

## **PREAMBLE**

The RBA House League Rules, in conjunction with the RBA Code of Conduct, are designed to help promote balanced play, and enjoyment for all involved. It is the responsibility of every coach and official of the RBA to ensure that the intent of these rules is followed and that technicalities are not used to gain advantage. Violations of the letter, or the spirit, of these rules will be reviewed by the RBA and are subject to action.

## **GENERAL**

**Pre-game warm-up is limited to players participating in the upcoming game.** Teams should run drills; coaches and referees should ensure that non-participants remain off the court.

**Players and coaches** must stay in their designated team area during games. Coaches may shout encouragement and reminders for proper positioning and play, but should avoid shouting reprimands at their players, opposing players, referees, or coaches during the game.

No more than two coaches, one Head Coach and one Assistant Coach, are allowed on the sidelines during House games. Parents or other adult family members who are not coaches should not be on the sidelines if they are not designated as a Coach.

Only the Head Coach is allowed to speak to referees, and always in a non-confrontational manner. Assistant Coaches are not permitted to engage the referees during the game. The Assistant Coach's primary tasks are to handle the scorebook and to instruct the players on the bench and they should avoid shouting instructions to players during live play.

Assistant Coaches are required by rule to remain seated during the game. If the venue provides seating, the Assistant Coach should sit. If sitting is not possible, the coach should stand against the wall and maintain distance from the playing surface.

**Spectators** must stay in their designated areas during games. It is not appropriate for spectators to remain on or near a team's bench during the game. Let the players play, let the coaches coach, and enjoy the game.

**The winning team is responsible for doing a write-up of their game and sending it to the Ridgefield Press ([sports@acorn-online.com](mailto:sports@acorn-online.com)) by Tuesday at noon for publication. Please acknowledge the contributions of all members of both teams; try to mention everyone who played.**

## **BASKETBALLS**

The home team shall provide a game ball, which must be properly inflated: when the ball is dropped from shoulder height it should bounce waist-high. Coaches may elect to use a ball provided by the visiting team. When the teams cannot agree on a particular basketball, the referee will decide what ball to use.

### **Ball Sizes**

1st Grade Bidy Ball: Small Bidy Ball or Junior Ball, whichever works best for that player;

2nd Grade Bidy Ball: Junior ball, 1008

3th Grade Boys and Girls: 27 Inch Ball or 27.5 (default) Inch Ball

4th/5th Grade Girls: 27.5 Inch Ball

4th/5th Grade Boys: 28.5 Inch Ball

6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Girls and 6<sup>th</sup>/7<sup>th</sup> Boys: Intermediate, Compact, 1010, Regulation Women's, 28.5"

8th Grade Boys: Regulation Men's

### **RIM HEIGHT**

3rd Grade Boys and Girls: 9 feet

4/5 Grade Girls: 9 ½ feet (moved up to 10 feet late in the season and playoffs)

All other divisions: Regulation 10 feet

## **TIMING AND SCORING**

The **HOME team** is responsible for the **official scorekeeping**. The **VISITING team** is responsible for the **official timekeeping**. The official scorekeeper and the visitor's scorekeeper should sit with the timekeeper so that officials can easily communicate with the official scorekeeper.

Games will consist of four quarters of eight minutes each.

Games must begin within ten minutes of the published start times, and end five minutes prior to the end of the scheduled gym period.

There will be a one-minute break between quarters, and a maximum five-minute break between halves. Halftime may be shorter at the discretion of the referees.

When a score clock is not available, the Official Timekeeper must announce, loudly enough for all to hear, 30-second intervals beginning with the last two minutes of each quarter, and count down the last ten seconds of each quarter.

Except for the final two minutes of the fourth quarter and overtime(s) (see below), the game clock will run, stopping only for:

Time-outs;

Free throw attempts, restarted when the ball touches the rim on an unsuccessful free throw (provided the ball is in play) or when inbounded after a successful free throw;

At the direction of a referee; or

On a defensive foul committed in the last ten seconds of any quarter.

Stop time will be used for the final two minutes of the fourth quarter and for the final two minutes of overtime(s).

### ***Time-outs***

Each team will be allowed two, one-minute time-outs per half. Unused time-outs do not carry over.

Each team will be granted one time-out for each overtime period. No unused time-outs carry over to overtime periods.

## ***Ties/Overtime(s)***

If a game is tied at the end of regulation, a three minute overtime period will be played. The following rules apply to this and all subsequent overtimes:

Playing Time Rules (see below) are suspended - any player may play regardless of prior playing time.

Stop time will be used in the final two minutes.

Each team is awarded one time-out per overtime.

For all other rule questions about overtime, think of overtime as an extension of the fourth quarter; if it is legal in the fourth quarter, it's legal in overtime.

If the score remains tied upon the expiration of the three-minute overtime period, a second overtime period will be played, and the next team to score will be declared the winner. If after a second overtime period neither team one scores additional overtime periods (three minutes each) will continue until a team scores.

During the playoffs, unlimited full three-minute overtime periods are played until there is a winner at the end of an overtime period (no "sudden death.")

## **PLAYERS**

In the 3<sup>rd</sup> Grade Boys and Girls Divisions, teams will play with four players each at a time. For a game to begin each team must have a minimum of three players. If a team has only three players they will play short-handed. If a team has two or fewer players at the start of the game they must forfeit. In such cases, the available players should be divided to form two teams and a practice game played. Officials must remain and work such a game.

For all other Divisions, each team must have a minimum of four players. This is a variation from standard rules that require five players to begin a game. If a team has only four players they will play short-handed. If a team has three or fewer players at the start of the game they must forfeit. In such cases, the available players should be divided to form two teams and a practice game played. Officials must remain and work such a game.

Nothing in this rule requires that a game be forfeited if a team is reduced to three or fewer players (two in the 3<sup>rd</sup> Grade Divisions) due to disqualification (fouling out) or injury so long as the game was properly commenced. Therefore, a game that starts with four players will continue even if a player becomes injured or disqualified.

### ***Travel Team***

No player will be brought up to the Travel Team during the season unless:

- 1) The House season is concluded, or
- 2) The Travel Team cannot field a team of seven or more players

The player move must be approved unanimously by the Travel Director, the affected coaches, the House and Division Directors, and the Vice President for Registration/Personnel.

For players assigned to teams in the House Program, House commitments take precedence over Travel team activities. No player may play on both a travel team and a House team during the season except in the two instances above. No travel player may play on a House team during the same season.

### **PLAYING TIME**

Players must play a full quarter at a time. No substitutions are permitted unless a player is injured, disqualified, or must leave the game for family reasons. If a player is replaced, the player ***and his replacement*** will ***both*** be credited with playing that quarter.

All players must play a minimum of two full quarters per game: one in the first half and one in the second half. Players arriving after the start of the second quarter of a game must play at least one quarter. No player may appear in a fourth quarter until all teammates have been credited with playing in three quarters. In summary:

9 players: 2 play 3Q, 7 play 2Q

8 players: 4 play 3Q, 4 play 2Q

7 players: 6 play 3Q, 1 plays 2Q

6 players: 2 play 4Q, 4 play 3Q

For the 3<sup>rd</sup> Grade Divisions (4 on 4), playing requirements are as follows:

8 players: All 8 players play 2Q

7 players: 2 play 3Q, 5 play 2Q

6 players: 4 play 3Q, 2 play 2Q

5 players: 1 play 4Q, 4 play 3Q

*Reminder to Coaches: If a player must be removed from the game for any reason, keep in mind that the replacement player will also be credited with a full quarter played, and that no player may play in four quarters unless all teammates have played in three quarters. When there is little time remaining in a quarter, consider your intended lineups for the remainder of the game when making a substitution.*

### ***Six Player Rule (for all 4<sup>th</sup> Grade and Older Divisions)***

If, five minutes before game-time, one team (Team A) has only six players, **and** their opponent (Team B) has seven or more players, then the coach for Team A **must** inconspicuously confer with the **Team B coach and the referee** for the game. The Team B coach will designate **two Team A** players who will **not** play all four quarters of the game, i.e. which two players **must** sit out for a quarter.

**It is the responsibility of the six player team to make this notification. A coach that fails in this obligation will face disciplinary action.**

### ***Five Player Rule (for 3<sup>rd</sup> Grade Divisions)***

If, five minutes before game-time, one team (Team A) has only five players, **and** their opponent (Team B) has six or more players, then the coach for Team A **must** inconspicuously confer with the **Team B coach and the referee** for the game. The Team B coach will designate **two Team A** players who will **not** play all four quarters of the game, i.e. which two players **must** sit out for a quarter.

**It is the responsibility of the five player team to make this notification. A coach that fails in this obligation will face disciplinary action.**

### ***Overtime(s)***

The Playing Time Rules are suspended - any player may play regardless of prior playing time.

### ***Violations***

If a violation of the Playing Time rules is discovered during game play:

The game and clock are stopped.

The player, or players, in violation are removed from the game and replaced by eligible players.

The offending team is assessed a bench technical foul

The RBA considers violations of the Playing Time Rules to be a serious matter; this league is about participation, camaraderie, and enjoyment of the game. In addition to the game penalties described below, the RBA will review all violations and take whatever action is necessary to ensure compliance with rules.

### **RBA HOUSE SPECIAL RULES**

These rules are designed to help maintain an appropriate level of competition for every player in the House program, not to create opportunities for advanced players or creative coaches. Any coach who attempts to exploit these rules to gain advantage to does not grasp their intent and spirit.

**There are four situations considered to be Illegal Defense**, subject to the exceptions listed. Please note that for the 3<sup>rd</sup> Grade and 4<sup>th</sup>/5<sup>th</sup> Grade Divisions only player-to-player defense is permitted.

#### **1) Backcourt Defense**

Once a team gains control of the ball in their backcourt, the defensive team must retreat over the half-court line.

Exceptions:

6<sup>th</sup>/7<sup>th</sup> Boys and 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Girls may apply full court pressure in the fourth quarter and in overtime, but not if they lead by ten or more points.

8<sup>th</sup> Grade Boys may apply full court pressure at any time, but not if they lead by twelve or more points.

The penalty for playing illegal backcourt defense is a violation. At the discretion of the referees the game may continue without inbounding the ball once the defense retreats behind the half-court line. **Intentional** backcourt defense violations - those that in the judgment of the referee are designed to prevent an opponent from getting the ball up the floor - may result in technical fouls.

## 2) Unguarded player

Whenever an offensive player is in the frontcourt - in the area between the foul line extended and the baseline - that player **must be defended** in a closely guarded situation. "Defended" means **the defender must be within two steps of the offensive player.** If the defensive player is ***not within two steps*** of the offensive player it is an illegal defense violation.

Definition: A player is zero steps from a player when he can touch the player in a normal defensive stance.

Exceptions:

6<sup>th</sup>/7<sup>th</sup> Boys and 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Girls may use a zone defense in the second half and in overtime.&

8<sup>th</sup> Grade Boys may use a zone defense at any time

## 3) Double Teaming

If a defensive player leaves the offensive player they are guarding - that is, goes **more** than **two** steps away from the player they're guarding below the extended free throw line - and double teams another offensive player, it is an illegal defense violation. A double teaming situation is **not** created when an offensive player beats their defender and another defensive player comes over to help, or when an offensive player dribbles into traffic or drives against more than one defensive player. Further, a double teaming violation will not be called immediately following a loose ball situation or immediately after a rebound; any player may legally pursue a loose ball or rebound.

Exceptions:



6<sup>th</sup>/7<sup>th</sup> Boys and 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Girls may use a zone defense in the second half and in overtime.

8<sup>th</sup> Grade Boys may use a zone defense at any time

#### **4) Packing In**

Denying access to the 'key' areas by "packing in" to deny access to these areas is considered to be a zone defense and an illegal defense violation.

Exceptions:

6<sup>th</sup>/7<sup>th</sup> Boys and 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Girls may use a zone defense in the second half and in overtime.

8<sup>th</sup> Grade Boys may use a zone defense at any time

**Each team will be allowed two Illegal Defense warnings. The third violation, and all subsequent violations, will result in a bench technical foul, with two shots and the basketball awarded to the offensive team. The illegal defense call-count does not reset at the half, it accumulates throughout the game.**

#### ***Isolation Plays***

Isolating single offensive players in an effort to take advantage of the foregoing rules is prohibited. By way of example, if an offensive team sends four players to the margins of the floor in an effort to create an isolation-one-on-one for a particular offensive player, the officials will stop the play and warn the offensive coach as to this illegal "isolation play". Repeated violations of this rule are considered sportsmanship violations and technical fouls may be assessed.

By definition, a play that involves more than one player is not an "isolation play." Every well-designed, well-executed basketball play results in isolation at some point.

#### ***Other Special Rules & Situations***

Defensive players guarding an inbounds pass must remain at least three feet away from the boundary line during the throw-in. Referees have the discretion to move a defensive player away from the throw-in by a larger margin if gymnasium/facilities conditions make such action appropriate.

Offensive players may not remain in the lane for more than three seconds. Exception: 3<sup>rd</sup> Grade and 4<sup>th</sup>/5<sup>th</sup> Grade Boys and Girls will be allowed five seconds.

"Over and back" or backcourt violations are the same as high school rules. In facilities where the mid-court line is not clearly marked, coaches and referees should confer to determine where the line is considered to be.

## **FOULS**

Coaches must ensure that the official scorebook is accurate in tallying team and personal fouls. Encourage your scorekeeper to check with the opposition scorekeeper frequently throughout the game to ensure accuracy in the official scorebook. Scorebooks are to be kept and recorded on the sideline by an assistant coach or family volunteer.

Free throws will be awarded on all shooting fouls and technical fouls. A player who commits five fouls during a game fouls-out and is disqualified.

**3<sup>rd</sup> Grade and 4<sup>th</sup>/5<sup>th</sup> Grade Boys and Girls:** When a non-shooting foul is called against the defense, the ensuing inbounds pass will **always** be taken from the side court, in line with the top of the key.

## **Free Throw Line**

These accommodations are for players who may lack the physical strength to shoot free throws without jumping forward. It will be considered a violation if a shooter chases their shot to the basket to gain rebounding advantage.

**3<sup>rd</sup> Grade Boys and Girls** will shoot from the point on the circle closest to the basket (inside the free throw line). Where there is no line marking this point, the official will designate a spot approximately two full steps in front of the free throw line.

**4<sup>th</sup>/5<sup>th</sup> Grade Boys** will shoot from one step in front of the free throw line. This spot is marked at the Parks and Recreation Center gymnasium. Where there is no line marking this point, the official will designate a spot one step in front of the free throw line.

**4<sup>th</sup>/5<sup>th</sup> Grade Girls** will shoot from two steps in front of the free throw line. Where there is no line marking this point, the official will designate a spot two steps in front of the free throw line.

**6<sup>th</sup>/7<sup>th</sup> Boys and 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Girls** will shoot from behind the free throw line.

The shooter will be allowed to step over the free throw line upon releasing the shot, i.e. they may cross the free throw line before the ball hits the rim.

### ***Multiple Team Fouls/Penalty***

During the last two minutes of the game, and **throughout overtime**, the following rules apply:

Common fouls will result in a throw-in, except when the offending team has committed **seven or more** fouls since halftime. In this case the fouled player will be awarded one free throw and one more free throw if the first free throw was successful (one-and-one).

If a team has committed **ten or more** fouls since halftime, all common fouls will be two shots.

For 8<sup>th</sup> Grade Boys players, high school rules apply for awarding free throws - shoot one plus the bonus on the seventh to ninth team foul of each half, then two free throws on the tenth foul and every foul thereafter.

### ***Technical Fouls/Multiple Technical Fouls/Flagrant Fouls***

Upon receiving a second technical or flagrant foul, a player, coach, or parent **will be ejected from the game**. In addition, a mandatory **next game suspension** is issued, and a subcommittee of the RBA will convene to determine any other penalties based on the extent of the infraction. The imposition of additional penalty rests within the sound discretion of the organization.

Important Note: The use of the word "mandatory" is intentional and the RBA means what it says here. An ejection in a semifinal game means disqualification from the finals.

Repeated technical fouls in separate games may result in disciplinary action.

The head coach must report all technical fouls as well as any ejections to the division director and must make that report on the day of the ejection. A coach who fails in this obligation may face additional penalties or suspension.

### **Highlighted Differences between RBA Division House Rules**

	<b>3<sup>rd</sup> Grade and 4<sup>th</sup>/5<sup>th</sup> Grade Girls and Boys</b>	<b>6<sup>th</sup>/7<sup>th</sup> Grade Boys and 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Girls</b>	<b>8<sup>th</sup> Grade Boys</b>
<b>Full Court Pressure</b>	Never	4 <sup>th</sup> Quarter	Anytime
<b>Zone Defense</b>	Never	Second Half	Anytime
<b>Penalty for Double Teaming (must stay within 2 steps of offensive player below the foul line)</b>	After 2 warnings, a technical foul and 2 shots are awarded to the offensive team.	After 2 warnings, a technical foul and 2 shots are awarded to the offensive team, not applicable in second half.	None
<b>Shooting Fouls</b>	All through the game.	All through the game.	All through the game.
<b>Clock</b>	Stop time last two minutes of the game and for all shooting fouls and overtime.	Stop time last two minutes of the game and for all shooting fouls and overtime.	Stop time last two minutes of the game and for all shooting fouls and overtime.
<b>One and One Bonus, Non-Shooting Fouls (Team and personal fouls extend from regulation into OT)</b>	<b>Upon committing the 7<sup>th</sup> team foul</b> , one and one applies in last two minutes of game and extended into overtime. <u>Ten or more fouls committed in 2<sup>nd</sup> half, yields 2 shots.</u>	<b>Upon committing the 7<sup>th</sup> team foul</b> , one and one applies in last two minutes of game and extended into overtime. <u>Ten or more fouls committed in 2<sup>nd</sup> half, yields 2 shots.</u>	<b>Upon committing the 7<sup>th</sup> team foul</b> , one and one applies during the entire game. <u>Ten or more fouls committed, yields 2 shots.</u>

<b>Lane Violation</b>	5 sec. lane violation	3 sec. lane violation	3 sec. lane violation
<b>Inbounds Pass</b>	Spot of the violation. On non-shooting fouls, side court at top of key, defensive player 3 feet away	Spot of the foul or violation, defensive player 3 feet away	Spot of the foul or violation, defensive player 3 feet away
<b>Free Throws</b>	3 <sup>rd</sup> Grade shoot from point on circle closest to basket. 4/5 Girls Shoot two steps in front of FT Line. 4/5 Boys shoot one step in front of FT line. Both (G/B) can jump over line.	Boys and Girls can jump over the line upon release.	Standard high school rules
<b>3-Point Shots</b>	All shots from the field are worth 2 Points	Shots from behind the 3-Point Arc are worth 3 Points	Shots from behind the 3-Point Arc are worth 3 Points
<b>Overtime</b>	Regular season: One overtime, 3 minutes, then first to score  Playoffs: Unlimited OT's, 3 minutes each.	Regular season: One overtime, 3 minutes, then first to score  Playoffs: Unlimited OT's, 3 minutes each.	Regular season: One overtime, 3 minutes, then first to score  Playoffs: Unlimited OT's, 3 minutes each.

**Reminders for All House Divisions:**

**The rules of principled, balanced play, and good sportsmanship (highlighted in the Code of Conduct), override the specific rules.**

**RBA promotes full team participation, not isolation of particular players.**

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