

Coastal Canyon League

Basketball Rules

TIMING AND SCORING:

1. Games shall consist of four 10 minutes quarters. The first three quarters shall have a running clock, except for time outs called by a team or an official. The clock shall be stopped in the fourth quarter for all fouls shots, time outs, and at every referee whistle during the last 2 minutes of that quarter (regulation clock).
2. There shall be 2 minutes between quarters and a 5-minute half time period.
3. Overtime periods shall be 2 minutes with the regulation clock.
4. Each team is permitted four time outs (60 seconds each) during the game, all of which carry over into an overtime. One extra time out per team shall be added in the event of an overtime period.
5. The home team shall provide for official scoring and game clock services at a score table. A scoreboard is required for each team to see the score.

PLAYERS AND SUBSTITUTES:

1. Substitutes can be unlimited; however, they must first check in at the score table and signaled by the referee.
2. All players shall have matching numbered uniforms with no number duplicated to play in the game.

STARTING THE GAME:

1. Before each game, each coach shall provide a team roster for the official score book.
2. The captian(s) of each team shall visit with the official referees.
3. There is a ten-minute grace period starting at the agreed starting time of the game, after which the late team has forfeited (unless a telephone call has been indicated).
4. The game will start with a jump ball. During the game, tied up balls will utilize an alternating possession arrow for the score table or score board.

FOUL SHOTS:

1. A one and one foul shot situation (free throws) is awarded for all non-shooting fouls at the seventh tame foul of a half.
2. The shooter may enter the lane after the ball contacts the rim, while others may enter the lane after the release of the ball. Foul shoot line will vary – 6th grade boys/girls will be at 15 feet; 5th grade boys may jump over the line at 15 feet; all other divisions will use the 12-foot line.
3. The defensive team shall have the lane position closest to the basket and offensive team has the second position. The defensive team receives the third position.
4. 4th grade boy's 12-foot line and fourth and 5th grade girls 12 foot free throws.

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FULL COURT PRESS:

1. There shall not be a full court press allowed until the last 2 minutes of the game, provided there is a 10-point or less difference in the scores.
2. Once possession has been established, the opposing team may not defend the ball until it crosses the half court line. There will be an initial warning given by the referee for any violation and technical foul shoots shall be awarded thereafter.

OTHER REGULATIONS:

1. The 3-second rule, in the lane of an offensive player is in effect.
2. The 5-second rule for an inbound pass is in effect.
3. The 10-second rule for an offensive player to get the ball past the half court is in effect.
4. The referee shall whistle all violations of improper ball handling.
5. 3-point shots shall be permitted where a facility has the 3-point shooting arc.

PLAYING FACILITY AND EQUIPMENT:

1. The ball shall be 28.5 intermediate sizes for all divisions.
2. Court sizes may vary and all members of the league must agree flexibility.
3. All basket heights shall be 10 feet, except for 4th grade girls at 9 feet.
4. Spectators shall be seated at a safe proximity from the game court.