

GBA BASKETBALL RULES

Purpose

GBA is an instructional league whose goals are to teach boys and girls basketball fundamentals, team play, and sportsmanship. As such, the emphasis is on player attendance and conduct in practice and games by players, parents, spectators and coaches. The following rules have been established to promote these goals.

Rules

The New York State Public High School Association rules will be used as a guide in addition to the special GBA rules listed herein.

GBA General Conduct Rules

The coaches of each team are responsible for reviewing the code of conduct with parents at their parents meeting, and reviewing it with their players at their first practice. This is to be signed by both parents and player and returned to the grade level commissioner or GBA Secretary before the first league game.

Administration

The coach and his assistants are responsible for conducting a program for their team that will be both constructive and enjoyable.

Rosters

If, during the playing season, a member of the team is dropped from the team due to injury or disciplinary reasons, a replacement player must be requested and approved by the Commissioner of that league. A maximum of ten (10) and a minimum of eight (8) players are mandatory for each roster.

Attendance

All coaches will encourage each player to be at every practice and game on time. If a player does not show up on time, or at all, he/she risks being suspended for one (1) game. If he/she continues tardiness, he/she will be suspended for the balance of the league and playoff schedule (if applicable). This must be equally enforced regardless of the player's abilities. If a player arrives late for a game, but before the third (3) period, the player will play a maximum of two (2) periods. If a player arrives late, but before the start of the fourth (4) period, the player will play a maximum and a minimum of one (1) period. Anyone arriving later than the fourth (4) period will be ineligible to play in the game. The coach is responsible for notifying opposing coaches before the start of the game of players not there.

Reporting Game Scores

Both coaches are responsible for notifying the Commissioner of the official score immediately following the game. The home team's scorebook is the official record. The referees must sign the scorebook.

Cancellation of Games

The President of the league will announce games cancelled for any reasons. The coaches are responsible for the notification of the cancellation to the members of their team.

Forfeits

All teams should be ready to play at the scheduled game time. If a team does not have five (5) players at game time, a ten (10) minute grace period will be allowed. If a team has five (5) players, the game must start. If, after the grace period, a team is not ready to play, a forfeit is entered in the official scorebook.

Game Playing Periods

Game playing periods will consist of six (6) periods lasting six (6) minutes each - (18 minutes per half). A two (2) minute rest period will separate playing periods. A five (5) minute rest period will separate the two halves. A ten (10) minute practice session will be allowed before each game.

Practices and Scrimmages

One (1) practice time will be provided to each team per week. All practice times will be determined by the league Commissioner. Practice locations will be assigned by the GBA Facility Coordinator. In the event of a game/practice cancellation, the Commissioner of the league will arrange replacement times through the Facility Coordinator. No additional/replacement practices times are to be obtained by any coach unless approved by the league Commissioner and arranged by the Facility Coordinator. No additional games or scrimmages between opposing teams will be allowed at any level without authorization from the Commissioner of the league. If additional games or scrimmages are scheduled, and/or additional/replacement practice times are obtained without the prior approval of the league Commissioner, the league reserves the right to discipline the coach. The Board of Directors and the league Commissioners will determine discipline. All judgments are final.

Season Schedules

League and playoff schedules (if applicable) are approved by the league and will be announced each season for all grades.

Discipline

The coach and assistants are responsible for the conduct of the team members and spectators. School facilities are limited to the gym only, and the rules of the facilities are to be strictly enforced. Team members and spectators are required to observe good conduct. Coaches shall be held responsible for the enforcement of the rules and regulations. If problems occur, the coach is to notify his Commissioner immediately. If the Commissioner cannot be reached, he/she is to contact a Board of Directors member. The **GBA General Conduct Rules for Player, Parents and Spectators** will be used to determine what actions are to be taken if disciplinary measures are needed.

Steps for Discipline

These steps are to be approved and coordinated by the league Commissioner:

The coach will:

1. Talk with the child about the problem.
2. Talk with the child with verbal and written notification to the Commissioner.
3. Talk with parents, with verbal and written notification to the Commissioner.
4. Suspend the child for one (1) game. Talk with the child and parents with written notification to the Commissioner before the child is suspended.
5. Suspend the child for the remainder of the season. Talk to the parents before the child is suspended. The Commissioner will supply to the parents written notification of the league suspension. All monies will be forfeited.

Clock

Except for the last two (2) minutes of each half, the clock will stop for foul shots, injuries and time-outs only. During the last two (2) minutes of each half (and any overtime periods), the clock will stop with any referee whistle.

Back-Court Violation

The half court line will be used as the ten-second line for all grades. The foul line is used as the over and back line for boys and girls in grades 3 & 4 after the ten (10) second requirement is met.

Fouls

Each player is allowed a maximum of five (5) personal fouls. Flagrant fouling will result in a two (2) shot foul, possession of the ball, and automatic ejection from the game. All fouls resulting from a flagrant foul will be counted as a

team foul. One-and-one will be shot on the seventh (7) team foul in each half. Two shots will awarded on the tenth (10) team foul in each half. The team will shoot one-and-one except for shooting fouls. If a game goes into overtime, team and individual foul totals will continue from the end of regulation.

Technical Fouls

Technical foul is two (2) shots and possession of the ball. If a coach or player receives two (2) technical fouls, he/she will be ejected from the game. He/she will be immediately suspended from all league activities. The Board of Directors will review their continued participation in the league. Any penalty imposed by the league will be final. The coach or player will be required to appear before such committee as determined by the Board to explain their actions. Any sanctions imposed by the Board or its designated committee will be final and cannot be appealed. All technical fouls assessed to bench personnel will be counted as a team foul and will be assigned to the coach. Double-teaming fouls are assessed to the team not the coach or any individual player.

Playing Time

Each player must play a minimum of three (3) full six (6) minute periods per game with a maximum of four (4) six (6) minute periods per game. If a game includes overtime periods, all playing time must be equalized between the regulation game and overtime periods. *Example:* If a team plays the regular game with nine (9) players, any player who played more than the minimum of three (3) periods in the regular game is not eligible to participate in any overtime periods until the playing time is equalized between all team members for that game. It is the responsibility of all coaches to maintain records indicating the total amount of playing time. It is the responsibility of all coaches to equalize the total playing time of his players throughout the league/playoff schedule.

EXCEPTION

- If a team has seven (7) or less players for any game, the player may play more than four (4) periods, but the difference between the maximum and minimum playing times on the team shall not exceed one (1) full period. This includes all overtime periods.
- If a player is injured anytime or has three (3) fouls in the first half, he/she may be replaced by a substitute of equal or lesser ability. The player evaluation sheets are to be used as a guide of ability. The coaches

must agree as to the ability of a player who is going to be used as a substitute. A referee time-out will be used for any discussion time needed. A referee time-out will be used for the insertion of the player into the game.

- If, during the six (6) minute period, the injured player recovers, he/she **must** be reinserted into the game. The substitute player is not charged with a playing period, however, the injured player is charged with a playing period. Players who are substituted for because of foul trouble **cannot** return until the playing period is over.
- It is the coach's discretion to waive the minimum play rule for reasons of discipline. If a coach wants to discipline a player, he/she must contact the Commissioner of the league in advance of the game. The Commissioner of the league will make the final determination as to the advisability of the actions and will notify the parents of the player and the other coaches in the league.

Ties and Overtime

No ties are allowed. Each overtime period will consist of a three (3) minute period starting with a jump ball. The clock will stop with any referee whistle. Coaches will equalize playing time between players in any overtime periods (see Playing Time).

Time-Outs

Each team will be allocated four (4) time-outs per regulation game plus one (time-out per overtime period. Unused time-outs from regulation play may be carried into overtime periods.

Point Rules

A maximum point rule has been initiated to encourage team play. A twenty-five (25) point rule for all boys and girls leagues will be used. If, during the course of a game, a player scores twenty-five (25) individual points, he/she must leave the game and cannot return to the court, even for overtime periods. This rule overrides the minimum three (3) period playing rule. The substitution will be made during a referee's time-out.

If a team is losing by 25 points or more at halftime, the losing team has the

option of either turning off the score or putting the flip score charts to zero. If the losing team gets closer than 20 points after halftime, then the score may again be displayed.

Uniforms

Uniforms that are provided must be worn. Shirts must be tucked in and sneakers must be tied.

Age

The maximum age of the players on the teams shall be as follows:

Team/Grade Age Requirement

- 9 by December 1 of the sign-up year
- 10 by December 1 of the sign-up year
- 11 by December 1 of the sign-up year
- 12 by December 1 of the sign-up year
- 13 by December 1 of the sign-up year
- 14 by December 1 of the sign-up year

Under no circumstances shall more than two (2) players of this maximum age be allowed on any team. Players older than this maximum age shall move up to the appropriate next higher grade level of participation. Exceptions to the above must be authorized by the Board of Directors.

MANDATORY RULES FOR ALL GRADE LEVELS OFFENSE/DEFENSE

DEFENSE

Grades 3 & 4 --Boys and Girls

Zones - - No zones are allowed.

Press - - No pressing is allowed.

Man-to-Man - - A defensive player must remain within arms reach of the offensive player that they are guarding. If the defensive player is not within arms reach, the team will be given a warning (one warning per half). Subsequent offenses will result in a team technical foul being assessed to the team. The coaching philosophy of the league is to teach the players to play through a pick set by an offensive player and maintain a man-to-man defense

on the player that they are guarding. Defensive switching is allowed. Double-teaming while the ball is in the key area is allowed. Once an offensive player crosses the half-court line, the player may go back over without any defensive pressure as many times as that player wants.

Grade 5 & 6 Boys and Girls

Zones - - No zones are allowed.

Press - - The team that is losing can full-court press anytime in the last two (2) minutes of each half. The team that is ahead can press in the last two (2) minutes of each half only if they are ahead by less than ten (10) points. If overtime periods are played, the press/10 point rule used in regulation applies.

Man-to-Man - - A defensive player must remain within arms reach of the offensive player they are guarding. If the defensive player is not within arms reach, the team will be given a warning (one warning per half). Subsequent offenses will result in a technical foul being assessed to the team. The coaching philosophy of the league is to teach the players to play through a pick set by an offensive player and maintain a man-to-man defense on the player that they are guarding. Defensive switching is allowed. Double-teaming while the ball is in the key area is allowed.

Man-to-Man Defense Interpretation

1. The man-to-man defense *arms reach* rule comes into play at the top of the key extended across the court. You do not have to pick your player up at half court, but must be within arms reach of your player as he/she crosses a point which is the top of the key as it extends from side line to side line, (see drawing below).
2. Double teams are allowed in the key. Clarification of this is as follows:
If the person you

are guarding is in the (key) or within arms reach of the key, you may step in and double-team another player. You may not leave your player and double team if your player is outside (by more than arms reach) of the key area.

Example: you cannot run down from the wing, or come in from the corner baseline to make a double team. You must pick up at this point

Defense - - man to man or zone - - Double teaming the ball is allowed

Press - - The team that is losing can full-court press anytime in the last two (2)

minutes of each half. The team that is ahead can press in the last two (2) minutes of each half **only if they are ahead by less than ten (10) points**. If overtime periods are played, the press/10 point rule used in regulation applies.

Grade 7 Boys

Defense - - man to man or zone. Double teaming is allowed.

Press - - The team that is losing can full-court press in the last two- (2) minutes of each half (periods 3 & 6). The team that is ahead can press in the last two (2) minutes of each half **only if they are ahead by less than ten (10) points**. If overtime periods are played, the press/10 point rule used in regulation applies.

Grade 8 Boys

Defense - - Man to man or zone. Double teaming is allowed.

Press - - The team that is losing can full-court press in the last two (2) minutes of each half (periods 3 & 6). The team that is ahead can press in the last two (2) minutes of each half **only if they are ahead by less than ten (10) points**. If overtime periods are played, the press/10 point rule used in regulation applies.

OFFENSE

All Grades --Boys and Girls League

Clear-out plays are not allowed (examples: four (4) corners or one (1) side). Use of these plays will result in a team warning for the first offense and a two (2) shot technical foul and possession of the ball for each subsequent offense.

Each technical foul assessed as a result of the use of clear-out plays will be assessed to the coach of the team. (See Technical Fouls). The three (3) second violation will be observed.

Substitutions – no free substitutions. Substitutions can only be made between periods. Exception: a substitution for an injured or fatigued player or a player that has fouled out is allowed.

Jewelry- There will not be the wearing of **any metal jewelry** in either the boys or girls league, no exception.

