

General Rules

1. No formal standings will be kept during the regular season. All teams will play in a playoff tournament at the end of the season.
2. All games must start on time. Any changes to the league schedule must be approved by the league commissioner.
3. If a coach knows, prior to a Saturday, he or she will not be able to field 5 players, the coach should notify the league commissioner.
4. A fifteen minute grace period will be enforced if a team does not have 5 players at game time. If the fifth player does not appear, the scheduled game is canceled. The league encourages both teams to use the gym time and play a game even if it requires one team to lend the other team a player.
5. One referee and one official scorer will be supplied by the league for each game. The scorer is responsible for the game clock and not to maintain either teams score book. Each coach should have a team parent maintain their team's score book.
6. Each team is supplied a ball (junior size) and should bring it to each practice and game.
7. Coaches are responsible for the decorum of their team. This includes players and guests of players (parents, grandparents, siblings and friends). Good sportsmanship must be taught and observed at all times. Any person who does not conduct himself or herself in a sportsmanlike manner is subject to ejection from the gym and may be barred from further games.
8. The playing floor is to remain clear of guests between periods.
9. There is no need for each player to bring a ball to a game. Each coach should ensure two to three balls are present at each game.
10. Only players registered in the Syosset Basketball League are eligible to play.
11. It is our desire that each coach assumes the responsibility of teaching basketball and good sportsmanship to their players. All players are to participate to the best of their ability and a coach should try to ensure that every player scores at some time during the season.
12. Coaches will have some latitude in addressing the referees. Calls may be questioned and a coach may ask the ref for an explanation. Under no circumstance is a coach to become abusive to a referee. If, in the referee's opinion, a coach has become uncontrollable, the referee will call a technical foul, eject the coach from the game and award the other team two shots and possession of the ball. Players are not permitted to question a referee's calls. Each coach has the responsibility to maintain proper behavior from their players. Violation of this rule by a player or coach is subject to ejection from the game and will be followed up by a review by the SBL Decorum Committee and can result in further suspensions.

Game Rules

1. Length of Game:

Eight (8) four (4) minute periods with stop time. Halftime is after the fourth period.

Overtime – In the event of a tie score at the end of regulation time, three (3) minute overtime periods will be played until a winner is determined.

The game will begin with a jump ball and then the alternating possession rule will be followed for the remainder of the game. If overtime is required, a jump ball will start the overtime.

2, **Periods to be Played:** This is an intramural league and all efforts are to be made to play players equal time. A team that arrives with more players is never penalized for this and should not have to play their top two players drafted less time than their opponents top two players drafted. **This only applies to the top two players drafted. If one or both of these players are not present at the game, the team with more players present may only match equally to the opposing teams top players present. (eg: If team with 8 players is missing their two top players drafted, the team with 10 players plays all players 4 periods each.)** Coaches should meet before the start of the game and each coach should identify their opponents top two players. This is to be done honestly and failure to comply may result in a game suspension or forfeiture. The following schedule should be used in determining players playing time if both teams have an equal number of players or there is no more than a one player discrepancy (e.g., 10 vs. 9 or 9 vs. 8)

Players @ Game	-----	Periods	To Be	Played	-----	Top 2 Play
	3 Periods	4 Periods	5 Periods	6 Periods	7 Periods	
11	4	7				4
10		10				4
9		5	4			4
8			8			5
7			2	5		5
6				2	4	6

If both teams have ten (10) players all players play four (4) periods.

If there are less than 10 players, there should never be more than a one period differential between players.

Players must play a minimum of one period in each half.

Players that arrive after the start of the fourth period are required to play two periods in the second half.

Remember, all games should be played as long as each team has five players.

Substitutions: Substitutions are not permitted during periods 1 – 7, except for an injured player. If a player enters a period for an injured player and plays two or more minutes of that period he is charged with the period played and not the player who was injured. During the final period free substitutions are allowed as long as the player being substituted for has completed her minimum requirements for periods played.

3. **Defense:**

Man to man defense must be played. NO ZONES!

No guarding in the back court.

No double teams except as follows:

- On a fast break, double teams are allowed.
- On a pick, the player guarding the ball and the player defending the person setting the pick may guard the ball.
- If a double pick is set, three defenders may guard the ball. This includes the player on the ball and the two defenders guarding the player setting the picks.
- From the top of the key down, a defensive player must be within three feet of player she is guarding.
- If an offensive player dribbles past a defender that is guarding another player, the defensive player may **swipe** at the ball in an attempted steal without being in violation of the double team rule.

A violation of the defensive rules (guarding in the back court, playing a zone or double teaming) will result in a warning and instruction from the referee. If the violation continues and the team makes no effort to correct it, the referee, at his discretion, may issue a technical foul.

4. **Offense:**

Offensive men cannot be positioned outside the flow of the play.

Offensive teams may set single or double picks. Triple picks are illegal.

A "soft" three second rule will enforced.

Violation of the offensive rules will result in loss of possession.

5. **Scoring:**

Maximum number of points a player can score in regulation is 10 points. If the game goes into overtime a player who has scored 10 points in regulation time may resume scoring without a limit.

Only 1 point will be counted if a player with 9 points scores a basket.

If a player with 9 points is fouled, resulting in two shots, another player from the floor may take the second foul shot if the fouled player makes her first foul shot and has reached her 10 points.

The foul line will be marked 1 foot closer than the true foul line. If a junior line is painted on the floor, that will be used. Players may cross the line when shooting a foul shot.

6. **Fouls:**

Shooting fouls result in two foul shots.

Each team is allowed six (6) team fouls per half. On the seventh foul in the half, a one and one shooting situation is given to the offensive team. On the tenth foul of the half, two shots are given.

Player control fouls are not shot but charged as a personal foul to the player and as a team foul.

Players are allowed five (5) fouls. A player must stay in the game if she has not completed her minimum periods that she is required to play based on the number of players at the game. (eg: 8 players are at the game the minimum periods each player must play is 5). **This player cannot score, and if she commits a foul a two shot technical foul will be awarded and possession is retained.**

If a player commits her fifth foul and has played the minimum periods required for the number of players at the game, this player has fouled out and must leave the game. (e.g., if the player was scheduled to play 5 periods but the minimum number of periods players on her team will play is 4 and she fouls out in her fourth period of play, she must complete the fourth period but is not eligible for the fifth period.)

All technical fouls result in two shots and possession is retained. Technical fouls count as a personal and a team foul.

In the event of overtime the foul status at the end of the game does not reset but carries over into overtime (e.g., if a team is shooting one and one at the end of the game they continue to shoot one and one in overtime).

7. **Clock Management:**

In the last minute of the game the clock does not start until the ball crosses half court. This rule applies to all plays where the ball must be in-bounded. (e.g., after a score, after a made foul shot, after a foul and a change of possession has occurred, after a time out). The clock does not stop on a live play such as a steal or a rebound.

9. **Time Outs:**

Four (4) time outs are allowed per team during regulation time.

One (1) time out is granted per team during each overtime period.

Unused timeouts from regulation carry over to overtime.