



## **NBA Style Rules Format for Competitive League**

### Rule No. 1 – Officials and their Duties

The game officials will consist of one Crew Chief and one Referee.

If a rule or rule interpretation needs to be addressed this should take place prior to the start of the game. It is recommended that representatives from both teams take part in this conference.

Players are not to be permitted hand, arm, face, nose, ear, head or neck jewelry.

The crew chief is the official in charge and in the case of different decision by the Officials has the authority to set aside or question the decision regarding “a rule interpretation” made by his/her partner.

### Section II Elastic Power – Correcting Errors

The officials shall have the power to make decisions on any point not specifically covered by the rules. Errors can be corrected for the following

- 1) A team not shooting a merited free throw
- 2) A team shooting an unmerited free throw
- 3) Permitting the wrong player to shoot a free throw
- 4) Exception if the error is not discovered and corrected prior to end of the period in which it happened the play will stand.

### Rule No. 2 - Timing

Games and any overtime periods will begin with a jump ball at the center circle. The team who controls the tap will be given the ball to begin the 4<sup>th</sup> period. The other team will put the ball in play from their opponent's end line at the beginning of the 2<sup>nd</sup> and 3<sup>rd</sup> periods.

Games are to be played in 4 – 10 minute running time quarters. The last minute of the first three quarters is stop and go. The last two minutes of the fourth quarter is also stop time combined with the clock stopping on all made baskets in the final two minutes of the fourth period.

Overtime is four minutes with the last 2 minutes played with the same timing regulations as the fourth period. If a second overtime period is required it will be 2 minutes of stop

and go play with time stopping on made baskets as in the fourth period. [If further periods are required to determine a winning team there will be a repeat of the above format]

## Section II

When the clock has 2:00 displayed the game is considered to be in the two minute period. This is true for each of the four quarters. If neither team is in the penalty for teams fouls at this point they will be afforded only one team foul in the final two minutes. The second foul in the last two minutes is AUTOMATICALLY the bonus.

\*All bonus situations are two free throws\*

## Section III

There is a ten second backcourt in affect

### Rule No. 3 - Free Throws

Teams are in the penalty or bonus situation on the seventh team foul. (Exception in the last two minutes of each period)

Players from the defensive must occupy the first two lane spaces and players from the offensive team MUST occupy the second two lane spaces – the third space is optional and maybe occupied by the defensive only.

Players occupying lane spaces are not to be in physical contact with one another and cannot place arms across into the adjacent space.

No violation of free throw provisions can occur if the shooter has not released the ball. All players must remain on the court behind the three point line above the free throw line extended until the ball has been released. ONLY THE SHOOTER MUST WAIT FOR THE BALL TO HIT THE RING BEFORE REBOUNDING.

Free throws for technical fouls are ONE SHOT and the ball returned to the point of interruption. The free throw attempt must be taken by a player in the game at the time the technical was called.

#### Violations:

- 1) Raising arms - waving hands prior/during the attempt
- 2) Making any sudden movement while in the visual field of the shooter during the attempt
- 3) Talking to the free throw shooter or talking in a loud disruptive manner during the attempt
- 4) IF DOUBLE VIOLATIONS OCCUR PLAY IS RESUMED WITH A JUMP BALL CENTER CIRCLE BETWEEN ANY TWO OPPONENTS

#### Rule No. 4 – Fouls and Penalties

Each player is allowed six personal fouls prior to disqualification OR typically two technical fouls prior to ejection [It is left to the discretion of the officials whether any particular infraction warrants ejection after only one technical] \*Note technical fouls do not count toward your six fouls for disqualification\*

Technical fouls are to be assessed but not limited too unsportsmanlike tactics such as:

- 1) Disrespectfully addressing an official
- 2) Physically contacting an official
- 3) Overt actions indicating resentment to a call
- 4) Use of profanity
- 5) A deliberately thrown elbow or any attempted physical act with no contact involved
- 6) Taunting

ASSESSMENT OF A TECHNICAL FOUL SHALL BE AVOIDED WHENEVER AND WHEREEVER POSSIBLE; BUT WHEN NECESSARY THEY ARE TO BE ASSESSED WITHOUT DELAY. Once a player has been ejected from the game further technical fouls can no longer be assessed regardless of provocation. HOWEVER FAILURE TO LEAVE THE COURT AND/OR BUILDING IN A TIMELY MANNER WILL RESULT IN GAME FORFEITURE.

#### Section II – Flagrant fouls

There is no intentional foul in the professional rule format. There are two types of flagrant fouls instead.

- 1) Flagrant foul – penalty #1 is unnecessary and/or excessive contact committed by a player against an opponent whether the ball is alive or dead  
Penalty - Two free throws plus the ball at the free throw line extended in the front court. If a flagrant foul is called on a made basket the player has two opportunities to make one basket plus possession of the ball afterwards at free throw line extended.
- 2) Flagrant foul – penalty #2 is unnecessary and/or excessive contact with the intent to injure. It carries the same penalty as above and immediate ejection of the offending player.

#### Rule No. 5 – Shot Clock

The league will be using a thirty second shot clock for each team that gains new possession of a ball which is in play.

On a throw in the clock shall start when the ball is legally touched on the court by a player. On a rebound or jump ball the clock shall start when new possession is obtained.

A team must attempt a field goal within the 30 seconds. The ball must leave the shooter's hand prior to the shot clock expiring and CONTACT THE BASKET RING or a violation has occurred.

\*\*The team is considered to be in possession of the ball when holding, passing or dribbling. Team possession still exists even though the ball has been batted away but the opponent has not gained possession.

\*\*Team possession ends when there is a legal field goal attempt or the opponent gains possession

Simple touching of the ball by the opponent does not constitute change of possession and the shot clock will continue to run. On a defensive tie up which forces a jump ball the offensive team will have only the unexpired time on the shot clock.

If there is any question as to whether the attempt to score has been made within the allowed 30 seconds the final decision will be made by the officials.

## Section II – Resetting the Shot Clock

Note \* the shot clock is never reset on technical fouls called on the offensive team

Resets are caused by the following:

- 1) Change of possession
- 2) Ball from the playing court contacting the basket ring of the team which is in possession
- 3) Personal foul(s)
- 4) All flagrant fouls
- 5) Jump balls when the defensive team gains possession
- 6) Technical fouls on the defensive team

## Rule No. 6 – Timeouts

Each team will have four (4) timeouts per game. The timeout is 30 seconds in length but may be shortened by the team who called for the timeout. The team will carry over a maximum of two timeouts into the fourth period. If timeout is granted in the last two minutes of the 4<sup>th</sup> period the calling team has the option of advancing the ball to the 28 ft mark in the front court.

A player shall not be granted timeout if both of his feet are in the air and any part of his body has broken the vertical plane of the boundary line (including the midcourt line)

Each team is allotted only one timeout in overtime (NOT in addition to any unused timeouts from the 4<sup>th</sup> period)