

# 2024-2025 SDCBL Basketball Rules

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SDCBL games will be officiated according to NFHS basketball rules with the following **exceptions**:

## Players, Substitutes, Equipment and Court Specifications

### Team/Player Roster

- 3 Active Players (i.e., 3-on-3)
  - 5/6 Divisions
  - 7/8 Divisions
- 4 Active Players (i.e., 4-on-4)
  - 9/10 Divisions
- 5 Active Players (i.e., 5-on-5)
  - All other divisions

## Playing Time and Player Substitution Rules

### Player Rosters

Prior to the scheduled start of the game, each team's Head Coach should confirm their rosters with the Official Scorekeeper to ensure that player names and numbers are listed correctly.

### Playing Time

**During regulation, each team's Head Coach should make every effort to ensure that all their Players play at least 20 minutes. The following situations will be taken under consideration as mitigation to this rule:**

- Injury or Illness
- Tardy Player(s) to the Game
- Player(s) Leaving Venue Early
- Player(s) Fouling Out
- Disciplinary Reasons

**All Disciplinary Reasons MUST be APPROVED by the SDCBL Board prior to the start of the Game.**

### Player Substitutions

A substitute who desires to enter shall report to the Official Scorer, giving his/her number. This applies to all legal time frames for substitutions including prior to the start of the second half and after timeouts. Team representatives may report substitutions prior to the start of the second half.

## Court/Equipment Variations

### Goal Height

Goals will be adjusted based upon division.

- 5/6 Division(s): 8'
- Boys 7/8 and Girls 7/8 Divisions: 9'

- All other Divisions: Standard height of 10'

### Basketball Size

Basketball size will be varied based upon division.

- 5/6 Division(s): 27.5"
- Boys 11/12, 13/15 and 15/17 Divisions: 29.5"
- All other Divisions: 28.5"

### Free Throw Line

The distance for the Shooter will be varied based upon division.

- 5/6 Division(s) and 7/8 Divisions (all genders): 10'
- 9/10 Divisions (all genders): 12'
- All other Divisions: Standard distance of 15'

## Timing Regulations

### Pre-game Warmup

Both teams will be permitted warmup period not to exceed five (5) minutes prior to the game.

### Running Clock

The game will feature a running clock except for the following situations:

- **Timeouts:** Legally called Team or Official timeouts can be used to stop the clock.
- **Last 2:00 of the 4<sup>th</sup> Quarter:** During the last two minutes of the 4<sup>th</sup> quarter, the clock will be stopped per standard basketball rules.
  - **Exception:** If a team is up by 15 or more points in the last 2:00 of the game, the clock will continue to run.

### Quarters

SDCBL games will consist of four (4), 10 minute quarters, with a one minute break between each quarter.

### Halftime

Halftime will be three minutes in length.

### Overtime

There will be no Overtime period for the 5/6 year old division during the regular season.

For all other divisions, **and for the 5/6 division in the playoffs**, in the event of a tie score at the end of regulation, a two (2) minute Overtime period will be played in order to declare a Winner. The Overtime period has the following rules:

- A Jump Ball will start the Overtime period.
- Each Team will carry-over their status as it relates to a Bonus situation per standard basketball rules.
- Clock Stoppage: The clock will be stopped per standard basketball rules.

If no Winner has been declared following an Overtime period, a Free Throw Shootout will be used to declare a Winner.

- Each Round will utilize the Players on the floor for each Team as Overtime expired. Officials and Board members should be aware of a potential tie as Overtime expires and work to ensure that players stay on the floor.
- The Visiting Team will shoot first.
- That Team will then shoot all of their Free Throws for the Round.
- The Opponent will then shoot all of their Free Throws for the Round.
- After both Teams have shot their Free Throws, the Team that made the most Free Throws in that Round is declared the Winner. If the Teams made an equal number of Free Throws, the Free Throw Shootout will proceed into another Round with the team shooting order will be reversed from the prior round.

### Time Outs

Each Team receives four timeouts for the entire regulation period of the game and they may be used at any time during regulation. The timeouts will be in the form of **2 Full Timeouts (60 seconds) and 2 30-second timeouts.**

Each team will begin an overtime period with one timeout (30 seconds). **Timeouts not used during regulation are not carried over into an overtime period.**

**If either team has no available player for substitutions, the officials will call a 60-second timeout at the first dead ball after the 10 minute mark in either half to allow players a break for the purposes of player safety.**

### Official Timer and Scorekeeper

The League will provide an official Timer and Scorekeeper for each game. The Head Official will be the decision maker on any disputes between Teams over scoring issues.

### Junior Division Rules

## Junior Division Play & Game Progression

 <b>5-6yr</b>	<b>7-8yr</b>	<b>9-10yr</b>
<ol style="list-style-type: none"><li>1. 3v3, 1:1 Defense</li><li>2. All baskets 2pt</li><li>3. Equal playing time</li><li>4. No backcourt</li><li>5. No jump ball*</li><li>6. No stealing</li><li>7. No extra periods</li></ol>	<ol style="list-style-type: none"><li>1. 4v4, 1:1 Defense</li><li>2. All baskets 2pt</li><li>3. Equal playing time</li><li>4. No backcourt</li><li>5. No jump ball*</li><li>6. No stealing*</li></ol>	<ol style="list-style-type: none"><li>1. 4v4, 1:1 Defense</li><li>2. All baskets 2pt</li><li>3. Equal playing time*</li><li>4. No backcourt*</li></ol>

\*coaches discretion last 10min of game & extra periods  
+visiting team will start with opening possession

- All non-free throw baskets will be 2 points, regardless of where the shot is initiated on the floor. There are no baskets worth 3pts.

- For the 5/6 and 7/8 divisions, there are no jump balls to start the game. The visiting team will start each game with possession of the ball with the home team designated to receive the ball on the next alternating possession.
- For the 5/6 and 7/8 divisions, the basketball may not be stolen from the offensive player in possession of the ball regardless of whether the player is dribbling the ball or has picked up their dribble.
  - **The ball handler is still subject to the rule giving five seconds to make a play with the ball while closely guarded.**
  - Batting or intercepting an attempted pass by the offense is not considered stealing for the purposes of this rule and is therefore allowed.
- Teams in the Junior Divisions **must play Man-to-Man defense, unless they are playing with less Players than their Opponent.** In that scenario, the Team with fewer Players may play Zone defense while their opponent must still play Man-to-Man.
  - For the purposes of this rule, Man-to-Man defense only requires strong-side, or ball-side, defenders to remain outside the paint if they are guarding a man beyond the 3-point arc. Weak-side defenders are allowed to be in the lane, in “help” position.
  - If an offensive player drives into the lane, the “help” defender will be allowed to move to stop dribble penetration while the initial defender “recovers”.
- No double teaming will be allowed, except for the carve-out for trapping in the 9/10 division (sub-item below). In a help-and-recover scenario, the “help” defender should drop back **if and/or once the initial defender recovers.**
  - In the 9/10 divisions, trapping will be allowed within the 3pt line.
- Defense is prohibited until the Offense fully crosses the Division Line (mid-court) (i.e., backcourt defense).
  - **No backcourt defense is allowed at any time by a team leading their opponent by 15 points or more.**

## Illegal Defense

Not adhering to the man-to-man defense rules will result penalties.

- For the first offense, play will be stopped and the defensive team given a warning. After the warning has been given, the offensive team can then choose to inbound the ball from any spot within the frontcourt.
- **After one warning, each subsequent offense will result in a bench technical being assessed. Bench technicals assessed for illegal defense will not count toward ejection of any coach, but would still require the head coach to remain seated for the remainder of the game.**

## Uniforms

All Players must wear an official SDCBL-issued shirt/jersey. Players should preferably wear black, or dark-colored, shorts. **Uniform shirts and shorts MUST be worn as intended and without permanent modification.**

## Miscellaneous

- **Minimum Active Team Size:** Teams must be within one Player of the Active Player limit to start a game (3 Players for Junior Divisions, 4 Players for Upper Divisions). **If a Team starts a game, or at any point during the game, loses the ability to field a full complement of Active Players, the opposing team is not required to remove a player(s) to equalize the number of Active Players. The opposing team is required to position their extra player(s) in the lane when playing defense and can't double team outside of the lane.**

- A Team has 10 minutes from the scheduled start time to field a team meeting the Minimum Active Team Size. If they are unable to field a valid team, a **Forfeit** is declared.

## Team Officials (Coaches and Team Scorekeepers)

- Each Team must have a Head Coach with a completed background check executed by the Dickson County Parks Department. Only coaches that have successfully passed a background check may be designated as a Head Coach.
  - The designated Head Coach will be the only coach allowed to stand and coach the team on the sidelines.
  - The designated Head Coach must wear their Identification Badge at all times during the course of a game.
  - The designated Head Coach is the only team representative that can interact with the Official Scorekeeper.
- Each Coach may have a **single** Assistant Coach to help the Head Coach with their duties. The Head Coach is responsible for all actions of the Assistant Coach on and off the floor.
  - **Any Assistant Coach must complete a background check form.**
  - The Assistant Coach must always stay seated except during a timeout on the floor. **Violation of this rule is subject to a bench technical being issued and subject the Coach to additional penalties via the Code of Conduct.**
  - Neither the Head Coach nor Assistant Coach may cross to the opposing bench during play per standard basketball rules. Violation of this rule will result in a **bench technical** and potentially subject the Coach to additional penalties via the Code of Conduct.
  - In the event a Team having both the Head Coach and the Assistant Coach suspended for a game, the Head Coach can either forfeit the upcoming game or ask the Board to designate a Head Coach for that game.
  - Like the Head Coach, the Assistant Coach must wear their Identification Badge at all times during the course of a game.

## Fouls, Penalties, and Disciplinary Actions

All fouls, penalties, and disciplinary actions are applied as described by the NFHS Basketball Rules for the applicable year with the following **exceptions**:

### Technical Fouls and Disciplinary Action

- A Player ejected from a game after receiving their 2<sup>nd</sup> Technical Foul will be **automatically suspended for the duration of the next game**.
  - If a Player has been ejected for Fighting, they will be **automatically suspended for the next two games**.

### Technical Fouls and Unruly Spectator Behavior

All Players, Coaches, and every Spectator agrees to the [SDCBL Code of Conduct](#) as part of the registration process. We intend to hold all accountable to the Code.

Section 8; Article 1 of the NFHS Basketball Rules Handbook (Officials' Additional Duties) empowers officials to:

*Penalize unsporting conduct by any player, coach, substitute, team attendant, or follower (emphasis added).*

### Penalties Regarding Spectator Behavior

- On the first occurrence of unsporting behavior that would incur a penalty, the officials will stop the game, gather coaches as well as all facility/league management at center court. The behavior will be identified and both teams given a **warning**.
- On **any subsequent occurrences**, officials can issue a bench technical indirectly to the head coach of the offending team. Two technical fouls directly attributed to the head coach, or three that directly or indirectly attributed to the coach, **will result in the disqualification of the head coach**.
- Facility and/or league management will review any situation that involves disqualification of the head coach. **Supplementary discipline may be given to the head coach or any spectator ejected from the facilities.**