

# Youth Basketball League – Rules of Play

## 11 – 12 “College” Division



### Game Procedure

- 1) Games will consist of two 20-minute halves with substitution intervals every five minutes.
- 2) The rim will be set at a height of ten feet.
- 3) Games will be played with a size 29.5” regulation-sized basketball.
- 4) Subs will enter at the first dead-ball at every 5-minute mark within the first half. **Free substitutions will only be allowed during the final 10 minutes of the second half.** Until then, subs will enter at the first dead-ball at every 5-minute mark within each half. Free subs will be required to kneel at the scoring table until the next dead ball and may not come straight from the bench.

### Clock Operation

- 1) The games will utilize a running clock. The clock will only stop:
  - a. During time-outs (Each team will receive one (1) time-out per half).
  - b. On a dead ball during the last two minutes of the second half if the score differential is 9 or less.
  - c. Whenever indicated by the referee for injury or other delay.

### General Rules

- 1) Modified High School rules will govern the games unless otherwise indicated by league officials.
- 2) Each player has 4 personal fouls to give. On the fifth personal foul, the player is disqualified (fouled out) regardless of time played.
- 3) Teams will shoot the “one-and-one” bonus on the seventh (7<sup>th</sup>) team foul. On the tenth (10<sup>th</sup>) team foul, 2 shots will be awarded (double bonus).
  - a. Team fouls will accumulate per half, not by quarter.
- 4) Each team will be permitted a single (1) 1-minute time-out per half. One (1) additional time-out will be awarded for an overtime period. No time-outs from any previous periods may be carried over to any successive periods.
- 5) Shepherd Sports has a **ZERO TOLERANCE** rule for fighting, foul language, and unsportsmanlike conduct. No warnings will be given if such an offense occurs, and will result in an automatic technical foul and potential ejection at the discretion of league officials.

### Playing Time

- 1) Each player must play at least two full periods and sit out at least one (1) period **per half** unless no subs are available. **Best practice is to “empty the bench” at each substitution period until free subs are allowed.**
- 2) No player may play less than the required time except for injury, illness, or being disqualified (fouling out, technical fouls, etc.). Any time missed due to a player arriving late counts as time played.
- 3) In any overtime periods, previous time played has no bearing.
  - a. Only players disqualified due to fouls or ejections will be ineligible.
- 4) If the score is tied at the end of regulation an overtime period will be played. Overtime will last two minutes. The clock will run as noted in the final 2 minutes of regulation. If score is tied at the end of overtime, then sudden death overtime will be played. The first team to score wins.

### Defense Rules

- 1) No defense can be played in the back-court until the last two minutes of regulation time or overtime.
- 2) A team leading by 20 points or more cannot press for the remainder of the game unless the score differential is reduced to single digits (9 or less). The first violation will result in a warning, and any subsequent violations will result in two free throws and the ball being awarded to the offensive team.

### Offense Rules

- 1) A player may only score a maximum of 28 points. Any baskets made after this mark is hit, will result in 0 points and the ball will be awarded to the other team.
- 2) In overtime period’s players having “pointed out” (scored 28 points), are allowed to score an additional 8 points.