

**RARA Basketball League
Coaching Handbook and League Rules
PRO DIVISION (grades 5-8) 2017**

The following information is provided to assist coaches in preparing their teams for competitive play in the RARA Basketball League. The League Director (LD) reserves the right to add or interpret the rules in a manner that is in the best interest of the league. Any questions or comments regarding the following rules should be addressed to the League Director before the first game of the season.

I: RULES OF THE GAME:

RULE 1: GAME TIME: Games are two 18:00 halves with a running clock. Overtime is 2:00. There is only one overtime period per game (playoffs are continuous 3:00 periods as needed)

RULE 2: GAME CLOCK: The clock is a running clock and will be stopped only on these occasions:

- a. The clock will stop at 11:00 of each half for substitutions
- b. The clock will stop on all whistles in the last 1:00 of the 1st half and the last 2:00 of the 2nd half.
- c. The clock will stop on all whistles in the last 1:00 of overtime.
- d. The clock will stop on all time-outs called, including official time-outs for injuries. The clock will restart as soon as the time-out is over--regardless if the ball is live.
- e. If a time-out is called in the last 2:00 of regulation or the last 1:00 of overtime, the clock will not restart until the ball is live.

RULE 3: TIME OUTS:

- a. Teams receive two time outs per half. Time outs do not carry over into 2nd half or into overtime.
- b. Teams receive one full time-out for overtime.
- c. All time outs are full time outs.
- d. Players or coaches may call time out.
- e. The game clock will restart after the time out has expired (RULE 2-d). In the last 2:00 of the second half, the game clock will restart once the ball becomes live.

RULE 4: PLAYING TIME: There is a guaranteed playing time rule for all players. Please note:

- a. The clock will stop at the 11:00 mark of each half for substitutions. All players on the bench must enter the game at this time. The game clock will restart in 30 seconds.
- b. The clock will stop at the 4:00 mark of each half for substitutions. At the 4:00 mark, you may sub in any players you like at any point in the remaining half.
- c. All players must sit out a min. of one quarter per game (18:00-11:00 or 11:00-4:00).
- d. For playoffs, the league director reserves the right to amend playing time restrictions in the event a team has only its top players in attendance while their opponent has a full or nearly full roster in attendance. These restrictions will be announced as the post season commences.

RULE 4A: PLAYING WITH SIX PLAYERS:

In the event a team has only six players, please follow this substitution pattern. It will fulfill the league's playing time requirements. NOTE: Player F may re-enter the game in the last 30 seconds of the game but must do so on a dead ball whistle.

1 st : START	9:00	2:00
Player A*	Player B	Player C
2 nd : START	9:00	2:00
Player D	Player E	Player F

RULE 5: SUBSTITUTIONS:

- a. To enter the game, players must check in at the table and be waved in by a referee. Players must be at the table before a whistle stops play. Teams with players entering the game from the bench will be charged a two point technical foul.
- b. Unless an injury occurs, you cannot sub a player out before the mandatory substitution times. All players on the bench must enter the game at 11:00. At the 4:00 mark coaches can substitute at any point in the remaining half.

RULE 6: INJURIES:

- a. If a player is injured to the extent that a coach must come onto the court, that player must be removed from the game and sit the remainder of the seven minute quarter. It will count as a quarter played for the injured player if he played more than 3:30. He may return after the quarter if he is eligible.
- b. If a player enters the game as an injury substitution, and plays more than 3:30 in that quarter, it will be considered a quarter played for the substitute player. It will not be considered a quarter played for the player who was injured.
- c. If a player is injured twice in one half, to the extent where the coach or parent needs to come onto the floor, that player must sit out the remainder of the game.
- d. The LD reserves the right to allow injured players to re-enter the game before the mandatory substitution period in cases of mild injury or illness.
- e. Any player sustaining a head injury of any serious nature will not be allowed to return to the game and may need medical clearance before that player returns for future games.

RULE 7: OVERTIME: Rules for overtime are different for regular season and post-season.

- a. Format: During the regular season, overtime is a 2:00 period where the clock will stop on all whistles in the last 1:00 of play. Each team has one full time-out for overtime. Coaches may play any eligible players they choose during this overtime. Coaches may substitute players at any time. There will only be one overtime period per regular season game.
- b. In the post season, overtime periods are 3:00. Coaches receive one, full time out per overtime period. Time outs do not carry over into additional overtimes.
- c. In the post season, there is no subbing in overtime unless a player fouls out, is injured or additional overtimes are required.
- d. In the post season, if additional overtime periods are required, all eligible players on the bench must enter the game at the start of each 3:00 overtime period.

RULE 8: FOULS: Players foul out on their 5th foul. If a player fouls out, he must be replaced by a player who was drafted one spot before or after him. If there are no such players available, the next lowest draft pick may replace him.

RULE 9: TECHNICAL FOULS: Please read these guidelines for technical fouls:

- a. Points for technical fouls are automatic two points, except where outlined below (c, d and e)
- b. Players who receive two technical fouls in a season for unsportsmanlike conduct will be subject to dismissal from the league.
- c. Any coach receiving a technical foul for unsportsmanlike conduct will result in an automatic **FIVE points** for the opposing team. Coaches who receive more than one technical foul in a season may be dismissed from coaching duties.
- d. During the game, only one coach may stand. One coach must be seated and may only stand when an injury occurs or a time out has been called. In the same regard, only the coach standing may address the team members who are on the court. Penalty for these infractions will be an automatic two point technical foul on the first occurrence and an automatic FIVE point occurrence each time after that.
- e. Players not wearing their team uniform to games will be assessed a three-point technical foul upon entering the game. Any player not wearing his team uniform for a second consecutive game will not be permitted to play.

RULE 10: PRESSING: Teams cannot press in the first half but they can press at any point in the second half.

- a. No defensive player may defend the ball or defend a player in the back court. However, the defense is allowed to retrieve any loose ball or errant pass. This rule is at the interpretation of the game officials.
- b. Defensive player must have clear control of the ball before he is considered an offensive player. Once he establishes control, the defense must follow all rules regarding the press.
- c. Constant failure to retreat from the ball in the backcourt will result in a delay of game warning. Two such warnings will result in a technical foul and as will each occurrence after that.

RULE 11: DEFENSIVE RULES:

- a. Teams may play any style of half-court defense.
- b. Players can steal the dribble, pass, and block shots at any point in the game.

RULE 12: HOUSE RULES: Please note the following:

- a. Free-Throw line for this age will be 12-feet. Players who choose to shoot from regulation distance of 15-feet must still not cross the free throw line until the ball hits the rim.
- b. Team benches are reserved for players of current game only. Players from other teams, parents or spectators are not allowed. Only two coaches per team may sit on the bench.
- c. All 5th-6th graders and 7th/8th grade girls uses size 28.5" ball. 7th/8th grade boys will use 29.5" ball

- d. If the difference of score is 15pts or higher, the clock will continue to run in last 4:00
- e. Teams will be given a minimum five minutes to warm up.
- f. Teams should warm up opposite their benches.
- g. Coaches are welcome to meet with their teams outside of scheduled league practices, however, by doing so you assume full liability for your meeting.
- h. All other MHSAA rules apply

RULE 13: PLAYOFFS: All teams in each division qualify for the playoffs. The playoffs will be single elimination.

2: League Philosophy:

It is RARA's intent to provide an opportunity for parents and players to experience basketball in an arena based on sportsmanship and competitive play. We will make every effort to provide an environment regarded as organized, competitive, professional and rewarding. We will not accept any parent, coach, player or person who places our intent at risk.

3: League Director

The League Director (LD) reserves the right to interpret, update and change the league rules for the best interest of the ABL and its players. It is the primary responsibility of the League Director to enforce the league philosophy.

4: Acceptance of Rules:

By coaching your first game of the season, you acknowledge that you have read the rules and guidelines included in this document. All questions regarding these rules should be addressed at least 24 before the start of your first game. A copy of these rules will be available at the scorer's table.

