



2016-17 WINTER LEAGUE RULES

1/2/2017

2016-17 Revisions

1. **ADULT LEAGUE SUBSTITUTE TIMING & RULE 1/2/17 Revision.** Adult League substitutions occur at 6:30 and 3:30 of each quarter at which time the clock will stop briefly for 15 seconds. OHS Team League may substitute on any whistle during the 1st, 2nd and 3rd quarters, but the clock does not stop. In the 4th quarter they may only substitute at 6:30, and 3:30 and the clock stops briefly for 15 seconds. During OT there is no substitution.
- ~~2. **ADULT SUBSTITUTE TIMING:** Substitutions occur at 5:00, or half way through the quarter.~~
3. **400V PRESS RULE:** Press permitted in final 2 minutes of each half, and OT.
4. **ADULTS PLAYOFF FILL IN:** Sub must be 1 rating point lower, than replaced player.
5. **CLOCK STOPPAGE:** Clock stops on all whistles in the final 30 seconds of each quarter including OT.
6. **OT LENGTH:** OT is 2 minutes' league wide.
7. **3rd – 6th PRESS RULE:** Permitted to press for last minute of each half, and OT.
8. **LEAGUE FORFEIT RULE: 5 Minute Forfeit Rule**
9. **TECHNICAL FOULS ACCUMULATION: 3rd in season receives game suspension**

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Where Winter League rules are not either clear or do not address a topic, follow NFHS rules.

#1. PLAYING TIME & SUBSTITUTES

- **7 or 8 PLAYER PLAYING TIME RULE** Every player **must play a minimum of half of each game** and **sit a minimum of 1 full quarter**. Note: *Equal playing time is an oft quoted, but non-league rule.*
- **6 PLAYER PLAYING TIME RULE** All players must sit a minimum of ½ quarter, and play a minimum of ½ of the game.
- **YOUTH LEAGUE SUBSTITUTE TIMING** Substitutions **may only occur** at the start of a quarter, or half way through each quarter except in the case of injury. A 10 second clock stoppage may occur around half way through each quarter to allow for substitutes. This substitution stoppage is NOT a charged timeout. Only players who are being replaced should leave the court. This stoppage should occur roughly at between 3:45 to 4:15 minute mark for youth leagues, and 4:45-5:15 for the adult leagues. It may occur at the referee's discretion, when there is a slowdown in play. A dead ball is not required. Coaches/ Captains should request this of the referees. It is not referees job to remember this.
- **ADULT LEAGUE SUBSTITUTE TIMING** Substitutions occur at 6:30 and 3:30 of each quarter at which time the clock will stop briefly for 15 seconds. OHS Team League may substitute on any whistle during the 1st, 2nd and 3rd quarters, but the clock does not stop. In the 4th quarter they may only substitute at 6:30, and 3:30 and the clock stops briefly for 15 seconds. During OT there is no substitution.
- An injured player may return to play ASAP or when there is a whistle or any stoppage in play. A player who is feeling better may return to action at any time.
- You **may not substitute during a timeout** unless it was called at the same time as a substitution stoppage.
- Both coaches **MUST** track substitutions, fouls and violations such as Illegal defense etc.. Referees do not track total fouls, and the game cannot begin until both coaches are prepared to do so.
- Breaking playing time rules results in a forfeit. Please **FOREWARN** any coach who is about to break this rule, to avoid a possible forfeit. Report violators to your commissioner.

HANDLING LATE ARRIVING PLAYERS

- A player who has arrived late, is considered to have sat during those quarters during which they were not present and therefore did not play.
- A team is required to meet the playing time rules based on the total number of active, eligible, non-injured players at the game. A team must follow the playing time rule based on this most up to date adjusted player count. Example #1: A team begins the game with 5 players and a 6th player show up late. They are now required to follow the 6-player playing time rule **if logistically possible**. Example #2: A team begins with 8 players at game time, one gets injured, and 1 gets disqualified early. They are now only required to follow the 6-player rule **if logistically possible**. Example #3: A team with 6 players has a 7th player show up late in the 3rd quarter. Since they cannot logistically follow the 7-player rule due to time left, they may continue to follow the 6 player rule. In addition, they may choose who will “legally” violate the 7-player rule and not sit twice.

FILL IN PLAYERS

Acquisition Procedure

No canceled games will be made up, or rescheduled unless the cancelation is weather, or facility related, and only space permitting. All league scheduled games must be played or will be recorded as a forfeit. To avoid this, a team may request a legal Fill in(s) from their commissioner. MEN'S 400V uses the online texting by rating. The commissioner will seek to replace the player(s) who is missing with equally or lesser rated player(s). They must use the following procedure to obtain a fill in.

- They must contact their **commissioner** requesting a fill in(s) while letting them know who they are missing. Specify if you are looking for a specific position.
- A team is to have no more than 5 total players at a game when bringing a commissioner approved fill in(s). Exception: Adult Leagues may have up to 6 total players including the fill in(s).
- Maximum number of legally obtained fill in(s) allowed at any game is 2 for youth teams, Men's OHS, and 3 for Men's 400V, & WOHS teams. Teams needing more than three, officially forfeit the game. A friendly may still be played.
- The fill in should wear a team jersey in the correct color, or very similar color if possible. Extra jerseys are provided to each team to help facilitate this, and are to be returned afterwards. Commissioner may issue a shirt violation waiver in this case.
- Only registered, paid, Winter League players may play or fill in.
- Commissioner must notify both teams as to who the fill ins are and they may not exceed the top rated missing players rating in any case.
- **No** fill ins are permitted during the **March Madness playoffs**, except for the Adult Leagues who may obtain players one rating point lower than the missing player. Captains should adjust players ratings throughout season to obtain most accurate rating at playoff time.
- **During March Madness**, the total adult players must not exceed 5 when using a fill in.
- Captains and coaches who use illegal players will be suspended for 2 games, and vanquish any wins from those games.

#2. GAME TIMING & 3 POINT SHOTS.

- 1st-12th play (4) 8-minute quarters, Adult Leagues play (4) 10-minute quarters.
- Intermission: 1 minute between quarters and at 2:00 minutes at half time. *(Please set clock to keep games moving.)*
- Clock **ONLY** stops during injuries, foul shots, substitutions, and timeouts and on all whistles during the **final 30 seconds** of each quarter.
- OT: Clock also stops on **all whistles** during the final 30 seconds of **overtime**.
- Regular Season: Each Team has 1 timeout per half. If not used it carries over to the 2nd half.
- OT: Each team has 1 timeout for the entirety of the overtime period(s), regardless of how many occur.
- 10 second, 5 second, and 3 second rules apply for all age groups.
- 3 pointers count only where courts have a clearly marked 3-point line, or tape to clarify.

#3. OVERTIME & SUDDEN DEATH VICTORY

Regular Season

- Tie games will be decided by a full 2:00 minute overtime period.
- Additional Over Time
 - * Adult Leagues play continuous 2-minute overtime periods until a winner is decided.
 - * 3rd -12th grades will play sudden death victory OT. (1st team to score wins).

Playoffs

- No sudden death victory. Instead play additional 2-minute overtime periods until a winner is decided.

#4. 1ST to 6th GRADE RESTRICTIONS

- **LANE VIOLATIONS (Girls 1st-6th, Boys 1st-4th)** - Shooter who violates, will not be penalized, unless he is the 1st to touch the ball or moves even further forward after releasing the shot. Purpose was to clarify what is allowed of the shooter at younger ages.
- **Basket Height** – Lower for Grades 1st & 2nd. Adjust based on skill and size.

1st to 6th BACK COURT DEFENSE RULE

- All Players must back up to ½ court on defense. No front court defense is allowed. Violation: “Illegal Defense”
- Kerr Backcourt line is the red line. Time line is still half court line.

1st to 6th DEFENSIVE RULES

- All players must play man to man defense in 1st to 6th grades. MAN, TO MAN DEFINED: Man to Man by rule is staying within 3’ of your opponent while they are either touching, or inside the 3-point arc.
- DOUBLE TEAMING IS NOT PERMITTED – Violation “Double Team”
- ZONE/WANDERING DEFENSE IS NOT PERMITTED – Violation “Illegal Defense”
- HELP DEFENSE: Players may play help defense. If a player escapes from his defender another defender may leave their man, and both switch players, one to this “free” uncovered player. However, the trailing “beaten” defender must then switch to the other offensive player. If both players, whether intentionally or accidentally, end up covering the same player, then double teaming should be called. Sometimes, good officiating will apply discretion, holding the whistle, to allow confused weaker players to self-correct and find their man, if advantage is not lost.
- Rebounding Exception: Double teaming is not called on rebounds in the paint, until the player with the ball either exits, or passes the ball out of the paint. Even if they are indeed being double teamed while in the paint after the rebound, there is no violation.
- Exception: Double teaming is not called if someone dribbles willingly or accidentally into a 2nd man, i.e. double team, unless the defender actively moves and or reaches to steal the ball.
- **Double Teaming Advantage:** Referees allow “advantage” like soccer. This means they may wait to see what happens, or blow the whistle late, and bring it back, on a potential double team to try and avoid calling it should the

player, who, despite being double teamed scores. If that player loses their advantage, then play is brought back to the spot of the double team.

- Illegal Defense is also called when a defender hangs off, or sags away from their opponent more than the required distance to anticipate, and or potentially assist another player who is inside or on the 3-point arc.
- **1st to 6th – NO CLEAR OUTS:** Coaches do not run clear out, or isolation plays. Involve all players. Referee may penalize violators with an “illegal offense” call, which adds to the illegal defense totals.
- **1st to 6th – ONE PLAYER TO BALL:** Coaches may not assign one player **to always** “cover the ball” but instead must match them up with a partner. Violation is an illegal defense call, and adds to total.
- **3rd -6th Grade FULL COURT MAN TO MAN**
During the final minute of the 1st half, 2nd half, and overtime, teams may choose to play full court man to man. They must comply with the Sportsmanship & Restricted Defense Rule (#6 rule 7a. & rule #4). They also must observe all other man to man rules including but not limited to no double teaming, etc.

#5. ILLEGAL DEFENSE & DOUBLE TEAM ENFORCEMENT

- 1st & 2nd offense will result in a warning, and possession at the spot of the violation.
- 3rd & future offenses will result in a two foul shots and possession at half court.
- Counter resets at half time and carry’s over in overtime.

#6. 7th to 12th & ADULT LEAGUE RULES

- Follow NFHS basketball rules. No restrictions except playing time, Sportsmanship, and Mercy rules.
- All Leagues may leave the lane spots on the release of the foul shot except shooter, and players outside arc.
- Teams have the option to play 5v4 when their opponent has only 4 players in attendance.
- 400V may full court team press in final 2 minutes of each half, and during overtime.

#7. SPORTSMANSHIP & MERCY RULES

- **SPORTSMANSHIP RULE:** When leading by 15 points or more, no front court pressure is permitted. Full court pressure may resume, once the differential is less than 15 points
- **MERCY RULE:** Clock runs, and doesn’t stop except for injuries, substitutions, and timeouts when a team is leading by 25 points in the 4th quarter.

#8. JUMP BALLS/ALTERNATING POSSESSION

- All age groups start the game with a jump ball followed by alternating possession.

#9. FOULS & DISQUALIFICATION

- 5 fouls disqualify a player.

- The 7th team foul occurs in a half results in the fouled player being awarded a 1-and-1 foul shot.
- The 10th team foul in a half results in 2 shots being awarded to the person fouled.
- Team foul counts reset to zero at half time.
- OT: Team, & Individual fouls carry over, and do not reset.

#10. LEGAL GAMES & FORFEITS

- A minimum of 4 players are required to begin a legal game. Exception: 1st/2nd Grades, & 3rd/4th girls that play 3v3 or 4v4 require 2 and 3 respectively to begin.
- Grades 3rd-6th: If a team only has 4 players, the other team must play 4 on 4 during the regular season.
- Grades 7th-adult: If a team only has 4 players, the other team may play 5v4 if they choose.
- March Madness: You are not required to play down numbers during March Madness.
- If a team has less than 4 players, 5 minutes after the scheduled start time they will forfeit the game. If there is a forfeit, a friendly game may still be played and officiated.

#11. PLAYOFF ELIGIBILITY

- All trades are strictly forbidden without prior commissioner approval.
- Only players assigned to your team may play for you. Use of any other player will result in an automatic forfeit. (See legal Fill Ins.)
- All teams make the year-end “March Madness” playoffs. The season determines the seeding of those teams in the playoffs. There is no minimum number of games required for a player to be eligible to play in the playoffs as long as they are registered and have paid in full.

#12. UNIFORMS

- All players must have registered, paid, and be wearing the correct color Winter League jersey to participate. Coaches may not override this rule. A shirt with no # is legal, and can be a 00 and not subject to a technical foul.
- If a player does not wear the correct team jersey, a 2 shot technical, individual, and team foul will be charged. There are no exceptions, except for legal league substitutes.
- **MEN’S 400V REVERSIBLE RULES** – Undershirt must be (Red/Dark for Red Side, &-(White/Grey for White Side). Purpose is to distinguish teams for both the referees, and players. 1st Team listed on Schedule is home team, and must wear white.
- No jewelry or casts may be worn at any time on the hand, forearm, or elbow as per NFHS rules.

- **Non-Fill In “Out of uniform player approval rule”:** Any player who is out of uniform must have the opposing coach/captain, & commissioner’s approval to be eligible to play. This is in addition to the technical foul. The opposing coach must verify that the player is indeed on that roster, to be permitted to play.
- Persistent uniform violations will result in a player not being permitted to play. Cutting the sleeves off must keep in adherence with the image of the league and be modestly altered. Alterations, should not expose undergarments.
- The league reserves the right to reject any uniform alterations, and require that player to purchase a replacement at the player’s expense.

#13. BEHAVIOR & PUNISHMENT

FOUL LANGUAGE & QUESTIONING CALLS

- Coaches, players, and spectators are not permitted to question a referee's call.
- Coaches who wish to discuss something with a referee should be polite and ask the opposing coach to be present as well during the discussion. This should take place during a timeout, or normal stoppage in play.
- Swearing, foul or abusive language will not be tolerated. Referees may call technical fouls if this rule is violated.
- Spectators must not engage in verbal harassment of players, fans, or officials.

LEAGUE DISCIPLINE & BEHAVIOR

- Spectators & Coaches must stay off the court, unless otherwise beckoned by the referees.
- Entering the court without approval may result in an ejection and/or suspension.
- Referees may eject a player, coach, or spectator.
- Referees and coaches are to report all issues including, technical fouls to the league.
- Any player, coach or spectator who is ejected, must immediately and quickly leave the facility, or face further punishment.
- Regular season, 3v3, and March Madness suspensions carry over to the playoffs and into future seasons!
- All ejections automatically result in an automatic 1 game suspension. In addition, the board may further review the incident for additional suspension.
- 2 ejections in one season will result in a season long suspension, and review of future eligibility.
- 3 technical fouls for behavior will result in a one game suspension.
- Serious issues may result in lifetime banishment.