

# In-House League Official Rules

## Girls 1/2/3 and Boys 1/2

**Policy:** Minnesota State High School League rules governing play will be followed as closely as possible. There are several exceptions and modifications noted in the following Sections.

**Referees:** Referees have been selected and trained by the CBA. Keep in mind that they are high school students. They are empowered by the CBA to interpret and enforce the rules. They are the final authority at the game.

### **Basket Height / Ball Size:**

- Basket height will be set at 9 feet for:
  - Girls 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>
  - Boys 1<sup>st</sup>/2<sup>nd</sup>
- All other grades: Basket height will be set at 10 feet
- Ball Size

Grade	Girl's Ball Size	Boy's Ball Size
1 <sup>st</sup> – 4 <sup>th</sup>	27.5	27.5
5 <sup>th</sup> -6 <sup>th</sup>	28.5	28.5
7 <sup>th</sup> – 8 <sup>th</sup>	28.5	29.5

### **GAMETIME:**

All games will consist of eight – 5 minute periods. All time will be running time.

- There will be a short break between periods 1-2-3-4 and 5-6-7-8, these breaks are only to move players on and off the floor, these are NOT time outs.
- There will be a break between periods 4 and 5. It will be a half time skills challenge for this level. This skills challenge will consist of the following:
  - 2 minutes: Layups (alternating weekly between right side and left side). A maximum of 8 points will count towards the team score.
  - 3 minutes: Free Throws. A maximum of 8 points will count towards the team score.
- There are no timeouts allowed during the game.

### **Overtime – Regular Season**

- In the event of a tie at the end of a game a 3-minute overtime period will be played.
- If the game is still tied at the end of the 3-minute period, a 3-minute ‘sudden death’ period will be played (first team to score a basket wins – not on a point from a foul). If neither team scores another 3-minute sudden death period will be played until there is a winner.
- See playing time for playing time rules regarding the Overtime Session.

### **FOULS:**

- An individual may receive a maximum of five personal fouls per game.
  - **1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grade Girls / 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys** – No one fouls out of the game.

### **PLAYING TIME:**

All players must play an equal number of periods each game. **THIS IS THE IN-HOUSE LEAGUE RULE** Based on the number of players, this may vary by one quarter, but should never vary by more than that. No player at any point during a game should have played two more quarters than any other player on the team. Please reference the following chart to make sure playing time is equal.

# of players	Playing time
10	10 players play 4 quarters
9	4 players play 5 quarters, 5 players play 4 quarters
8	8 players play 5 quarters
7	5 players play 6 quarters, 2 players play 5 quarters
6	4 players play 7 quarters, 2 players play 6 quarters
5	5 players play 8 quarters

Please note: A player who enters the game as a substitute for an injury or foul out with more than half of the period remaining may have that period count as a period. Do NOT use the same person if you have multiple injuries during the game. This is an instructional league, play people equally, do not play one person more than others.

### **Overtime**

If your team goes to overtime, coaches must continue their player rotations for equal playing time at the beginning of each overtime period. This means you need to put the players who are on the bench in the game. If after the first overtime period it goes to a second overtime period, you once again need to put the players who were out in the game. This means no player should play the 8<sup>th</sup> period and both overtime periods.

### **DEFENSES:**

- No full court press.
- Only **Player-to-Player** defenses are allowed, no **Zone** defenses are allowed at any level.
- Each defensive player must be assigned to an offensive player.

### **FREETHROWS:**

There are no free throws in the in house league. A player fouled in the act of shooting shall be awarded points as follows:

- If the basket was made, the basket will count (2 points) and the shooting team will be awarded one additional point.
- If the basket was not made, the shooting team will be awarded one point plus the ball out of bounds.

### **Special Rules (Girls 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> and Boys 1<sup>st</sup>/2<sup>nd</sup>)**

- Traveling and double dribble may **not** be strictly enforced to begin the season but will be starting in January.
- 3 seconds in the lane and palming the ball will not be strictly enforced but will be reminded by the referees.
- After a basket has been scored, the defense must set up inside the 3pt. line to allow the offense to get started. However, they do not need to stay inside the 3pt. line.
- Double-teaming (2 or more defensive players on the player with the ball will not be allowed **except** for the following:
  - Double teaming shall not be called on any rebound attempt.
  - Help side defense is allowed, but in the defensive lane only. The helping player must go back to guarding their player when the defender who needed help has recovered.
  - Double teaming will not be called on a fast break until after normal half court play resumes.
  - If a player sets a pick or screen, double teaming should not immediately be called when one of the offensive players leaves the area. A three second delay will be allowed by the referees for this time of double teaming to break up. At that time, one of the defensive players must return to their player that left the immediate area. Switching is allowed only on this type of play.
- No one fouls out of the game.

### **Technical Fouls**

- The offended team will be awarded two points and will receive the ball out of bounds.
- A coach or spectator will be ejected from the gym upon receiving a 2<sup>nd</sup> technical found or upon the discretion of the official, the In-House coordinator or a CBA board member.
- Technical fouls can be awarded to coaches either during or after the game but only by the CBA In House coordinator or a CBA board member who is monitoring the court at the time (similar to technical fouls in high school basketball).
  - The first technical foul during the season will result in a written warning from the CBA.
  - A second technical foul during the season will result in dismissal of the coach without exception.

**The CBA board has no tolerance for harassment of officials. The CBA board views the role of referees to help teach the rules of the game and the In-house league as an INSTRUCTIVE not a COMPETITIVE league**

## **HALF TIME SKILLS CHALLENGE**

- At half time the younger age level teams will break for a skills competition. The skills will consist of lay-ups and free throws. The purpose of the competition is to improve individual skills of each player and to ensure that all coaches are stressing skills in practice.
- **Scoring** – One point for each basket made up to a maximum of 8 will count towards the total game score. Each is worth one point.
- This will not be included on Championship Day.

### **Skills Challenges:**

- **Lay-ups**
  - Players will shoot lay-ups, alternating weekly between the right and left side.
  - Teams will use **one** ball.
  - The first player dribbles in and shoots a lay-up. Their teammate from the other line must rebound the ball and pass to the next person in line. Coaches must NOT rebound.
  - Competition goes for 2 minutes.
  - The team counts the number of made shots. Each shot counts for one point up to a maximum of 8.
- **Free Throws**
  - Players line up around the free throw lane.
  - The free throw line is moved in (approx. 3 feet closer - it is marked by a piece of tape).
  - Teams will use **one** ball.
  - The first player shoots. The other players rebound and pass to the next player. Coaches must NOT rebound.
  - The shooter must start behind the line. They may end over the line.
  - Competition goes for 3 minutes.
  - The team counts the number of made shots. Each shot counts for one point up to a maximum of 8.

## **SCOREKEEPING**

- **Each team must provide an adult score keeper.**
- Score sheets should be turned in to the CBA In House Coordinator within 5 minutes of the end of each game. **The Coach is responsible for checking the score sheet. Once turned in, the game score and stats are final.**

## **CHAMPIONSHIP DAY**

- The final gameday of the season will be Championship Day where the following games will take place:
  - 1<sup>st</sup> vs 2<sup>nd</sup>
  - 3<sup>rd</sup> vs 4<sup>th</sup>
  - 5<sup>th</sup> vs 6<sup>th</sup>
  - 7<sup>th</sup> vs 8<sup>th</sup>
- We will not have the halftime skills challenge on Championship Day. Only the points scored during the game will count toward your final score.