PSD Basketball League – Rules & Guidelines

The PSD Basketball League will play by CIF rules with the exception/addition of the following rules and guidelines.

1. **START OF GAME:**
   - Coaches and players should be on site 5-10 minutes prior to the scheduled start time.
   - Each team will be allowed a 5-minute warm-up time beginning at the scheduled start time.
   - Games will start when each team has at least four (4) players present. Officials will call a forfeit at Tip-Off if a team doesn’t have enough players. Teams will then be created with the players who are present from both teams, and a scrimmage will be played.
   - Number of coaches on bench: 2 max. Coaches must be Palmdale School District employees.

2. **LENGTH OF GAME / STOPPAGE OF CLOCK:**
   - 2 20 minute halves with running clock. Last two minutes of second half is stopped clock. (All time-outs, whistles, out of bounds, fouls, any undue delay the official deems necessary, etc.) (unless team is up by 20 points – then no stop clock.
   - Depending on time, there will be a 3-5 minute rest period at half time.

3. **TIMEOUTS:**
   - Each team will be allowed two (2) time outs per half of one (1) minute in length.

4. **SUBSTITUTIONS**
   - Subs must report to the scorer’s table and wait until they are called in by the officials.

5. **OVERTIME:**
   - In case of a tie at the end of a regulation game, there will be one three minute overtime, if time permits. There will be a one minute break before the overtime period. If the game still remains a tie at the end of the overtime, the score will remain a tie.

6. **TIME PLAYED BY PLAYERS:**
   - **Regular Season Play:** All players must play at some point in a game during the regular season.
     - **Playoffs:** Playing time is determined by the coach. Players on the team are not required to play.

7. **FREE THROWS:**
   - Players will be allowed ten (10) seconds to shoot his or her free throw.
   - Players can enter the lane on the release, except the shooter, who has to wait until it hits the rim.
   - Free Throws Awarded:
     - One and one on the seventh (7th) team foul in each half.
     - 2 shots on the tenth (10th) team foul in each half.
     - Two shots on any intentional foul.
     - One shot if player is fouled in the act of shooting and basket is good; two shots if basket doesn’t go.
• One shot if a player is fouled in the act of shooting a 3 pointer and the basket is good; three shots if the basket doesn’t go.

8. **PERSONAL FOULS / SPORTSMANSHIP**

   - Personal fouls will be set at five (5) per game. Upon a player reaching this number they will sit out for the rest of the game.
   - Technical: 2 shots plus the ball, same player/coach gets second technical = ejection from game.
   - At any point in time the referees and or officials may sit out a child for un-sportsman like conduct.
   - All players and coaches will shake hands with opposing team at end of game. Any player/coach that refuses to shake hands will be penalized with missing (not playing or coaching) the team’s next game.
   - No player is allowed to argue a foul with a referee, the referee can give a two shot technical at his discretion.
   - Players need to remain seated when on the bench. The referee can give a two shot technical at his discretion.

9. **THREE SECOND/ BACK COURT VIOLATION:**

   - Three Second Rule: An offensive player is allowed three (3) seconds in the lane before he/she must reset or his/her team loses possession of the ball.
   - Back Court Violation: A team loses possession if the ball goes back over the center line without it first touching an opposing player.

10. **DEFENSE:**

    - Player-to-player defense and zone defense will both be allowed in this league.

11. **FULL COURT PRESS:**

    - The team that is ahead cannot press if the lead is over 20 points. leading team must stay within their 3 point arc when playing defense. If not followed: referee gives one warning first time and then technical foul shot after the first offense.

12. **JUMP BALL:**

    - A jump ball will take place only at the start of the game. Thereafter the possession rule shall apply. Scorekeeper will indicate the next possession.

13. **OFFICIALS:**

    - Officials have the right to stop play to explain and teach the rules for the improvement of players and the program.
    - Officials are to be treated with respect from all coaches, parents, and players at all times. We all know that there will be differences in opinion at times; however, we can’t let these differences control the game or the league. We must all work together to insure a fun, safe and enjoyable league for all.

    **Our goal is to make the games an exciting, positive, and memorable event for those who are participating.**