

North Arlington Girls Basketball League - Game Rules

All Divisions

1. Each game will be played utilizing 20 Minute Halves
 1. These halves will operate as follows:
 - i. There will be a running clock throughout each half.
 - ii. This clock will stop for timeouts, delays in game (court cleaning, clarification of ruling, injury, etc.), and with under 2 minutes to play in either half.
 - iii. Teams will be allowed to substitute players during traditional stoppages (out of bounds, following foul calls, timeouts, etc.).
 1. By utilizing 20-minute halves, players will have the opportunity to play additional minutes than have been available in years past (40-minute games versus 24/28-minute games). Coaches will be able to better afford additional playing time (allowing all members of the roster to enjoy the game).
2. Every player who arrives before the start of the game is required to play 10 mins/ half of each game. This does not have to be consecutive minutes. Any player arriving late will have that time counted against their playing time.
3. Due to the low number of players on some teams, teams may pull up players from the division below them in order not to forfeit a game as needed. This will only be in effect if a team does not meet the minimum number of players required (5 players). Having (4) players available will allow for (1) call up only. Having (3) will allow for (2) call ups. Anything less will result in a forfeit. This rule only applies to middle and upper divisions. No call ups are available for Lower division. Usage of this courtesy must be communicated with, and agreed upon by, all parties (all coaches for both teams, as well as league management, such as the President/Vice President).
 1. Divisions require a minimum of 5 players at the beginning of a game.
 - i. If the team does not have enough players at the beginning of the game, the game may be played; however, this will be considered a forfeit.
4. The backboard, including the top, bottom and sides are in play. The back of the backboard and any support extensions of the backboard will be considered out of play.
5. Five (5) personal fouls are allowed, per player, per game. At the fifth foul, the player is removed from the remainder of the game. There are no exceptions to this ruling.
6. On the 7th Team foul per half, "One & One" foul shots apply. On the 10th team foul (and all additional fouls during this half), two foul shots will be awarded.
7. Each team will get three full time-outs and two 30 second time out per game. Each team will get two timeouts during the overtime period (one 30 second timeout and one full timeout).
8. If a team is leading by greater than 20 points, one player must be removed from the court and proceed to play the game with a player down. The player can be reintroduced into the game when the differential is returned to 20 points or less. The player can only re-enter the game during a normal stoppage of play.
9. Ties at the end of regulation play will result in one 3-minute overtime. If at the end of overtime, no winner has been determined, each team will have a 1 vs 1 foul shot elimination shootout. Each team will send one player to the foul line for 1 shot each. If still no winner after round 1, another player from each team will take a shot. The process will continue throughout the entire line up (including bench players) until a winner is determined. If the entire line-up has taken a shot, the process will repeat with player 1 and continue in the same order as the players previously shot.
 - a. 1 full timeout will be given to each team in overtime.
 - b. The first minute will be a running clock and the last two minutes will have stoppages for fouls and out of bounds.
 - c. 1 and 1 bonus foul shots and double bonus foul shot status will continue from where it was at the end of the 2nd half of regulation play.
10. Standings- Team standings are based on the following: 2 points for a win, zero points for a loss. Ties are not applicable. The first tiebreaker in the event two teams have the same score will be total point

differential descending. (Total points for minus total points against) The second tie breaker will be the result of head-to-head competition.

Lower Division – 20-Minute Halves

1. The Lower Division will use 8'-0" baskets and 27.5" basketballs.
2. There is no backcourt press allowed at any time. You can only defend inside the three-point line.
 - a. UNTIL THE LAST 2 MINS of each half. In the last 2 minutes of the half, the player can defend all of the way up to the half court line.
 - b. Offense will have 10 seconds to bring the ball past half court.
 - c. **OFFENSE WILL HAVE AN ADDITIONAL 10 SECONDS TO BRING THE BALL IN A FORWARD MOTION OVER THE 3PT LINE TO ALLOW DEFENSE TO PLAY DEFENSE AFTER CROSSING HALF COURT.
 - d. **THE 10 SECONDS TO BREAK THE 3 POINT LINE PLANE RESETS EVERY TIME THE BALL IS BROUGHT BACK OUT OF THE 3 POINT LINE
3. If a team is up by 10 points or more; defense must be pulled back within the inside of the key.
4. A five (5) second rule will be applied for offensive players in the key.
5. As this is a foundational division, often providing a first introduction to the game, flexibility/judgment will be given in applying rules, (for example, five seconds and traveling), particularly early in the season.
6. Free throws will be taken from the first hash mark closest to the regulation foul line

Middle Division – 20-Minute Halves

1. The Middle Division will use standard 10'-0" baskets and 28.5" basketballs.
2. A backcourt press is allowed only in the last two minutes of each half. This will also be regulated during the overtime period(s).
3. All made field goals will be scored as 2 points (including those taken from beyond the three-point line. This excludes foul shots.
4. A three (3) second rule will be applied for offensive players in the key.
5. If a team is up by 10 points or more, defense must be pulled back inside the three-point line.

Upper Division – 20-Minute Halves

1. The Upper Division will use standard 10'-0" baskets and 28.5" basketballs.
2. A backcourt press is allowed at all times.
3. A three (3) second rule will be applied for offensive players in the key.
4. Three-point line is in use.
5. If a team is up by 10 points or more, a backcourt press may not be used.

Facility Management

COACHES ARE RESPONSIBLE FOR CHECKING THE GYM AND REST ROOMS AFTER EACH GAME / PRACTICE TO ENSURE THE GYM IS LEFT IN THE SAME MANNER IT WAS RECEIVED. All Trash / Empty water bottles should be disposed of in the receptacles provided.