

FRAA Basketball League Rules

Rev 12/4/22

Rules are governed by the National Federation of State High School Athletics Associations unless otherwise stated herein.

All rules are subject to evaluation and modification by the League Commissioners.

A. Administrative Rules

1) FRAA carries no insurance. A parent or guardian must sign a release as part of registration. No one will be allowed to practice or play until the signed registration form is turned in to the league.

2) Coaches are responsible for the conduct of their players, assistants and parents. Parents are responsible for the children they bring to the game. In addition to technical violations, the following restrictions must be observed:

No one is to be roaming the halls. Food and drinks are not allowed in the gym.

B. Game Time and Time Out

1) Games will be 8-minute quarters, with two 1-minute quarter breaks and a 3-minute halftime. The clock will be **a continuously** running clock except for foul shots and time-outs up until the last two minutes.

2) During the last two minutes the clock will stop on all out of bounds plays, foul shots, time outs, or any occurrence that disrupts play.

3) Each team is allowed two 1-minute (full) and one 30 second time-outs per *game*. There is 1 30-second time-out during overtime periods.

4) If the game is tied at the end of four quarters, there will be one 2-minute overtime period and if the game is still tied at the end of that overtime period. *For Regular Season play if the two teams are tied after the first OT the game will be recorded as a tie. For Playoff & Championship games, a two minute OT will continue until a winner is declared. Each team will be permitted one (1) time out per OT period. (10/25/2014)*

5) Games must end at the end of the allotted hour. The score at the end of the hour is final, even if the game is not otherwise finished.

C. Rules of Play

- 1) The 3-point field goal is allowed for all ages.
- 2) All referees are expected to call the game in a strict manner to curb behaviors like travelling, over and back, grabbing, and pushing. In all leagues backcourt violations will be called after a 10 second count.
- 3) Full-court press is permitted as follows:
 - a. For 3rd/4th grade, full court press is only permitted in the last 2 minutes of the game. The defense cannot guard their man until the ball crosses the line between the top of the key and center court. After the ball is brought across that line, the defensive team may defend the entire half court. Note that this rule is not to be used as a stalling tactic. Teams are still required to break the center line within 10 seconds. The purpose of this rule is to give teams an opportunity to initiate their offense.
 - b. For 5th/6th grade, full court press is permitted in the 4th quarter only.
 - c. In Junior High & *Senior High* leagues, pressing is restricted to the 2nd half only. (10/25/2014)
 - d. No pressing is allowed by a team leading by 10 points or more.
- 4) Man-to-man defense must be played in the first half of the game.
- 5) Zone defenses are allowed in the second half of the game but man-to-man is **HIGHLY** encouraged all 4 quarters.

D. Players and Substitutions

- 1) League Commissioners may make player changes from one team to another team to achieve parity among all teams in the League.
- 2) **Coaches MUST assure that all players present have the opportunity to play a *minimum of eight (8) minutes during each half including 4 minutes in the 4th quarter.***
- 3) Subs may enter the game at any stop in play with the referee's permission during any stop-in-play situations. Players must report to the scoring table to be eligible to enter the game.
- 4) A team must have at least 4 players to start a game or continue a game. If a team gets down to 4 players for any reason the opposing team has the option to play with 4 or five players.

E. Technical Fouls/Violations

- 1) Each player is given 5 personal fouls after which they are out of the game.
- 2) One -And- One - After the seventh foul of each half, the opposing team will be awarded with one or two free throws. If they make the first one, they get the second one. But if they miss the first one, it becomes a live ball. Once a team reaches ten fouls or more per half, the opposing team will now automatically get two free throws.
- 3) Each team must have at least four (4) players ready to play no later than five (5) minutes past the designated starting time. Teams not meeting this requirement will forfeit.
- 4) Players must wear the shirt supplied by the League. Players may not exchange shirts during a game. Players will furnish their own gym shoes and trunks; *shorts must be of appropriate length, similar to standard uniform*, long pants are not permitted. Altering of the provided shirt such as cutting of midsection, removing the number, etc is not permitted. League Commissioner has the authority to not permit the player to participate in any games for uniform violations. Jewelry is not allowed. *Failure to comply with this rule will result in disciplinary hearing with League Commissioner.*
- 5) The Home team is responsible for the Timekeeper. The Visiting team provides the scorebook of record and sits at the half-court scorer's table.**
- 6) Players and coaches must stay away from the scorer's table except to report into the game or to change the line-up. Penalty for repeated violations is a technical foul.
- 7) With approval of the League Commissioner, a coach may suspend a player for disciplinary reasons.
- 8) The referee(s) have complete jurisdiction during the game, including power to eject a player, coach, or parent from the game for fighting, swearing, talking back or any other unsportsmanlike conduct.
- 9) Two (2) technical fouls against a player or coach will result in ejection from the game, and a minimum 2 game suspension from the league.**
- 10) Two (2) ejections during the season may be cause for being banned from further participation, per the League Commissioner. The Commissioner's decision will be final. No refund of registration will be issued.

F. Miscellaneous

- 1) **Foul shots** must be started with the player behind the line. For 3rd/4th graders, they are permitted to end across the line (provided they are carried by the momentum of their shot). They are not allowed to prematurely barge down the lane for the offensive rebound!
- 2) Only the winning score determines the winning and losing teams.