



2011-2012 BASKETBALL! League Rules

A. General Rules

1. Before each game throughout the season, a brief meeting between all of the coaches (head and assistants) and the referee will take place to greet one another, review any specific rules, and ask any questions.
2. Baskets shall be eight feet high for second grade, nine feet high for third grade, and ten feet high for the fourth grade division.
3. All games shall be played with a size 28.5 basketball.
4. Players must tuck their shirts into their shorts and pull their shorts up to their waists.
5. Coaches are responsible for supervising their players and fans.
6. Coaches are also responsible for ensuring that their bench areas are clean at the end of the game.
7. Game referees will officiate each game with the intent to both manage the game and teach the game as needed. We are keeping score so it is a fairly competitive league, but refs will give equal weight and value to learning and fun.
8. Fighting shall result in an immediate ejection and at least a one game suspension.
9. If we do not have two teams by 10 minutes past the scheduled start of the game, the game shall be shortened to 15-minute halves.
10. Any excessive complaining or verbal abuse displayed by a coach will result in an immediate ejection by the referee or a BETTERBALL! representative. The coach will not be allowed back in the gym for future games until there has been a discussion with a Steve Cloran.

B. Game Procedures

1. Each game shall consist of two 20-minute halves and be played with a running clock, except for the last one minute of the first half, the last one minute of the second half, and any unusual delays.
2. The time between halves (half-time) shall be three minutes.
3. Games shall begin with a jump ball in the center of the court and shall continue with the alternating-possession procedure.
4. The first overtime session shall last two minutes. Any additional overtime sessions shall last 1 minute. All sessions shall begin with a jump ball.
5. Each team shall be entitled to use two time-outs per half and one time-out per overtime session. Each time-out shall last 45 seconds.
6. Substitutions may only be made during stoppages of play.
7. Any player charged with five fouls is no longer eligible to play in the game.
8. The offense must advance the ball past half court within ten seconds.
9. At half-time, the scoreboard may be reset to 0-0 if one team is leading by 20 points or more.

C. Offensive Rules

1. A team shall be awarded one point for made free throws, two points for shots made from inside the three point line, and three points for shots made from behind the three-point line.
2. Free Throws
 - (a) 2nd Grade League: approximately 2 feet inside the FT line
 - (b) 3rd Grade League: approximately 1 foot inside the FT line
 - (c) 4th Grade League: regulation free throw line
3. During free throws, players cannot enter the free throw lane until the ball hits the rim.
4. Teams shall shoot one-and-one on the opposing team's seventh team foul in a half and shoot two shots on the opposing team's tenth team foul in a half.

D. Defensive Rules

1. Full-Court PRESSING is not allowed.
2. The area above/outside of the three-point line is known as the "FREE ZONE." The defense cannot enter the free zone, except as allowed in (b) and (c) below:

- (a) Second and Third Grade Divisions: The offense can only keep the ball within the free zone for ten continuous seconds. Once the offense advances the ball past the three point line, the offense may pass the ball back into the free zone for another ten seconds.
- (b) Fourth Grade Division: The offense can only keep the ball within the free zone for ten continuous seconds. Once the offense advances the ball past the three point line, the defense may defend the offense if the offense passes the ball back into the free zone.
- (c) All Divisions: The defense may immediately defend the offense in the free zone (without waiting for the ball to pass the three point line) during the last one minute of the first half, the last one minute of the second half, and the last thirty seconds of any overtime period. Full-court pressure is never allowed. During these times when the free-zone is open for defense, the defense may pick up their players once the ball crosses half-court.

All questions concerning the interpretation of these rules shall be resolved by the BETTERBALL! gameday manager.