

UDJAA INTRAMURAL BASKETBALL RULES & REGULATIONS

Length of Game

- Eight minute quarters (except grades 2-3, which are nine minute quarters)

Forfeits

- Teams must have five players to start a game. If after five minutes from the scheduled starting time a team does not have at least five players, they forfeit the game.

Clock Stoppage

- **Grades 2-3:** Running clock except clock will stop for foul shots.
- **Grades 4-12:** Clock will stop on every whistle in the last minute of the 1st, 2nd and 3rd quarters and the last two minutes of the 4th quarter. The clock will stop for an injury, technical foul shots, or when a player fouls out. In overtime, the clock will stop on every whistle.
- **Grades 6-12:** In addition to above, the clock will stop on all shooting fouls in the 4th quarter.

Mercy Rules

- **Grades 4-12:** If, in the second half of a game, a team takes a lead of 25 or more points, the clock will not stop except on time outs, injuries, or replacement of a player who fouled out. Once the 25 point lead is established, the clock will continue to run even if the score difference drops below 25 points.

Jump Ball

- Jump ball will start all games and overtime periods.

Possession Change

- Possession will alternate between teams on each held ball and the start of each period, except the first period and all overtime periods. The team that does not get possession of a jump ball will receive the following possession.

Tie Games

- If the game ends in a tie, one 3-minute overtime period will be played. If a tie still exists, a second 3-minute overtime period will be played.
- If a tie exists after the second OT, there will be a free throw shootout to determine the winner. Each team will select three free throw shooters. Teams will alternate shots. The team that makes the most free throws out of the three shots will be the winner. If there is a tie, each team will send out a new shooter until the tie is broken.
- The free throw shootout only applies during regular season games. For playoffs, games will use as many 3-minute overtime periods as necessary to determine a winner.
- Team fouls and remaining time outs carry over into overtime periods plus each team received one additional timeout during each overtime period.
- Clock will stop on each whistle in overtime.

Coaches Clearances

- All coaches and parents that are coaching or assisting at games and practices **MUST** have proper child protection clearances. **NO EXCEPTIONS.**
- Each team is permitted to have only two coaches on the bench/sideline during games.
- PIAA rules allow only one coach per team to stand. Other coaches must be seated at all times. Standing rule applies to Grades 6-12.
- Penalty: Referee may call technical foul.

Foul Shots

- One-and-one free throws are awarded beginning with the 7th team foul per half and continuing with each foul thereafter up to 10 fouls per half.
- After 10 fouls in a half, there will be two free throws awarded.
- All offensive fouls are considered team and individual fouls.
- Only six players may take positions along the lane during free throws (4 defensive & 2 offensive).

Disqualification

- A player is disqualified on the 5th personal foul, but only if they have played two full quarters.
- If they have not played two full quarters, each succeeding foul on the player will result in a technical foul and the opposing team will receive two foul shots & possession. Once that player has played their two full quarters, they are disqualified for the rest of the game.
- If a team does not have a player that is eligible under the participation rules, that team will be required to play with less than five players.

Three Point Shots

- **Grades 6-12:** Permitted if the court is lined for a 3-point shot.

Player Participation: Minimum

- Every player must play a minimum of two full quarters.
- All players must play at least one quarter in the first half and one quarter in the second half. However, if you play full quarters 1 & 2, you need only play the first four minutes of the fourth quarter.
- The only other exception is noted in the "Late Arrival" section.

Player Participation: 2/3/4 Quarter Rule

- No player may play two quarters until all players on the same team have played or are playing in their first full quarter.
- No player may play three quarters until all players on the same team have played or are playing in their second full quarter.
- No player may play four quarters until all players on the same team have played or are playing in their third full quarter.

Scorekeeper and Coach Responsibility

- Scorekeepers will record the quarters played by each player but, ultimately, it is the coach's responsibility to make sure everyone has played in accordance with the participation rules.

Violations of Player Participation Rules

- Coaches are responsible for observing all player participation rules.
- If a violation is detected during a game, it must be corrected immediately and the team will be assessed a technical foul. The opposing team will receive two free throws and possession.

- Coaches found violating player participation rules will be given one warning. A second violation will result in a forfeit and the offending coach will be suspended for the next game. If the coach continues to violate the rules, they will be removed from coaching.
- It is mathematically impossible for a team with seven players to have a player playing four quarters or any part of a 4th quarter.

Overtime

- Any players who have not been disqualified during the game may play in overtime regardless of previous participation. The participation rules do not apply to any overtime periods.

6 Player Rule

- If a team has only six players at the start of the game, the teams' two best players will not be permitted to play more than three quarters.
- "Best player" determination will be made by the league commissioner and a list will be provided prior to the first game. This list may be adjusted during the season.
- **This rule applies only if both teams have six or more players.**

8 vs 9 Player Rule (Grades 8-12): Playoffs Only

- This rule applies to playoff games only when one team has 8 players at the start of the game and the other team has 9 players at the start of the game.
- Prior to the start of a playoff games, the League Commissioner will solely determine the top 4 players on each team and designate them as such to the league coaches. This may be a combination of factors and not scoring alone.
- If any of the top 4 players on the team with 8 players are missing at the start of the game, this rule will not apply for that game.
- If the team with 8 players is playing a team with 9 players at the start of the game, and the 8 player team is missing a player not designated as a "top 4" player, then that team can only play any 2 of its top 4 players three quarters. The remaining quarters will be made up of its other players (5-9) in conjunction with our player participation rules. (For example, no player can play in their 4th quarter before all players have played or are playing in their third quarter; no substitutions in the first three quarters — just to name two.)

10 Player Rule

- If only one of the two teams playing has 10 players at the start of the game, then the team having less than 10 players can not play their two best players more than two quarters (see "6 Main Rule" above for "Best Player" determination).

Consecutive Quarter Rule

- A player may sit for two consecutive quarters if the participation rules are otherwise being observed (i.e. player plays the 1st and 4th quarters).
- All players must play at least one quarter in the first half and one quarter in the second half. Only exceptions are late arrivals or early departures as detailed below.

Late Arrivals and Early Departures

- If a player arrives before the start of the third period, that player will play the entire second half (superseding the participation rules).
- If a player must leave the game at halftime, that player must play the entire first half.
- If a player arrives after the start of the third quarter, that player may not participate in that game.

Asthma

- Players with asthma are permitted to meet the participation rule by playing in non-consecutive periods and should not exceed a total of 16 minutes.
- Asthma conditions must be brought to the attention of all coaches, scorekeepers and referees prior to the start of the game.
- Scorekeepers will track playing time for players with asthma.

Time Outs & Substitutions

- Two 60-second timeouts and two 30-second timeouts per regulation game.
- One additional 60-second timeout per overtime period. Timeouts remaining at the end of regulation may be carried over to overtime period(s).
- There are NO substitutions in the first three periods unless it is due to an injury/asthma substitution. All substitutions must follow player participation rules.
- **Grades 4-7:** An official timeout will be called around the 4 minute mark of the 4th quarter to allow for player substitutions.
- **Grades 6-7:** Substitution in the 4th quarter is permissible but a timeout will be charged to a team substituting anytime during the 4th quarter except for the official timeout at 4 minutes, and in the last two minutes of play during a clock stoppage. A coach or player on the court may call a timeout.
- **Grades 8-12:** Coach's option to substitute any time during the 4th quarter on a dead ball.

Injury Substitution

- Coaches will be allowed on the court to evaluate the player without penalty.
- If the player is removed due to injury during the first three quarters, the player may return on the next whistle. If not, the player may not return in that quarter.
- The two best players, as designated by the Commissioner, may not enter as a substitute for an injured player unless there are no other subs available.
- A player who plays 4 or more minutes in a quarter is considered as having played a full quarter.
- The substitute replacing an injured player will not be charged for the quarter.
- If an injury occurs during the 4th quarter, no player who has played three periods can play before a player who has played only two periods.
- If there is less than 4 minutes left in a quarter and an injury substitution is made, it can not be one of your two players designated under the 6 man rule unless they are your only available subs.

Match-ups

Defense (Grades 2-3 & 4-5) and Pressing

- **Grades 2-5:** At the start of each quarter, coaches may request a *brief* match up of teams to insure that players know whom they are guarding.
- **Grades 2-3:** Man-to-man only. No pressing. Double teaming allowed in lane.
- **Grades 4-5:** Man-to-man only. Defenders must stand within three feet of the person they are guarding. Switches are allowed during a possession but defender must switch back as soon as possible (or next possession). No double teaming allowed except in the lane. Each team will get two "double team" warnings. On the third warning, a technical foul will be called with the offensive team getting two free throws and possession.

- **PRESSING:** Defense can not pick up an offensive player in the back court until the last 4 minutes of the 4th quarter provided the defense is not up more than 10 points at the time they are pressing. The trailing team can press any time within the last 4 minutes of the 4th quarter. “Pressing” does not mean “double teaming,” which is only allowed inside the lane. Pressing rules also apply in overtime but only the last one minute of any OT period.

Defense (Grades 6-12) & Pressing

- **Grades 6-7:** No restrictions on defense. The defensive team can not pick up a man until the offensive player reaches half court. Pressing will be allowed in the last 4 minutes of the 4th quarter unless a team is leading by 15 points or more. The trailing team can always press during this time. Pressing is also allowed during the entire overtime period and sudden death.
- **Grades 8-12:** Pressing is allowed throughout the game unless a team is leading by 15 points or more. The trailing team can press during this time.

Offense

- **Grades 2-5:** Any type of isolation or 4 corners type of offense is prohibited.
- **Grades 4-5:** Ten-second count will apply. Once over, the offense’s front court is extended back to the opponent’s foul line extended and the offense can go back to that line without penalty. The defense may also go back to defend.

Miscellaneous Regulations & Requirements

UDSD Gym Rules

- UDJAA is a guest of Upper Dublin School District, therefore:
 - No food or drink in any school. Only water is allowed. Player water bottles are acceptable (no Gatorade or other non-water drink is allowed in the gyms).
 - No wheeled shoes, skateboards, bikes, etc., are permitted in the schools.
 - No fundraising activities are permitted in any school during UDJAA events.
 - Improper use of fire alarms will result in suspension and/or prosecution.
 - Only UDJAA-supplied basketballs may be in the gym on game day.
 - No pets allowed in any UDSD facility.

Jewelry

- **No jewelry permitted while on court during practices and games.**

Hall Monitors

- Hall monitors must be in place at the start of and during the entire game. Spectators, siblings, etc., are not permitted to roam the hallways at any time.

Time Out Conduct

- No spectators, siblings, etc., are permitted on the court at any time.

Cancellations

- If school is cancelled or dismissed early due to snow, practice is cancelled. If there is snow on a game day, check the website for updates.

Ratings Forms

- All ratings forms must be returned to the League Commissioner prior to the last regular season game. If the rating form is not returned by then, the coach and team will forfeit the last regular season game and all playoff games.

Trading Players

- Not permitted at any time for any reason.

Player Disqualification

- Any player ejected for any reason, or is assessed a flagrant foul, will receive an automatic one-game suspension. This applied to any time before, during or after the game anywhere on school property. A second occurrence is automatic removal from the league.

Coaches, Commissioners & Hall Monitors

- Coaches, commissioners and hall monitors are responsible for the behavior of all spectators, parents and players during games while on UDSB property.

Player Registration Forms

- Coaches are required to carry player registration forms to be available in case of injury.

Coach Conduct

- Conduct by coaches is expected to set a good example for all. Respect for referees is required at all times. Coaches arguing excessively is subject to: first incident, a warning; second incident, a one-game suspension.

Coach & Parent Disqualification

- Any coach ejected from a game by the officials will be suspended for one game.
- If a coach, player or parent is ejected from a game, there will be an official time out called during which that person must leave the building. If they refuse, the game will be called and forfeited by the team associated with the person being ejected.

Coach & Referee Pre-Game Conference

- Coaches and referees shall confer prior to the start of each game to review the rules and general conduct of the game.

Coach Support

- All coaches are encouraged to contact their league commissioner if any assistance is needed in order to enforce the rules and regulations.