

ROCKVILLE CENTRE BASKETBALL LEAGUE

PHILOSOPHY, PLAYING RULES, & REGULATIONS

Revised: September 2013

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PHILOSOPHY

The RVCBL philosophy is to provide an opportunity for players of all skill levels to participate in a formal, organized league with guaranteed playing time. The focus is on teaching basketball fundamentals, teaching concepts of team play, teaching good sportsmanship and letting the players have fun.

PLAYING RULES AND REGULATIONS

The playing rules of the ROCKVILLE CENTRE BASKETBALL LEAGUE shall be the same as those contained in the current BASKETBALL RULES BOOK published by the National Federation of High School (NFHS) Association. The attached guidelines cover exceptions to the NFHS rules.

The hierarchy of rule applications regarding player qualification for time is as follows:

1. RULE I. D2 – EQUALITY OF PLAY
2. RULE I. B1 – PLAYER/PERIOD GUIDELINES
3. RULE I. D1 – ABOVE/BELOW GUIDELINES
4. RULE I, D4 – EARLY DEPARTURES
5. RULE I, C2 – INJURED PLAYER
6. RULE II, B1 – FOULING OUT – NO SUBSTITUTES AVAILABLE
7. RULE II, D1 – SCORING OUT – NO SUBSTITUTES AVAILABLE

Any situation having merit, but not covered in these rules, should be reported to the Division Commissioner. Regarding playing qualification issues arising in a game situation, but not covered in the rules, follow this guideline, ***“When in doubt, play down.”***

RULE I – PLAYER’S ELIGIBILITY AND SUBSTITUTIONS

a. MINIMUM PLAYERS AND NO DELAY RULE

A team must have a minimum of 5 players present, in uniform and able to play, in order to start the game. Teams unable to field five players after a 5 minute grace period shall forfeit. Teams who have players that lose player eligibility due to injury or early departure after the start of the game, may play with less than 5 players. As a general rule, a team with a full team or more players will not be penalized.

b. PLAYER/PERIOD GUIDELINE

1. The number of players present shall determine how many periods are to be played by each player.
Total periods will equal 20!

Number of Players	Periods Each Play
10	10 play 2 periods
9	7 play 2 periods and 2 play 3 periods
8	4 play 2 periods and 4 play 3 periods
7	1 plays 2 periods and 6 play 3 periods
6	4 play 3 periods & 2 play 4 periods

If a team only has 9 players on its roster, the eighth and ninth player shall play the extra periods. The head commissioner and the head coach can decide to rotate the extra periods played from the 4th player to the 9th players.

2. RATING BY RANKING EFFORT

The COMMISSIONER of each division shall maintain a current rating of each player (by team) throughout the season. It is the duty of each coach to submit his or her team ranking as follows:

- a) 1st rating due at the start of first official game.
- b) 2nd rating (revised schedule) due at the start of the fourth game.
- c) 3rd rating (Final) due at the start of the second half of season.

If a dispute on ranking occurs, the commissioner's ranking will supersede that of the coach.

c. SUBSTITUTIONS

1. **ACCEPTABLE REASONS FOR SUBSTITUTION**

Substitutions can only be made for a player who has (a) been injured, (b) scored out, (c) fouled out. If any of these situations occur, the substitute shall be the next lower available player (per rating). If the tenth player fouls out and the 8th and 9th players are not present or not eligible, the tenth player remains in the game, and the rules in Section II B (Fouling Out), apply.

2. **INJURED PLAYER**

Should a player be unable to complete his/her playing period, he/she shall be charged for playing that period. If a player is injured, the next lowest ranked player available for play should substitute. If the injured player is fit to return, he/she can. If the injury occurs early in the period, the commissioner present will have the discretion as to who the period will be charged to.

d. SPECIAL SITUATIONS AFFECTING PLAYING TIME

1. **PLAYING WITH LESS THAN 10**

In the event a team does not have its full complement of 10 players, the players immediately above and immediately below the missing player in the team's rankings shall play the extra periods. When multiple players are missing, the above/below method for determining the players who play extra periods shall be used in conjunction with the rule set forth in B.1. above. For example:

- If a team is missing Players 4 and 9, players 3, 5, 8 and 10 -play 3 periods and all other players 2 periods.
- If players 4 and 5 are absent, players 2,3,6 and 7 play an extra period.
- If players 2 and 3 are absent, players 1,4,5,6 play an extra period.
- If players 2,3 and 4 are absent, players 1,5,6,7,8,9 play an extra period.
- If player 1 is absent, players 2 and 3 play an extra period.
- If players 1 and 2 are absent, players 3,4,5,6 play an extra period, but refer to the equality of play rule below.

2. **EQUALITY OF PLAY**

The only exception to the rule in D.1. above is when the application of the rule results in the total number of quarters played by players ranked 1, 2, and 3 for each team present would be different by more than 1 played quarter. At that point the equality of play rule will be applied.

Before the "Equality of Play" rule is applied, if Team A has player 1,2,3 present and players 4 and 5 are absent and Team B has all players present, players 2,3,6 and 7 of Team A would play 3 periods. Team A would have 8 periods from the first 3 players compared to 6 periods for Team B. With the application of the rule, the highest rank player, playing in excess of the minimum number of periods would play one less period (player 2), and the highest rank player available to play an extra period would play the extra period (player 8). Therefore, players 3,6,7,8 would play the extra periods; and the difference in periods played by the first three players of Team A (7) compared to the first three players (of Team B(6)), would be one. In general, the team fielding a complete team or more players will not be penalized. This rule will be applied to reduce the difference in periods played by the first three players of each team to as close to one as possible. As noted on page 1 the application of this rule supercedes the 'PLAYER PERIOD GUIDELINE' in section B-1. If the application of the above rules does not achieve equality of play, then under some circumstances a player can play 4 periods while another may play only 2, in order to gain near equality of the top three players.

3. LATE ARRIVERS

If a player arrives after the start of the first quarter, he/she must play 2 full periods. If a player arrives after the start of the second quarter, he/she must play 1 full period. A coach, at his/her option, may permit a late-arriving player to play more than these minimum amounts, after ensuring all players present will play the minimum number of periods. If the arrival of a tardy player prevents another player from playing the minimum number of periods, the late arriving player cannot play.

4. EARLY DEPARTURE

If a player must leave before he/she completes his/her scheduled periods of play due to another commitment (i.e. other games, family events, etc.), the above and below rule will be waived. Additional periods of play must be provided by the next lower available player(s).

5. UNSPORTSMANLIKE CONDUCT/INSUBORDINATION

Any coach has the right to remove or sit a player for excessive unsportsmanlike conduct or insubordination. If this were to occur the player who replaces him/her must be a **lower ranked player**. (The coach will be expected to provide a complete explanation of the circumstances to his head commissioner for review.)

6. MAJOR BOYS

Except in the case of injury, any player in the Major boy division who does not attend at least 50% of his team's games during the regular season will be ineligible for the play-offs.

RULE II. FOULS AND PENALTIES

a. TECHNICALS

a. TECHNICALS

Technical fouls also count as a personal foul and a team foul. A player shall be ejected from the game after receiving a 2nd technical foul, a flagrant foul or for fighting. This player may remain in the bench area depending on the situation. (supervision etc.)

When a coach is ejected from the game they shall be removed from the bench area immediately. The coach in no way shall have anything to do with running of his/her team after he/she has been removed from the bench. In the event of the removal of a coach, and the absence of an assistant coach to run the team, the COMMISSIONER present will have the right to designate an interim coach for the balance of the game.

Note: Any player or coach ejected for unsportsmanlike conduct, a flagrant foul or fighting shall receive an automatic one game suspension. Any player or coach receiving a 2nd ejection in the same season for any of the above reasons will be suspended from the league until a hearing is held by the discipline committee. The discipline committee will make a recommendation to the RVCBL Executive Board. Further participation in the league will be decided by the RVCBL Executive Board on a case by case basis. The discipline committee will be comprised of the President and three other board members selected by the President.

b. FOULING OUT

If a player commits his/her fifth personal foul before he/she has played his/her required two periods, he/she shall remain in the game until those two required periods are completed. In the event that the player fouling out has already exceeded that minimum requirement, he/she shall immediately be removed from the game and replaced by a substitute. If any player commits any more personal fouls after his/her fifth, but has remained in the game because he/she has yet to play their two periods, his/her team shall be charged with an automatic technical foul (2 shots & possession) in addition to the usual personal foul penalty. Players who have fouled out are ineligible for overtime play. If a referee or commissioner feels that a player is violating the spirit of the rule, he/she can disqualify a player after the fifth foul.

1. **FOULING OUT - NO SUBSTITUTES AVAILABLE**

If a player commits his/her fifth personal foul and the team has no other players present or eligible to play, the player shall remain in the game, but his/her team shall be charged with an automatic technical foul (2 shots and possession) in addition to the usual foul penalty when that player commits additional fouls. Other players on the bench who have fouled out or scored out earlier in the game are ineligible to substitute for the last fouled out player. **PLAYERS CAN SCORE IN A FIVE FOUL SITUATION.**

c. REPORTING

Both teams MUST report to the scorers' table at the same time at the start of each quarter. If a team does not adhere to this rule, a warning will be given to the coach by the REFEREE or COMMISSIONER. After one warning, if this situation continues at the start of the second period, then that team will be charged with a time out. A technical foul will be charged if this situation continues at the start of the third period and fourth period, together with time outs.

RULE III. SCORING AND TIMING

	DIVISION	GRADES	MAX FIELD GOALS	LENGTH OF PERIOD	OVERTIME PERIOD
A.1.	Sophomore	Boys & Girls 4th & 5th	8	7 minutes	2 minute
B	Junior	Boys & Girls 6th & 7th	10	7 minutes	2 minute
B.1.	Senior	Boys and Girls 8th	10	8 minutes	3 minute
C	Majors	Boys & Girls H.S.	12	8 minutes	3 minute

The clock stops at every whistle, ie, Stop Time, for all divisions.

C.1. OVERTIME ELIGIBILITY

Any eligible player (i.e. players who have not scored or fouled out) can play during an overtime period. Unless an injury occurs, there are no substitutions during an overtime period. If a second overtime period is required, all eligible players who did not play in the first overtime must play. If that results in less than five players, the remainder of the lineup must be filled with the player or players closest in rank to the absent or ineligible players. For example, if the number 5 ranked player was absent and the coach played his number 1,2,3,4 and 6 players in the first overtime, he would then have to play his players ranked 7,8,9, and 10 in the second overtime. The remaining spot on the floor would then have to go to either the number 6 or number 4 players. (The spot above or the spot below the missing player.) All rules outlined in **Players Eligibility and Substitution** section apply during overtime. No player may play in three consecutive overtime periods unless all other eligible players have played in at least two of those periods. No game shall be decided by sudden death.

D. SCORING OUT

When a boy/girl scores out, he/she MUST be removed from the game IMMEDIATELY, regardless of whether he/she has played his/her minimum number of periods. When a player has scored his/her maximum number of field goals and is fouled on the last field goal, he/she shall be entitled to take his/her foul shot. If he/she makes the foul shot, the ball shall then be declared dead and the opposing team takes possession, out of bounds, under their own basket. If the player misses the foul shot, the ball shall be declared dead and the opposing team takes possession, without affecting the possession arrow.

D.1. SCORING OUT AND NO SUBSTITUTES AVAILABLE

If a player scores out and there are no eligible players present, that player must remain in the game, but cannot score field goals. If he/she does score, the field goal will not count and a technical will be assessed. A scored out player can continue to shoot free throws, if fouled.

E. TIMEOUTS ALLOWED FOR REGULATION TIME & OVERTIME

Each team will be allotted three (3) timeouts during the regulation game and one (1) timeout per overtime period. There will be no carryover of unused timeouts from regulation to overtime and no carry over from one overtime to another overtime.

F. INTERVAL BETWEEN PERIODS

Clock Time between periods: 2 minutes @ half time; 2 minutes between 1st and 3rd Quarters, 1 minute before start of Over Time.

RULE IV . DEFENSE AND OFFENSE

A. ALL DIVISIONS

1. NO ZONE

No participating team shall be allowed to employ any type of zone defense. A strict man to man defense must be used.

2. WARNING/TECHNICAL

Violation of the no zone defense rule shall constitute an infraction and a warning given by the REFEREE. The second infraction will result in a technical foul.

3. DOUBLE TEAMING

A defender must be within 6 feet of his/her man. **Double-teaming is permitted** when 2 offensive players (one with the ball) are within 6 feet of each other. However, any defender can leave his/her man to defend against another offensive man (with the basketball) who is making an attempt for a field goal or driving toward the basket, providing this offensive player with the ball is abreast or ahead of his/her defender.

4. UNSPORTSMANSHIP GUIDELINE

“ISOLATION PLAYS - In keeping with the philosophy of the league and teaching concepts of team play, no team shall use “isolation plays” as a basis for their regular offensive set-up. If in the Referee’s opinion the “isolation play” is being used, a warning will be given to the team upon a first infraction. If the team continues to implement the “isolation play,” then a technical foul shall be called by the referee.”

5. VIOLATION OF DOUBLE TEAM RULE

Violation of the 6 foot rule will result in, first a warning, followed by a technical foul for subsequent infractions. A violation of this rule occurs only when a defensive player intentionally and deliberately leaves the player he/she is guarding.

B. JUNIOR DIVISION, SENIOR (8th GRADE) AND MAJOR BOY DIVISION

The Junior, Senior and Major Boy Divisions may employ a man to man full court press. An offensive player, who is attempting to dribble and is abreast or ahead of his/her man, may encounter a possible double-team from opposing defensive players.

C. JUNIOR AND MAJOR GIRLS DIVISION

Junior and Major Girls can only press in the fourth quarter.

D. SOPHOMORE DIVISION

1. When a player is in control of the ball in his/her own back court and holds the ball or pauses, the opposing team must immediately drop back past the center court line. If the offensive player makes an aggressive move up the court (i.e. starts a fast break) before the opposing team has a chance to drop back, he/she can be defended in the back court.
2. In the both the Boys and Girls Sophomore Division, the defense must fall back to the top of the key with an imaginary line extending to the sidelines. This allows the offense to set up by having free access to this area. No defense may be played in the area from the top of the key extending to both sidelines except as noted below.

EXCEPTIONS:

- If the offense of team breaks the plane of the top of the key and then pulls the ball out to above the top of the key, defense can be played anywhere in the front court.
 - During the last 30 seconds of the game defense can be played anywhere in the front court as soon as the ball crosses the half court line.
3. During the last 30 seconds of the game (including overtime), after a made basket or stoppage of the clock, the clock will not start until the ball is in the front court.

RULE V. GENERAL RULES

- a. The bench shall only be occupied by PLAYERS and COACHES. **NOONE ELSE** is permitted to be present at the team benches.
- b. The Coaches and Commissioners are the only ones who may ask the officials at the table the time or the score. No one besides the Commissioners, referees and the scoring officials should be present at the scorers' table.
- c. Only the official timer and scorer are allowed to be at the official table. The only exception shall be the COMMISSIONER.
- d. A player **MUST** wear an official uniform of the RVC Basketball League in order to play in the game. The player must maintain his uniform in proper, original condition. He/She **MUST** wear sneakers.
- e. There shall be **NO PROTESTS**. Only a Coach may appeal a Referee's interpretation of a rule. This appeal can be made to either the REFEREE or the COMMISSIONER. The COMMISSIONER and REFEREE shall make the final decision on such an appeal. The COMMISSIONER shall not question the REFEREE'S interpretation of a call or rule unless an appeal is made by a Coach.
- f. No spectators are allowed on the court at any time during a game, including timeouts and between periods. Only players are allowed on the courts during a game.
- g. No cell phones or PDA's shall be allowed in the bench area or at the scorer's table. Any scorekeeper found using a cell phone or texting during a game at the scorer's table will not be asked to keep score in the future.