is strongly encouraged and includes, after the game, a team cheer for the opponents and shaking their hands. Players are not permitted to question a referee's call or to engage in "trash talk" with an opponent.
- 16) Parents are encouraged to cheer during games, but they should not shout specific instructions to players and are not allowed to sit or stand on the players side of the court.
- 17) Coaches should remind players and parents that we are guests of the Lafayette School and our ability to play there depends on our conduct. No one should wander through the school or search rooms, lockers, or closets.
- 18) The first two teams playing on Saturday are responsible for setting up the gym. Set up includes cleaning the gym before play, and setting up chairs and tables for officials, teams and fans.
- 19) Each team is responsible for bringing your own basketballs for warm up. A game ball will be chosen from amongst the basketballs in the gym.