

NORTHWEST SUBURBAN BASKETBALL LEAGUE RULES

2008-2009 Season

Junior High (6th, 7th & 8th); Senior High (9th, 10th, 11th, 12th) Boys and Girls Brooklyn Center, Brooklyn Park, Champlin, Dayton, Fridley, Maple Grove, Osseo

Rules Apply to All Regular Season and All League Sponsored Tournaments.
“Official Minnesota High School Rules Will Apply in All Cases Unless Specifically Abridged
by the Following Rules Specific to Each League”.

There are some differences between Junior High and Senior High rules.

Where differences occur, the appropriate league will be called out
(e.g. Junior High will be listed as JR High and Senior High will be listed as SR High).

- 1. GAME LENGTH:** Games will be eight (8) periods. Each period will be JR High – 3 ½ minutes (SR High - 4 minutes), stop time in length. **A time limit applies to regular season games only of JR High - 70 minutes (SR High - 80 minutes).** There will be a halftime break following the 4th period of 2 to 4 minutes in duration, subject to referees' discretion. Coaches will have 30 seconds between all other periods to speak to their teams and have their next group of five players at the scorer's table ready for check-in. A minimum of three minutes will be allowed for pre-game warm up. If a team is leading by (20) points or more in the eighth period, then the period will be played running time until the difference in points is 10 or less. At this point it will revert back to stop time. If the starting time is 15 minutes past the scheduled starting time, periods can revert to JR High - 3 minutes (SR High – 3 1/2 minutes) at the referee's discretion. All games will begin in JR High - 70 minute (SR High 75 minute) intervals. **At the nearest dead ball to the 65 minute mark for JR. High and 75 minute mark for SR. High, the referee will advise the timekeeper and both coaches that the time will be running from that point forward and the game will terminate at the end of the then current period (of eight possible total). Only the referee's time keeping will matter in determining the 65 minute or 75 minute marks.**
- 2. OVERTIME:** If any regulation game ends in a tie and time permits per the rules above, there will be a one (1) minute rest period after which a two (2) minute overtime period is played. If there is no winner after this two (2) minute overtime period, and the game is still within the JR High - 65 minute (SR High - 75 minute) time limit, a second overtime period will be played. The second overtime period will be sudden death. All tournament games will play continuous two (2) minute overtime periods until a winner is determined. The time limit is waived for tournament games. A jump ball will be used to start all overtime periods.
- 3. FORFEIT:** If any team failing to have four (4) players and a coach or a designated **adult (Jr High - 18 or over; SR High - 21 and over)** as a substitute coach available within five (5) minutes after the scheduled starting time, the referee will declare the game forfeited. Team can play with 4 players.
- 4. EQUIPMENT:** All players must wear tennis shoes. Mouth guards are recommended. First Aid and Blood kits should be available at game sites. The **home team** will always wear the **light colored jerseys**; the **visitors** will wear the **dark colored jerseys**.
- 5. TIMEKEEPER/SCOREKEEPER:** The visiting team will be responsible for furnishing the official timekeeper who will be responsible for keeping the official game time. The home team will be responsible for furnishing the official scorekeeper who will keep the official score, fouls, time out statistics, player substitution and the alternating possession of teams. The timekeeper and scorekeeper must sit together at a designated area. **Coaches shall have team rosters completely filled out and recorded in the official scorebook prior to entering gym and at least ten (10) minutes before game time. Any unnecessary delays can result in a bench technical foul. Coaches are encouraged to use the same parent volunteer timekeeper/ scorekeepers.**
- 6. JUMP BALLS:** After the initial jump ball at the start of the game, all jump ball situations will be resolved using the alternate possession rule. A jump ball will be used to start all overtime periods.

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7. **TIME OUTS:** Two (2) 60 second time outs per half, per team. No carryovers. There will be one (1) 60 second time out during the first overtime period. No time outs during Sudden Death play.
8. **PLAYING TIME REQUIREMENTS:** It is expected of coaches to play their players equally during the game and not try to “manipulate” the rule to create an advantage for his/her team by playing the “star” players the entire game. Only players registered for your team can play during regular season and tournament games.

If it known before the start of the game that a player will not be played equally for disciplinary, illness or injury reasons, this must be discussed with the referees before the start of the game.

Participation: The number of periods for each player is listed on the bottom of the player participation form. Playing time per player is based on the number of players available to compete in each game. For example, on a team with eight players, each player would play in five of the eight periods. The coach, at their discretion, will decide who plays in which period. The scorekeeper will record the periods of play for each player so that no player exceeds his or her maximum amount of playing time. With nine players, the coach would play four players in five periods and five players in four periods. Each coach will decide which players on his or her team get the “extra” period.

A chart is provided that allows each coach to draw up a playing rotation in advance of the game. The same chart will be at the scorer’s table for use in recording the periods of participation for each player.

The participation rule is designed to allow the coach maximum flexibility to determine line ups while insuring participants as close to equal playing time as possible. The scorekeepers at each court will record player numbers who participate in each of the eight periods.

Once a player is on the court the coach may not substitute during that period, with these exceptions:

- **Player injury**
- **Blood rule**
- **Player is called for their third or fourth foul in any of the first four periods. If removed during a period or missing a period in the first half (first four periods) due to this exception, the player must play equally in the second half (unless the next bullet point exception applies).**
- **Player is called for their fourth foul in the fifth or sixth periods. This player must start the seventh or eighth period and may not be substituted from that period on, except for the first two points of this exception.**

NOTE: coaches, at their discretion, may choose to leave a player on the court that is in serious foul trouble.

During these situations, a coach may use almost any player on the bench as a substitute, but is encouraged to use a player of “comparable ability,” subject to the referee’s discretion. Sportsmanship should be your guide, not winning! The playing time of the sub will not be recorded against their normal rotation.

The player removed because of the blood rule should return as soon as they are able. Coaches may not modify their normal playing rotation to “make up” for the removed player’s “lost time.” No other substitutions are allowed.

Coaches who are found to be attempting to violate this rule, or the spirit of this rule, will **FORFEIT** the game (before the game is finalized by the referees) and have the incident reported to leagues officials.

9. **PRESSING:** The person-to-person or zone press is allowed until a team has a twenty (20) point lead. Once a team has a twenty (20) point lead, the players must not press. If the press is used with a twenty (20) point lead, a warning will be issued to the bench. **The referee will ensure the warning is recorded in the official scorebook.** A second offense will result in a technical foul.

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10. **FOUL RULES:** High school league rules apply, except as noted below:
- a. Teams will begin shooting one (1) and one (1) foul shots when the opposing team has committed its seventh (7) team foul each half. Teams will begin shooting two (2) foul shots when the opposing team has committed its tenth (10) team foul each half.
 - b. Players will foul out of the game when they commit their fifth (5) foul.
 - c. If a team is short players, the last person (fifth player) fouling out will remain in the game. Every foul he/she commits from that point on will result in two (2) free throws plus the ball out of bounds at mid-court. Players that fouled out earlier in the game may not re-enter the game.
 - d. Technical fouls count as a personal foul against a player. All technical fouls will be non-shooting fouls. However, the points will automatically be awarded: two (2) points for a player technical foul, two (2) points for a bench technical foul, two (2) points for a team technical foul, and two (2) points for a "flagrant" foul. Flagrant foul = player ejection. All technical fouls will result in the opposing team throwing in ball at mid-court. **Intentional fouls can be Technical Fouls, depending on severity of the foul.** Free throws will be administered for Intentional Fouls (2 shots and the ball out of bounds) for fouls that are not Technical Fouls.
 - e. Game disqualification – Any player, coach, or fan can be ejected from a game. **COACHES ARE HELD FULLY RESPONSIBLE FOR THEIR PLAYERS AND FANS.** Referees are in charge any time they are in the school.
 - I. **Coaches will receive one warning to gain control of themselves, bench personnel, player(s) or fan(s). After that warning, they will be assessed one technical foul. One technical foul assigned to a coach (ONLY for the unsportsmanlike reasons stated above) will result in immediate game ejection for that coach and he/she is required to leave the gym. If the team did not have an established adult assistant coach on the bench at the start of the game, the game will be forfeited by that team at that point in time and the game ended. A referee MAY elect to eject only the fan that cannot be controlled by a coach or any designated fans with a coach.**
 - II. **First offense** – Upon receiving a game disqualification (2 technical fouls in one game, flagrant foul, etc. for a player), a player or coach will be ejected from that game and be removed from the gym. The player or coach will be suspended for one additional game, which will be the next game after an investigation is completed. The coach or player cannot be on the bench.
 - III. **Second offense** – Upon receiving a game disqualification (2 technical fouls in one game, flagrant foul, etc. for a player), a player or coach will be ejected from that game and be removed from the gym. The player or coach will be suspended for two additional games, which will be the next games after an investigation is completed. The coach or player cannot be on the bench.
 - IV. **Third offense** – Upon receiving a game disqualification (2 technical fouls in one game, flagrant foul, etc. for a player), a player or coach will be ejected from that game and be removed from the gym. The player or coach will be suspended for three additional games, which will be the next games after an investigation is completed. The coach or player cannot be on the bench.
 - V. **Fourth offense** – Upon receiving a game disqualification (2 technical fouls in one game, flagrant foul, etc. for a player), a player or coach will be ejected from that game and be removed from the gym. The player or coach will be suspended for the rest of the season. The coach or player cannot be on the bench.

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If an investigation into an incident or technical foul is desired, a \$50 cash fee it to be sent to your league representative with a complete explanation of the events, including gym, date, time, opposing team name or identifier, player numbers (fan or coach names) involved. The referee's names are NOT required, as the league has their information and they are not permitted to provide such data. The NWSL Referee Coordinator will consider the incident and refer the matter to the NWSL Commissioners, ONLY if he deems it necessary. The fee is non-refundable and the Referee Coordinator's decision is final in all instances.

11. NEW PLAYERS:

JR High - Players, who have quit or have otherwise been removed from a traveling team, may join a house league team prior to December 31. The player addition must be approved by the Northwest Suburban Basketball League Board of Directors. **Only players registered for your team can play during regular season and tournament games.**

SR High - No players can be added after the first game, unless approved by the Northwest Suburban Basketball League Board of Directors. **Only players registered for your team can play during regular season and tournament games.**

12. REPORTING SCORES: Each coach is responsible for reporting game scores (regardless of the result, win or lose) to the designated community coordinator within 24 hours after the game. Records without using the last regular season game will be used to establish end of season tournament seeding.

13. REFEREES: JR High - All communities must provide either adult or college age referees. SR High - OMGBA will coordinate the Senior League Referees using referees from all communities. The game must not be played if two (2) qualified referees are not present at game time unless the coaches agree to play. The home team league commissioner will be responsible for rescheduling the game if necessary.

14. 3-POINT SHOT: The 3-point shot will only be used when the gym is so marked for this shot.

15. GAME PROTESTS: Protest must be lodged with the referee prior to the end of the game and filed with your community league representative within 24 hours after the end of the game.

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Player Participation Form

TEAM NAME _____

DATE _____

PLAYERS NAME	#	1	2	3	4	5	6	7	8	Total
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										

Number of Players

5 PLAYERS	5 PLAY 8 PERIODS	N/A
6	4 PLAY 7 PERIODS	2 PLAY 6 PERIODS
7	5 PLAY 6 PERIODS	2 PLAY 5 PERIODS
8	8 PLAY 5 PERIODS	N/A
9	4 PLAY 5 PERIODS	5 PLAY 4 PERIODS
10	10 PLAY 4 PERIODS	N/A
11	7 PLAY 4 PERIODS	4 PLAY 3 PERIODS
12	4 PLAY 4 PERIODS	8 PLAY 3 PERIODS
13	1 PLAY 4 PERIODS	12 PLAY 3 PERIODS