



## 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 (7<sup>th</sup>) team foul in each half.
  - 2 shots on the tenth (10<sup>th</sup>) 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.**