

In-House League Official Rules

Policy: Minnesota State High School League rules governing play will be followed as closely as possible. There are several exceptions and modifications noted in the following Sections.

Referees: Referees have been selected and trained by the CBA. Keep in mind that they are high school students. For 4th grade and up the high school students are paired with certified referees. They are empowered by the CBA to interpret and enforce the rules. They are the final authority at the game.

GAMETIME:

All games will consist of eight – 5 minute periods. All time will be running time.

- There will be a short break between periods 1-2-3-4 and 5-6-7-8, these breaks are only to move players on and off the floor, these are NOT time outs.
- There will be a break between periods 4 and 5. This will be a Half time break for all of the 4th, 5th, 6th, 7th and 8th graders. It will be a half time skills challenge for the 2nd and 3rd graders. This skills challenge will consist of the following:
 - 2 minutes: Layups (alternating weekly between right side and left side). A maximum of 8 points will count towards the team score.
 - 3 minutes: Free Throws. A maximum of 8 points will count towards the team score.
- There are no timeouts allowed during the game.

Overtime – Regular Season

- In the event of a tie at the end of a game a 3-minute overtime period will be played.
- If the game is still tied at the end of the 3-minute period, a 3minute ‘sudden death’ period will be played (first team to score a basket wins – not on a point from a foul). If neither team scores another 3-minute sudden death period will be played until there is a winner.
- See playing time for paying time rules regarding the Overtime Session.

Basket Height / Ball Size:

- 2nd and 3rd Grade: Basket height will be set at 9 feet; Ball size is 27.5
- All other grades: Basket height will be set at 10 feet
 - Boys 4/5 Ball size is 28.5
 - Girls 4/5/6 Ball size is 28.5
 - Boys 6/7/8 Ball size is 29.5

Special Rules

- For 2nd – 3rd grade: Traveling and double dribble may **not** be strictly enforced to begin the season, but will be starting in January and during tournament.
- For 2nd and 3rd grade: 3 seconds in the lane and palming the ball will not be strictly enforced, but will be reminded by the referees.
- For 2nd and 3rd grade: The defense must set up inside the 3pt. line to allow the offense to get started after made baskets. However, they do not need to stay inside the 3pt. line.

PLAYING TIME:

All players must play an equal number of periods each game. **THIS IS THE IN-HOUSE LEAGUE RULE** Based on the number of players, this may vary by one quarter, but should never vary by more than that. No player at any point during a game should have played two more quarters than any other player on the team. Please reference the following chart to make sure playing time is equal.

# of players	Playing time
10	10 players play 4 quarters
9	4 players play 5 quarters, 5 players play 4 quarters
8	8 players play 5 quarters
7	5 players play 6 quarters, 2 players play 5 quarters
6	4 players play 7 quarters, 2 players play 6 quarters
5	5 players play 8 quarters

Please note: A player who enters the game as a substitute for an injury or foul out with more than half of the period remaining may have that period count as a period. Do NOT use the same person if you have multiple injuries during the game. This is an instructional league, play people equally, do not play one person more than others.

Overtime

If your team goes to overtime, coaches must continue their player rotations for equal playing time at the beginning of each overtime period. This means you need to put the players who are on the bench in the game. If after the first overtime period it goes to a second overtime period, you once again need to put the players who were out in the game. This means no player should play the 8th period and both overtime periods.

DEFENSES:

- No full court press.
- Only **Player-to-Player** defenses are allowed, no **Zone** defenses are allowed at any level.
- Each defensive player must be assigned to an offensive player.
- **2nd and 3rd grade only:** Double-teaming (2 or more defensive players on the player with the ball will not be allowed with the **exception** of the following:
 - Double teaming shall not be called on any rebound attempt.
 - Help side defense is allowed, but in the defensive lane only. The helping player must go back to guarding their player when the defender who needed help has recovered.
 - Double teaming will not be called on a fast break until after normal half court play resumes.
 - If a player sets a pick or screen, double teaming should not immediately be called when one of the offensive players leaves the area. A three second delay will be allowed by the referees for this time of double teaming to break up. At that time, one of the defensive players must return to their player that left the immediate area. Switching is allowed only on this type of play.
- **2nd and 3rd grade only:** After a basket has been scored, the defense must set up inside the 3pt. line to allow the offense to get started.

FREETHROWS:

There are no free throws in the in house league. A player fouled in the act of shooting shall be awarded points as follows:

- If the basket was made, the basket will count and the shooting team will be awarded one additional point.
- If the basket was not made, the shooting team will be awarded one point plus the ball out of bounds.

FOULS:

- An individual may receive a maximum of five personal fouls per game.
 - **2nd and 3rd grade** – No one fouls out of the game.
 - **4th, 5th, 6th, 7th and 8th grade** – The player is out for the remainder of the game. If the player getting five fouls results in the team only having four players on the court, then the player with five fouls may continue to play in the game.
- In 4th grade and above: - During the final 5 minute period of the game (**period 8 only**), all fouls will be worth 1 point to the other team.

Technical Fouls

- The offended team will be awarded two points and will receive the ball out of bounds.
- A coach or spectator will be ejected from the gym upon receiving a 2nd technical found or upon the discretion of the official, the In-House coordinator or a CBA board member.
- Technical fouls can be awarded to coaches either during or after the game but only by the CBA In House coordinator or a CBA board member who is monitoring the court at the time (similar to technical fouls in high school basketball).
 - The first technical foul during the season will result in a written warning from the CBA.
 - A second technical foul during the season will result in dismissal of the coach without exception.

The CBA board has no tolerance for harassment of officials. The CBA board views the role of referees to help teach the rules of the game and the In-house league as an INSTRUCTIVE not a COMPETITIVE league

HALF TIME SKILLS CHALLENGE – 2nd and 3rd GRADE

- At half time the 2nd and 3rd grade teams will break for a skills competition. The skills will consist of lay-ups and free throws. The purpose of the competition is to improve individual skills of each player and to ensure that all coaches are stressing skills in practice.
- Scoring – One point for each basket made up to a maximum of 8 will count towards the total game score. Each is worth one point.

Skills Challenges:

- Lay-ups
 - Players will shoot lay-ups, alternating weekly between the right and left side.
 - Teams will use one ball.
 - The first player dribbles in and shoots a lay-up. Their teammate from the other line must rebound the ball and pass to the next person in line. Coaches must NOT rebound.
 - Competition goes for 2 minutes.
 - The team counts the number of made shots. Each shot counts for one point up to a maximum of 8.
- Free Throws
 - Players line up around the free throw lane.
 - The free throw line is moved in (it is marked by a piece of tape).
 - Teams will use one ball.
 - The first player shoots. The other players rebound and pass to the next player. Coaches must NOT rebound.
 - The shooter must start behind the line. They may end over the line.
 - Competition goes for 3 minutes.
 - The team counts the number of made shots. Each shot counts for one point up to a maximum of 8.

SCOREKEEPING

- Each team must provide an adult or high school age score keeper.
- Score sheets should be turned in to the CBA In House Coordinator within 5 minutes of the end of each game. Turning score sheets in is important as team awards will be made for best free throw shooting and lay-ups (2nd/3rd grade), regular season total offensive points scored and regular season total defensive points allowed (4th grade and up). **The Coach is responsible for checking the score sheet. Once turned in, the game score and stats are final.**

TOURNAMENT RULES

- ◆ All teams will play a minimum of 3 games

Halftime Skills 2nd and 3rd Grades

- ◆ The teams will NOT participate in the skills at halftime during the tournament weekend.
- ◆ Only points scored during the course of the game will count in the official score.

Overtime – Tournament

- ◆ In the event of a tie at the end of a game a 3-minute regular period will be played.
- ◆ If the game is still tied at the end of the 3-minute period a 3 minute ‘sudden death’ period will be played (first team to score a basket wins – not on a point from a foul). If neither team scores another 3-minute sudden death period will be played until there is a winner.
- ◆ Playing time rules are the same as the regular season.

Pool Play Tie-Break Rules

- ◆ Two Team Tie: In any situation where two teams are tied, head to head competition between the teams shall determine the winner.
- ◆ Three Team Tie:
 - If more than two teams are tied, a point differential tie breaker will be applied. The point differentials of the teams involved in the tie are totaled. Teams are then ranked according to the sum of the point differential and the team with the highest ranking is determined the pool play winner. (Regardless of actual game scores, 15 points is the maximum plus or minus total that will be factored into the point differential calculation)
 - Once the pool winner has been determined via the point differential, the tie between the remaining two teams shall be broken based on head to head competition.
 - If more than two teams are still tied after the application of step one, the lowest number of points allowed in the games is used.
 - The third tie breaker is a coin toss.