

# REVISED SEPTEMBER 2020

## VIRGINIA BEACH FIELD HOUSE

### BASKETBALL RULES

1. All Virginia Beach Field House Intramural basketball games for both youth and adult are governed by the National Federation of High School Basketball rules with the following EXCEPTIONS and modifications outlined in these rules. The official rules are written and published by the National Federation of State High School Associations (NFHS), which governs Virginia high school basketball rules.

a. In case of a dispute, the annual rulebook published by NFHS will be used to find the correct rule and/or procedure.

#### 2. **Basic basketball rules modifications are as follows:**

a. Teams may play with a minimum of four (4) players to start the game and can compete with as many as 1 player as long as the officials deemed that the team with one player has a chance at keeping the game competitive and or winning the game.

b. For safety purposes NO player can compete with jewelry, this includes newly pierced ears and nose rings.

c. Teams competing in the D1, D2, and D3 ADULT Intramural basketball league will compete in regulation play with all rules being governed by NFHS.

d. Teams competing in the youth recreation, training, or beginner leagues will be allowed to full court press in the last 1 minute of the game ONLY. Teams will be allowed to fast break but the defensive team cannot attempt to steal the ball until the offensive team advances the ball past half court.

e. Teams competing in the Youth competitive league ARE allowed to full court press however, there will be NO full court pressing once the team is ahead by 20 or more points. At this point the team must fall back behind the half court line to play defense. If the lead gets under 20 points teams MAY continue to press until the 20-point lead is reached again.

#### 3. **The Ball:**

a. Adult league games will use the regular size basketball which consists of 29.5 or 30 inches in circumference.

b. Youth ages 7-8 and 9-11 will use 28.5 inches in circumference basketball.

c. Youth ages 12-15 and 15-17 will use 29.5 and 30 inches in circumference basketball.

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- d. All teams that consist of female only player will use 28.5 inches in circumference basketball.
- e. Coaches in the 7-8 and 9-11 age groups can agree to use the regulation size basketball (29.5 or 30) if the coaches cannot agree revert back to rule 3b.

### **4. Time outs:**

- a. Adult league games for both male and female will receive (1) 30 second and (1) 60 second time out for the entire game.
- b. Adult Over 35 league games will receive (2) 30 second and (1) 60 second time outs for the entire game.
- c. Youth league games will receive (2) 30 second and (1) 60 second time outs for the entire game.
- d. Timeouts DO NOT transfer into overtime. (If you don't use them, you lose them).
- e. Each team will receive (1) timeout per overtime period.
- f. The STANDING COACH (a person who is not playing) is the only person that can call a timeout from the sideline. Otherwise, all timeouts must be called by players on the court.

### **5. Game Times:**

- a. Games will consist of two 20-minute halves for adult and youth age 9-17 however, 7-8 training league will play 4 8 minutes quarter.
- b. Teams will be allowed a 3-minute warm-up period.
- c. The game clock will run the entire game, except during timeouts, or within the last 2 minutes of the second half UNLESS a team is ahead by 20 points then it will be a running clock.
- d. Games will start as close to on time as possible. Teams are responsible for ensuring they have enough players to begin the game at the scheduled time.
- e. If one team does not have sufficient players to begin the game a 5-minute grace period will be allowed for more players to arrive at the game. At the conclusion of the 5-minute grace period and a team STILL does not have the required number of players, the team that does have enough players will have the option to take the FORFEIT or play the game. In the event that the team wants to play the game, 20 minutes will be put on the game clock and the clock will start until the other team has enough players to play. At this point the result of the game will be FINAL.
- f. All overtime periods will be a 3-minute regulation clock. During the regular season if the score is still tied at the end of the overtime, the game will end in a tie. However, during the playoff an additional overtime of 3 minutes will be played until a winner is declared.

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### **6. Free Throws:**

- a. Teams will shoot 1 and 1 after the 7<sup>th</sup> team foul.
- b. Teams will shoot 2 shots after the 10<sup>th</sup> team foul.
- c. Players lined up in designated lane spaces may enter the lane upon the release of the ball by the free thrower.
- d. All players who ARE NOT lined up in designated lane spaces, the SHOOTER and ALL players who are foul line extended may not enter the lane or go below the 3-point arc until the ball hits the rim.

**e. NOTE: The 7-8 Training league will not shoot free throws for common fouls or shooting fouls during the game however, each player will shoot 2 free throws at half time. Free throws will be equal on both sides which means if team A has 8 players and team B has 5 players, team B will be allowed to have 3 players shoot extra free throws.**

### **7. Coaches rule.**

- a. Coaches are responsible for the conduct of bench personnel as well as their parents and can receive a technical foul for their misconduct.
- b. If a coach receives one (1) direct or two (2) indirect technical fouls they WILL lose their coaching standing privileges.
- c. The head coach is the only person allowed to stand during the game to coach the team however, the head coach can designate one of his/her assistant to stand as the head coach then, the head coach must sit.

### **8. Sportsmanship:**

- a. Any cursing or display of unsportsmanlike conduct will result in a technical foul given to the offending player.
- b. Using the "F or S" words **MAY** result in an automatic ejection.
- c. Physical contact with an official or Field House staff WILL result in an automatic ejection from the league.
- d. Any fighting or physical altercations will result in an automatic ejection from the game for the offending player(s).

## **SPECIFIC RULES FOR 7-8 TRAINING LEAGUE**

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## 1. Officials

a. Only one (1) official will be provided for the training league games.

b. Two officials will be provided for the championship game.

c. This is a training league designed to help players develop sportsmanship and skills in the game of basketball so the official will call all fouls and violations at their discretion placing emphasis on the safety of the players.

## 2. Players

a. A team must have at least 4 players dressed and ready to play for the game to begin.

b. All players are required to check in at the scorer's table prior to the game.

## 3. Coaches

a. Each team is allowed to have a maximum of three (3) coaches on the bench. The head coach is the ONLY coach allowed to stand and coach during game. However, the head coach can designate one of his assistants to stand then, the head coach must sit.

b. Coaches are responsible for the conduct of their players and parents.

c. Coaches must show good sportsmanship at all times. Coaches WILL NOT be allowed to yell or use profanity towards officials or Field House personnel.

d. If a coach or parent gets ejected, there will be a mandatory next game suspension and depending on severity or if ejected twice, the directors will investigate and determine the coach or parent's future with the league.

e. If a coach receives one (1) direct or two (2) indirect technical fouls they WILL lose their standing privileges.

## 4. Game/Time/Rim

a. Each team will have a 5-minute grace period provided the team does not have the required number of players to start the game. At the expiration of the 5-minute grace period the game will be considered a forfeit.

b. Game time will consist of four 8-minute quarters.

c. The clock is a running clock. The clock will stop during team and official timeouts.

d. The clock stops on all whistles and free throws the last two (2) minutes of the 4th Quarter.

e. Center jump at the beginning of the game. The arrow will determine possessions at the start of each quarter and jump balls.

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- f. The offensive team must advance the ball past mid court within ten seconds.
- g. There will be NO half court or full court press allowed unless both coaches agree. (Note: It is the official's duty to stop play and direct players to retreat behind the 3-point arc if attempts are made to full or half court press).
- h. Teams CANNOT extend their defense above the three-point arc except in rule 4i.
- i. If at ANY time in the game a team attempts to stall the ball the defensive teams may extend their defense above the 3-point arc. (Note: The official WILL make the determination as to whether or not a team is stalling the ball and CAN signal to the defensive team to extend their defense if they choose to do so.)
- j. There will be a two (2) minute halftime.
- k. In the event of an injury, the officials will determine when the clock will be stopped.
- l. Rim height will be set at 8.5 feet.

### 5. Timeouts/Overtime

- a. Teams will be permitted 3 timeouts per game (1 full and 2 thirty second) during regular play, and 1 timeout in overtime.
- b. Unused timeouts CAN NOT be carried into overtime.
- c. If the score is tied at the end of regulation, play will be extended for one three (3) minute quarter. If the score is tied at the end of overtime, the game will end in a tie EXCEPT in the playoffs or championship game a winner must be determined by extending the game on each occasion (3) minutes that the score is tied until a winner is determined.

### 6. Free throws/Fouls

- a. Halftime will consist of each player shooting two (2) free throws. All made free throws counts towards the teams score. (For teams with an uneven number of players, every player shoot but the team with the least amount can choose players to re-shoot to account for the amount of players the opposing team has).
- b. During half time the visiting team will shoot free throws first followed by the home team. The home team WILL NOT be allowed to warm-up by shooting free throws while the visiting team is shooting. (Note: Coaches have a choice to have their players sit on the bench or line up at their basket while waiting to shoot BUT cannot practice free throws).
- c. Junior's free throw line will be near the top of the box on the regulation free throw line.
- d. Players must wait until the ball hits the rim to enter the lane.
- e. Fouls are not totaled for this league. No player will foul out.
- f. Technical foul will be one (1) shot and possession of the ball.

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**\*\*\*\*\*THE OFFICIAL'S DECISION IS FINAL\*\*\*\*\***

If a rule is not covered in these rules, then all other rules will be played according to VBFH rules and the official's judgment.

The VBFH has a ZERO TOLERANCE policy for profanity, threats, aggression, violence towards VBFH staff, officials, coaches, fans, or coming on the court unless there is an authorized reason.

Anyone who violates the Zero tolerance policy will be removed from the premises and action will be taken by the league director.