

Bon Air Basketball League Rules

Any exceptions to these rules must be approved by the Bon Air Basketball board.

General Rules (all levels)

- Eligibility (guideline): Players must be 8 years old and/or in 3rd grade to 18 years old as of 11/01 of the registering year.
- Dress (guideline): All teams must wear the same color solid gym shorts without decoration. Any shirts worn underneath basketball jerseys must be all the same color as worn by teammates. Violations may result in a technical foul. Game jerseys are supplied by Bon Air Basketball with coaches being responsible for collecting jerseys at the end of the season. Parents will be billed for any jerseys not returned.
- Equipment: Coaches will be provided with team jerseys, score book and balls. Coaches will return all equipment at the end of the season or be responsible for replacing missing items.
- Rosters for teams will be supplied to coaches by the league prior to the first game. The coach will be responsible for notifying his or her team regarding game and practice schedules and any changes that occur during the season.
- Coaches are required to have a National Background Check in accordance with Chesterfield County policy.
(<http://www.chesterfield.gov/content2.aspx?id=2951&terms=background+check>).
- Coaches are to have emergency treatment releases at all practices and games. Be sure they are complete.
- Coach of the home team or last game may be notified about picking up or returning the game clock to the office. Both teams are responsible for assisting in setting up and closing before and after the game.
- Home team furnishes the clock keeper. He or she is not to cheer or coach as this person becomes an official when serving. Failure to abide by this rule may result in technical foul on that team's bench. An adult is preferred for this assignment. Coaches should provide clock keeper with a copy of the attached high school rules.
- **Each team will furnish a scorekeeper to keep their scorebook.** Scorekeepers should be familiar with basketball rules such as timeouts allotted and one and one free throw shooting rules. Coaches should provide scorekeeper with a copy of the attached high school rules. If there is a discrepancy in the scorekeeping that cannot be resolved by the referees, the home team score book is the "official" book and will take precedence unless there is only one score book kept.

Gym Rules (Parks and Recreation Mandated)

- Players are not allowed on court prior to their allotted practice or playing times. Coaches are responsible for their supervision at all times. This includes vestibules, halls and all areas of facility.
- Balls are not to be thrown or bounced in halls or vestibules by anyone.
- NO equipment in gyms is to be touched by anyone in any manner. Failure to abide by this rule may result in being banned from the building.
- NO FOOD, DRINKS, GUM OR SMOKING IS ALLOWED IN FACILITY.
- Parking is not allowed in fire lanes or restricted areas.
- Athletic or tennis shoes that will not mar gym floors are required. Any sole that will leave a black mark is not permitted.
- Authorized personnel only allowed beyond gates at Thompson.
- Coaches or their representatives are to inspect all facilities before and after practices and games. Report any problems to the custodian, Parks and Recreation personnel and Rob Walters as quickly as possible. Do not contact the school principal.
- Coaches who find it necessary to cancel a practice are requested to contact all coaches via email to arrange a swap. In the event of complete cancellation, contact Rob Walters so that he can notify Parks and Recreation for staffing and gym closing purposes.

Playing Rules

- All teams are to be ready to play at least 15 minutes prior to posted game time.
- All games will consist of five six-minute periods. Half time will be between 3rd and 4th periods.
- **The old substitution rule has been suspended until further notice to allow coaches to better manage playing time for player safety and so players get to play more minutes on average, not less.** Coaches are still expected* to play all players a minimum of the equivalent of one (1) period and unless they have talked to the parents and kids about how they plan to manage play time should strive for a minimum of two (2) during each game. * In the absence of a substitution rule it is impossible for referees to monitor and enforce a playing time rule, so parents should monitor the playing time for their player (not others) and discuss playing time with the coach and/or report to Bon Air administration if there is an issue. We want to trust coaches and parents to do what is best for the kids – a rule should not be necessary.

~~All players will play one full period before making any substitutions allowing players to re-enter the game. The only exceptions to this rule would be for injury or disciplinary action. For example, first five players play first period, next five players play second period, remaining players play third period. In the event of injury or disciplinary action, the opposing coach and scorekeeper should be notified immediately of the line-up change.~~

- All dressed players must play unless disciplinary action is being taken against a player. A coach must notify the opposing coach prior to the game and disciplined player will not play the entire game.
- High school rules are followed except as modified by BON AIR BASKETBALL. (See attached list of most commonly used rules.)
- Time outs are granted per high school rules (see attached).
- In case of offensive language or behavior by coach, player or spectator – first offense will result in technical, second offense will result in technical and may result in being permanently barred from the gym and forfeiture (discretion of officials).
- It is the coaches' responsibility to monitor and control the behavior of their players and the spectators supporting their team. Any disciplinary action that is brought to the attention of the BON AIR BASKETBALL board will be reviewed by the board for further action.
- Failure to maintain control of players and/or spectators could result in disciplinary action, by the league, against the coach or the offending players.
- In order to be eligible to play in the playoffs, a player has to have played in 50% of the regular season games, unless the player was injured or seriously ill.

Exceptions To Rules – Mite & Minors Only:

1. (guideline) Teams are limited to a maximum of 12 players.
2. The first four periods of the game will have a running clock of eight minutes. Clock stops only for time-outs and shooting fouls. Fifth period clock of six minutes will run according to high school rules and any time the referee's whistle blows.
3. Shooter may cross foul line on foul shots due to their momentum only.
4. In the first four periods, defensive players cannot cover their man until they are across the mid-court line. Man to man coverage only (defensive player must be within six feet of the offensive player). No deliberate double teaming in the open court, unless they are also within six feet of their man. Once the ball crosses the foul line in the attacking area, the defensive player can then move over to play help defense and pick up the man with the ball. **No spread or isolation offenses will be allowed.**
5. Fifth period is normal basketball rules except it will remain man to man defense. Full court presses should be man to man – no zone presses. First violation will be a warning. Every other violation may be a technical foul. Open court area is defined "between half court and foul line."
6. (guideline) Full court press should not be used when a team is leading by more than 20 points – use good judgment and exhibit good sportsmanship.

Most Commonly Used High School Rules

- When the referee blows the whistle the clock STOPS and does not resume until the referee whistles for play to begin again.
- Each team is allowed two 30-second time outs and three full time outs (1 minute each)
- per game.
- Any overtime period will last three minutes with one additional full time out. Any timeouts not used during regulation time can be carried over and used during the extra period.
- A player is allowed 10 seconds to get the ball over the mid-court line. Failure to do so is a violation and possession reverts to the other team.
- Teams shoot one and one foul shots, on non-shooting fouls, when the team fouls reach seven in a half. Teams then shoot one and one foul shots until the team foul total reaches
- 10 at which point each foul results in two shots.
- On foul shots, players are not allowed to enter the lane until the ball touches the rim or is inside the cylinder.
- A foul shot that does not hit the rim is a violation and possession reverts to the defensive team.
- A High School Rule book will accompany the clock at all games.