

2024-2025

Alabaster/Calera/Helena/Montevallo/Pelham

**Basketball
Rules and Regulations**

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SECTION 1- OFFICIAL RULE BOOK

The AHSAA Basketball Rule Book shall be the official rules for our Youth Basketball games with the exception(s) of the following supplemental rules:

1.1 SAFETY FIRST - The safety and well being of our players is always our main concern. Referees may stop games at any time to investigate the condition of a player who may be hurt and shall resume play as soon as reasonable. Coaches on the court for injuries are not required to remove the player. The player may remain in the game at the discretion of his coach and the referee. The player's safety is the determining factor.

1.2 FORFEIT TIME is ten (10) minutes after scheduled game time. If requested, referees are required to remain at game site and work an organized practice game or controlled scrimmage, allowing adequate time to start the following game on schedule.

1.3 PRE-GAME CONFERENCE - Coaches and referees shall meet prior to tip-off.

1.4 COACHES MUST SIT RULE- All coaches shall remain seated on their team bench during the contest. Coaches are permitted to stand temporarily to cheer a play or instruct players but must then return to their seat. The head coach is responsible for all conduct of the team, the bench and the spectators. Excellent sportsmanship is required.

1.5 Coach Ejection Rule- The following penalties will be enforced to all Coaches who are ejected from any league game.

1st Ejection- Coach must sit out at least a half, but can be extended by his/her park or by the league.

2nd Ejection- Coach must sit out at least one game, but can be extended by his/her park or by the league.

3rd Ejection- Coach is done for at least the season, but can be extended by his/her park or by the league

SECTION 2 - LENGTH OF PLAYING PERIODS

2.1 All age groups will play four (4)—8 minute running clock periods. ADOPTED 9-1-2023

2.2 There will be one (1) minute allowed between periods.

SECTION 3 – CLOCK

The clock will stop for free throws, injuries and timeouts only except for the last two minutes of the second quarter and the last two minutes of the fourth quarter. ADOPTED 9-1-2023

- 3rd and 4th Grade divisions- a 15 point lead at Halftime or in the second half and the clock will run constantly for the remainder of the game except for injuries and timeouts.
- 5th and 6th Grade divisions- a 20 point lead at Halftime or in the second half and the clock will run constantly for the remainder of the game except for injuries and timeouts

SECTION 4 - HALF TIME

The 1st and 2nd periods shall constitute the 1st half. The 3rd, 4th, and overtime periods shall constitute the 2nd half. Half time shall be five (5) minutes in duration for all divisions.

SECTION 5 - OVERTIME

Overtime periods shall be two (2) minutes in duration. A regulation game clock will be used for the overtime period. Additional overtime periods shall be one (1) minute with a

regulation clock. Teams are limited to one time-out in each overtime period.

SECTION 6 - TIME-OUTS

Time-outs will be 45 seconds in duration. Each team will be allowed two (2) timeouts in each half and one (1) for each overtime period. Unused time-outs cannot be carried over to the second half or into overtime. They must be used or they will be lost.

SECTION 7 - FREE THROW BONUS

Penalty free throws will be shot on the 5th team foul of each quarter. Free throws will be a 2-shot bonus situation until the start of the next quarter. See section 8.1 for free throw rules with 4 remaining players. ADOPTED 9-1-2023

SECTION 8 – Player Rules

8.1 A team must start a game with 4 players. If an injury occurs to a player and that player cannot continue, the team can finish the game with 3 players. If a player fouls out with 4 players remaining, he will stay in the game and the penalty will be a 2 shot free throw on the 6th foul and each additional foul that player commits, and the ball will remain in possession of the team shooting the free throws.

LATE PLAYERS - If a player arrives late to the game, that player's participation begins at the start of the next full period.

8.2 SICKNESS, INJURY, OR HEALTH PROBLEMS - A player temporarily removed from a game for injury or health reasons may re-enter at the discretion of the coach and the referee. If there is blood, the player will be removed from the game until the bleeding stops and the wound bandaged. A uniform saturated with blood must be changed for a blood-free uniform.

8.3 FOUL OUTS AND EJECTIONS – A player will foul out after that individual player has committed 5 fouls. Players may be ejected for fighting or other violations deemed inappropriate by the referee.

8.4 DISCIPLINE - If a player misses consecutive practices without an excuse, the coach will notify the player's parents. If this continues, the coach may notify the Park and Recreation Director and the player may not be eligible to play the next scheduled game. The local board of directors must approve this.

SECTION 9: Miscellaneous Rules

9.1- Basketball Size- 3rd, 4th and 5th grades will use a 28.5-inch ball. The 6th grade will use a standard size basketball (29.5”).

9.2 Scorer’s Table- The home Park will supply scoreboard and bookkeepers for all games at their facilities.

9.3 Cleaning of the facility- All Parks will clean the facility before the first game and either between games or after the second games.

9.4 3rd Grade Division- 3rd grade teams will shoot free throws at the first hash mark from the free throw line. 3rd grade teams will line up for free throws beginning at the 2nd block under the goal. **A FULL COURT PRESS WILL NOT BE ALLOWED IN THE 3RD GRADE DIVISION. A HALF-COURT PRESS WILL BE ALLOWED IN THE 3RD GRADE DIVISION**

9.5 Borrowing Players-**A player may be pulled up from a division or across a division to fill the original number of players on the roster. The maximum allowed to be pulled up or across is 2 per game. Example: Team A has 7 players on the original roster. 3 players become ill leaving Team A with 4 players. Team A can play with 4 players or pull up or across a maximum of 2 additional players for a total of 6 players. Pulling up or across can only take place if you have less than 5 original players available for the game. You must play with 5 players if you have 5 players available from your original roster without the option of pulling players up or across. The player pulled up or across can only play for each team 1 time during the season.**

9.6 Press Rule- Pressing is allowed in 4th, 5th and 6th Grades only.

- 4th Grade divisions- teams can press until they have a 15 point lead or greater. Once they have a 15 point lead or greater they cannot press anymore that game unless the lead gets down to 10 points.
- 5th and 6th Grade divisions- teams can press until they have a 20 point lead or greater. Once they have a 20 point lead or greater they cannot press anymore that game unless the lead gets down to 10 points.

9.7 Player Registration- A player who registers after the deadline will be placed on the team that is decided on by the basketball board.

9.8 Jersey Color-Home jerseys are the lighter color and Visitor's jerseys are the dark color.

9.9- End of the Season Tournament- A single elimination tournament will be held at the end of the regular season. Each team will be seeded according to their win/loss record. Due to the number of teams in the league, in some seasons we are unable to have all teams in a division play each other during the regular season. Because of this issue if teams are tied and all teams tied did not play each other, then a coin flip or drawing of lots will determine the seeding of the teams with equivalent records at the end of the regular season.