

LOWER CAPE BASKETBALL RULES

5- ON- 5 BASKETBALL REGIONAL TOURNAMENT RULES

UNLESS OTHERWISE STATED, THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION BASKETBALL WILL BE FOLLOWED.

GENERAL RULES

- IF NO OFFICIAL SHOW UP FOR A GAME, GAME SHOULD NOT BE PLAYED. IF ONE OFFICIAL IS PRESENT, GAME MUST BE PLAYED.
- GAME FORFEIT IF TEAM IS NOT DRESSED AND ON FLOOR WITH FIFTEEN MINUTES AFTER SCHEDULED STARTING TIME.
- ALL PLAYERS IN UNIFORM MUST PLAY.
- NEVER REMOVE TEAM FROM FLOOR PRIOR END OF GAME WITHOUT REFEREE APPROVAL.
- 3 POINT RULE WILL BE EFFECT.
- IN THE "NO PRESS" SITUATIONS, THE BALL AND PLAYERS BOTH FEET MUST BE ALLOWED TO CROSS THE HALF COURT LINE.

PLAYERS

- THE GAMES SHALL BE BY TWO TEAMS OF FIVE PLAYERS EACH
- ANY PLAYER RECEIVING A TECHNICAL FOUL FOR CONDUCT REASONS MUST SIT OUT FOR THE NEXT FIVE MINUTES (GAME TIME)
- ANY PLAYER EJECTED FROM THE GAME REMAIN ON THE BENCH, UNDER THE CONTROL AND OVERSIGHT FOR THE REMAINDER OF THE GAME. EJECTED PLAYER(S) MAY NOT LEAVE THE BENCH
- PLAYERS ARE EXPECTED TO EXHIBIT GOOD SPORTSMANSHIP AT ALL TIMES. PROFANITY, ROUGHHOUSE TATICS OR DISPLAY OF TEMPER WILL NOT BE TOLERATED.

THE GAME, TIMING, REGULATION, AND SCORING

STARTING OF THE GAME

- THE GAME SHALL BEGIN WITH A JUMP BALL BETWEEN ANY TWO PLAYERS, ONE FROM EACH TEAM, WITH POSSESSION ALTERNATING BETWEEN EACH TEAM IN ALL JUMP BALL SITUATIONS AFTER TH OPENING JUMP.

- EACH OVER TIME PERIOD WILL BEGIN WITH A JUMP BALL BETWEEN ANY TWO PLAYERS, ONE FROM EACH TEAM.

TIMING AND REGULATIONS

- THE GAME SHALL CONSIST OF TWO TWENTY MINUTE HALVES.
- HALF TIME WILL BE FIVE MINUTES IN LENGTH.
- EACH TEAM IS PERMITTED THREE TIME OUTS PER GAME, EACH ONE MINUTE IN LENGTH.
- THE CLOCK WILL RUN CONTINUOUSLY UNTIL THE LAST TWO MINUTES OF EACH HALF WHEN IT WILL STOP FOR FOULS, VIOLATION AND TIME OUTS.

***EXCEPTION:** IF A TEAM IS AHEAD BY 10 OR MORE POINTS ANYTIME DURING THE LAST TWO MINUTES OF THE SECOND HALF, THE CLOCK WILL CONTINUE TO RUN WITHOUT STOPPING UNTIL THE POINT DIFFERENTIAL IS BELOW 10 POINTS.

OVERTIME

- IF THE SCORE IS TIED AT THE END THE SECOND HALF, PLAY SHALL CONTINUE WITHOUT A CHANGE OF BASKETS FOR ONE OR MORE EXTRA PERIODS WITH A ONE MINUTE INTERMISSION BEFORE EACH PERIOD. AS MANY SUCH PERIODS AS ARE NECESSARY TO BREAK THE TIE SHALL BE PLAYED.
- THE LENGTH OF EACH PERIOD SHALL BE THREE MINUTES.
- THE CLOCK WILL RUN CONTINUOUSLY UNTIL THE LAST MINUTE OF EACH EXTRA PERIOD WHEN IT STOPS FOR ALL FOULS, VIOLATIONS, AND TIME OUTS.
- EACH TEAM IS ALLOWED ONE TIME OUT, ONE MINUTE IN LENGTH FOR EACH OVERTIME PERIOD. TIME OUTS NOT USED DURING REGULATION PLAY CANNOT BE USED DURING THE OVER TIME PERIOD(S).

COMPETITIVE DIVISION RULES-HIGH SCHOOL

1. BALL REGULATION
2. 15 FOUL LINE
3. PRESS PERMITTED
4. NO PRESS ALLOWED WHEN AHEAD BY 10 POINTS OR MORE.

FOULS AND PENALTIES

PERSONAL FOULS

- ANY PLAYER CHARGED WITH A FIFTH FOUL OR A FLAGRANT FOUL SHALL BE DISQUALIFIED FROM THE GAME.
- ANY PLAYER BEING EJECTED FROM A GAME, REGARDLESS OF WHETHER IT WAS DUE TO AN EJECTABLE OFFENSE OR DUE TO THE PLAYER COMMITTING 2 TECHNICAL FOULS IN ONE GAME, WILL BE SUSPENDED FROM THE NEXT SCHEDULED GAME.

- A BONUS FREE THROW SHALL BE AWARDED FOR EACH COMMON FOUL (EXCEPT A PLAYER CONTROL FOUL) COMMITTED BY A PLAYER OF A TEAM BEGINNING WITH THAT TEAM'S 7TH FOUL IN A HALF, PROVIDED THE FIRST ATTEMPT IS SUCCESSFUL. A PLAYER CONTROL FOUL IS COUNTED AS A TEAM FOUL FOR REACHING THE BONUS.
- TWO FREE THROWS SHALL BE AWARDED FOR EACH COMMON FOUL (EXCEPT PLAYER CONTROL FOUL) COMMITTED BY A PLAYER OF A TEAM BEGINNING WITH THAT TEAM'S 10TH FOUL IN A HALF. A PLAYER CONTROL FOUL IS COUNTED AS A TEAM FOUL FOR REACHING THE BONUS.
- TWO FREE THROWS WILL BE ATTEMPTED FOR INTENTIONAL FOULS, TECHNICAL FOULS, AND FLAGRANT FOULS. THE OFFENDED TEAM GETS POSSESSION OF THE BALL AFTER THE FREE THROW ATTEMPTS.
- DUNKING IS ILLEGAL DURING ALL TOURNAMENT PLAY, INCLUDING DURING THE PRE-GAME, AND/OR THE HALF TIME WARMING UP PERIOD AND/OR THE POST GAME PERIOD. GRASPING THE RIM IS ALSO ILLEGAL (EXCEPT TO PREVENT INJURY) AND IS PENALIZED IN THE SAME MANNER AS DUNKING.
- PENALTY: THE PLAYER(S) THAT DUNK/GRASP THE RIM WILL BE CHARGED WITH A TECHNICAL FOUL. THE OPPOSING TEAM WILL BE AWARDED TWO FREE THROWS AND POSSESSION OF THE BALL.

THE USE OF ALCOHOL OR DRUGS WILL RESULT IN REMOVAL FROM THE LEAGUE

LOWER CAPE H.S. RECREATION BASKETBALL LEAGUE

2009 - 2110 GAME PLAY RULES

1. All rules will follow the MIAA rules with exceptions noted below:
2. Each team will carry a minimum of 8 players and a maximum of 15 players. All players must be on their club roster before the first league game is to be played. Players' eligibility is subject to approval by each town's Recreation Director.
3. Players must be in grades 9-12 and no older than 18 at the start of the season.
4. Each team is allowed two coaches on the bench. All coaches must stay with in the confines of the Coach's box.
5. All players that are dressed for the game shall play at least 25% of that game.
6. Games will be forfeited if 5 players are not dressed and ready to play within 10 minutes of the official tip-off unless prior arrangements have been made.
7. Forfeited games may be played with available players from both teams making two squads.
8. All games will consist of two 20 minutes halves, running time except for foul shots, time outs, and the last two minutes of each half. Foul shots are stop time on the first attempt and on the second shot, the clock starts when the shooter is handed the ball.
9. Overtime periods will be two minutes stop time with one timeout. No carryover timeouts from regulation time will exist.
10. Players and coaches can call timeouts. A total of two timeouts per half with no carryover to next half.
11. One and one foul shots awarded on the 7th team foul per half.....two shots on the 10th team foul per half, which is also carried over into the overtime period.
12. Five fouls per player. Two technical fouls in a game on players or coaches result in an automatic one game suspension for their next game.