

## Winter Basketball League Rules

1. Coaches must have all numbers in the book prior to the start of the game. All athletes must be age appropriate for that bracket as determined at schedule meeting.
2. Two 20-minute running halves. Clock will stop for the last 2 minutes of each half.
3. Each team gets 3 timeouts per game (45 seconds). Teams will get ONE timeout in overtime. (Timeouts will NOT carry over)
4. Players will be disqualified at 5 fouls
5. On the 7<sup>th</sup> foul team will shoot 1&1 and on the 10<sup>th</sup> foul they will get 2 shots.
6. Girls free throws are on the release and boys are on the rim.
7. Three basketballs per team for warm ups. Each ball must be returned to the bag behind the bench before the start of the game.
8. 3-minute warm up period before the game and 2-minute halftime.
9. Please be on time as we will ONLY give a 10 minute grace period for scheduled game time.
10. CYO rules = All girls and 3<sup>rd</sup>-5<sup>th</sup> grade boys will use a 28.5 ball. All boys 6<sup>th</sup> grade and older will use a 29.5 ball. If both coaches agree to use a 29.5 we will allow this.
11. Pressing is allowed for all grade levels. 3<sup>rd</sup> and 4<sup>th</sup> grade press rules are pre determined by the bracket (for example 3<sup>rd</sup>/4<sup>th</sup> girls only pressing last 10 min of each half). Grades 5 and up no pressing up 20 points or more.
12. 10 second back court violation
13. Any coach or player receiving two technical fouls will be ejected from the game
14. Each coach must initial the score sheet *after Share* every game and nominate a player from the other team ~~for POC~~