

SENIOR HIGH REC BASKETBALL LEAGUE RULES

These rules apply for the Stillwater VAA, Mahtomedi Basketball Association, and the White Bear Lake Community Services & Recreation Dept. Recreational basketball leagues for boys and girls in the 9th through 12th grade. The National Federation High School Basketball Rule Book shall serve as our official rulebook except where our Special League Rules will take precedence.

League Home Page- <https://www.teamsideline.com/sites/whitebear/home> (Schedules, standings, & scores)

REPORTING SCORES

Head coaches will receive an email to update scores of their game. Either team's coach can submit the score. This must be done for each game.

ORGANIZATION

Stillwater VAA, Mahtomedi Basketball Association, and White Bear Lake Community Services & Recreation department have overall authority and responsibility for the basketball league. The league is administered and directed by all entities.

CODE OF CONDUCT

It is **mandatory** that all players and coaches sign the Code of Conduct prior to their participation in this league. Persons refusing to sign will be withheld from competition. These can be found on the TeamSideline Senior High web page or blank ones will be available at the gyms prior to game #1.

PLAYER ELIGIBILITY

- 1) Players must be in 9th, 10th, 11th or 12th grade to be eligible to play in this league.
- 2) Players in each league should be in the corresponding grade during the current school year except when prior written approval has been given by a League Director.
- 3) A player who plays on a VARSITY, JUNIOR VARSITY or B-SQUAD basketball team IS NOT ELIGIBLE to participate in this recreational league. That also includes freshman and sophomores.

FULL COURT PRESS RULE

Teams are NOT allowed to play press defense when ahead by 20+ points. If at any time the lead is cut to less than 20 points that team may play press defense again until the lead is 20+ points.

NOTE: If you have a large lead and control the game please think if it really is necessary to press. This league is meant to be a fun, recreational league.

NO DUNKING

No dunking the basketball at any time during practice, pre-game warm-up or during the game. We are playing at shared district gyms and will not risk damage to these shared hoops/facilities. Anyone caught dunking will be removed from the remainder of the game. The offending player's team will also be assessed a 25pt penalty during the current game. If a dunk occurs during or after halftime, the player will also be suspended the following week.

ROSTER

- 5 players minimum; 15 players maximum
- A player may play only for his / her assigned rostered team.
- A player may play up in a higher grade league but cannot play down into a lower grade league

PLAYERS

Games will be played 5 on 5. A team must have 4 players present and ready to play 10 minutes after scheduled start time or the game will be a forfeit. Games will be started at scheduled time if 4 players from the team are present.

A team with less than 5 players can use a substitute who meets the above listed "Player Eligibility" criteria.

SUBSTITUTIONS

Substitutes may enter the game only after an official's whistle.

GAME LENGTH

The game will consist of 20 minute running time halves. The clock will stop only in the final 2 minutes of each half.

If at any time in the last 2 minutes of the game a team is ahead by 20 points or more, the remainder of the game will be played under running time. Should the deficit be cut to 10 points or less, the game will resume stop time.

HALF TIME

There will be a 3 minute half time.

TIME OUTS

Each team will be allowed 3 timeouts per game. Timeouts are 60 seconds in length. The clock will stop during these time outs. Unused timeouts do not carry over into Overtime (if needed). If overtime is needed each team will be allowed 1 time out.

OVERTIME

If the game is tied at the end of regulation time then a 3 minute over-time period will occur. The first 2 minutes will be running time with the last 1 minute being stop time. If still tied after overtime, a “sudden victory” overtime will occur. The first team to score any point will be declared the winner.

JUMP BALLS

The only time a jump ball will occur will be at the beginning of the game and the beginning of all overtime periods. For all other jump ball situations, alternate possession will be used.

PENALTIES FOR FOULS

A player fouled in the act of shooting shall be awarded points as follows:

- 1) If the field goal was made, the field goal will count and the offended player will be awarded 1 free throw attempt.
- 2) If a two or three point field goal was not successful, the offended player will be awarded 2 or 3 free throw attempts.

Free throw attempts will be shot from the regulation free throw line. A violation will be called if the player crosses the line on the attempt.

BONUS RULE

The bonus shot will be awarded on a team's 7th team foul in a half. The double bonus shot will be awarded on the team's 10th team foul in a half. All fouls will carry over into the overtime period(s).

BALL IN PLAY AFTER VIOLATIONS

The referee will not handle the ball in the back court on violations except in the case of a foul or a potential substitution. The ball may be in- bound on the move similar to International play.

MERCY RULE

We will allow coaches involved in a game where the point differential is 35 points or more at half time to come to a mutual decision for the second half. We want the coaches to discuss and implement a solution that works for all involved.

TECHNICAL FOUL

For **ANY** technical foul (player, coach, bench or fan) the offended team will be awarded an automatic two points and the ball at mid-court.

Any player or coach given 2 technical fouls during the course of the season will be suspended for the team's next scheduled game.

Any recurrence will result in expulsion from this league. The officials shall be in complete charge of the gym during the game. Players, coaches, and spectators may be ordered by the officials to leave the building. Failure to comply with any order by the officials shall result in a forfeit of the game by the team represented by the offender.

If a coach/player becomes unruly using abusive or profane signs or language, the officials will issue a technical foul. The coach/player will then be removed from the game and must leave school grounds. The game will not continue until the offending coach/player has left the school grounds. If the coach/player refuses to leave, it results in their team forfeiting the game.

MOCKERY OF THE GAME

Any players, team members or coaches that make a mockery of the game (in the eyes of the officials) shall forfeit the game currently being played and it will also result in forfeiture of their next scheduled game. Teams will be warned by referees to discontinue their actions prior to calling a forfeit.

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