

# **HBC Recreation Program Rules**

## **I. General Rules**

1. Team Rosters must be certified to the respective league Commissioner by December 1<sup>st</sup>.
2. Only Coaches fingerprinted and approved in accordance with Howell Township Ordinance may be on the team bench. Only Coaches fingerprinted and approved in accordance with Howell Township Ordinance may conduct, or assist at team practices. Any violation of this rule will automatically result in a one (1) game suspension to the head coach.
3. No coach shall be the Head Coach of more than one team in the HBC League without the consent of the Executive Board.
4. Coaches must notify the league Commissioner when any player misses two consecutive games/weeks.
5. Teams are allowed one (1) authorized practice per week at a school and time designated by the league Commissioner. Any practices, or games held without the approval of the league Commissioner AND the Executive Board will result in an immediate two (2) game suspension of the Head Coach. This suspension will include both games and practices within that time. The coach must appear before the League Executive Board prior to reinstatement. If any player is injured during such an unauthorized game or practice, the Coach will be held responsible for any insurance liability.
6. Teams are required to be ready to play fifteen (15) minutes before the scheduled start time of their game.
7. Each team must supply one (1) scorekeeper/timekeeper for every game.
8. Teams that play the first or last game are required to assist in either the set up or break down of the gymnasium.
9. If any player arrives hurt for practice, a game or is injured during a practice or game, the Head Coach will not allow the child to participate without a doctor's note. The league commissioner must receive a copy before the child can play.
10. A bleeding player MUST be removed from the game. The player may not resume playing until the bleeding is stopped, bandaged and excess blood cleaned off. Any excessive blood on a uniform will require the player to remain out of the game.

## **II. Playing Time**

1. The new forty (40) minute format will be instituted for the entire program and requires that the coaches use the formula provided to them.

2. In the 40 minute game, any player(s) arriving after the start of the game plays the fewest amount of 5 minute period/sessions
3. Howell Basketball Club - 40 Minute game - 20 minute halves

**The examples below outline playing time rules based on player availability for 8-five minute periods/sessions**

Teams must play their top five players against the other team's top five.

**10 players: 4 periods of 5 minutes each = 40 minutes**

**9 players: 5 play 4x and 4 play 5x = 40 minutes**

**8 players: 8 play 5x each = 40 minutes**

**7 players: 2 play 5x and 5 play 6x = 40 minutes**

**6 players: 2 play 6x and 4 play 7x = 40 minutes**

**5 players: all play 8x = 40 minutes**

Playing time will be distributed as follows depending on how many players are present at game time. Player rotation:

**10-MAN  
ROTATION  
SHEET**

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7	SESSION 8
6.	1.	6.	1.	6.	1.	6.	1.
7.	2.	7.	2.	7.	2.	7.	2.
8.	3.	8.	3.	8.	3.	8.	3.
9.	4.	9.	4.	9.	4.	9.	4.
10.	5.	10.	5.	10.	5.	10.	5.

**9-MAN  
ROTATION  
SHEET**

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7	SESSION 8
2.	1.	3.	1.	4.	1.	5.	1.
6.	2.	6.	2.	6.	2.	6.	2.
7.	3.	7.	3.	7.	3.	7.	3.
8.	4.	8.	4.	8.	4.	8.	4.
9.	5.	9.	5.	9.	5.	9.	5.



All coaches will enter their team roster into the scorebook each week in a ranked order, best first, then in descending order.

NOTE: There is no substitution allowed except in the event of an injury, a late arriving player or fifteen point rule outlined below (Rule III #9). If an injury occurs where a substitution must be made, the player entering the game shall be selected in accordance with Rule III #11 outlined below.

Any omission of playing time rules by the league can be corrected by the commissioner at the game site.

### **III. Game Rules**

1. Any rule not specifically mentioned below will be administered as per the National Federation of High School rule book. The High School Division will also play the newer 40 minute game format and follow the rotation format set forth above. Any rules not covered by the league will be decided by the commissioner on site in consultation with the referee(s).
2. The game will consist of two (2) twenty (20) minute running halves. The clock will stop during the first of a two shot foul shot or on the first two shots of a three shot foul, time outs, and injuries. Notwithstanding the foregoing, the clock will not be re-started after the first shot of a two (2) shot foul (or after the first two (2) shots of a three (3) shot foul) during the final fifteen seconds (0:15) of the first half. Rather the shooter shall be permitted to shoot all free throws before the clock is restarted to insure that the horn does not sound and the half does not end while the shooter is attempting the try. The clock will stop on every whistle during the final ONE minute of the 2<sup>nd</sup> half. Note: If the 40 minute games are found to be running too long the clock will run during free throws. The league commissioner will make this determination and will then notify the HBC board who will amend the rule. Each team will have 1 full timeout in each half. If the timeout was not used in the first half of the game, it travels over to the second half. There will also be 1 automatic full timeout of 60 seconds at the 10 minute mark of each half.
3. The initial overtime period will be 1 minute in length. One thirty (30) second time out will be given to each team for the initial overtime period. Timeouts remaining from regulation time (if any) will not be carried over to the overtime period. The coaches may play any five (5) eligible players in any overtime period and free substitution is allowed. The clock will stop on every referee whistle in all leagues during all overtime periods. In the event that the teams are tied at the end of the 1 minute overtime, play will continue on a "Sudden Death" basis, first point wins. There will be no timeouts during sudden death overtime and no timeouts can be carried over to sudden death play. Notwithstanding the foregoing, for playoffs games in all divisions, the sudden death rule shall not be in effect. Rather the teams shall play successive two (2) minute overtime periods until a winner is decided.

4. In each half of every game, team fouls number 7, 8 and 9 will not result in a "one & one" bonus shot. Thereafter, the offending teams 10<sup>th</sup> team foul will result in a "one and one" bonus shot. Two shot bonus rule will never be used.
5. Five (5) personal fouls disqualifies a player from further play regardless of how many quarters the player has participated in. (NOTE: see rule IV #2).
6. Three second lane violations will be enforced in all leagues. Exception: The 3<sup>rd</sup>/4<sup>th</sup> Grade Divisions will play FIVE second lane violations.
7. 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> Grade Divisions will play Half-Court Defense only. No player may play defense beyond the half court division line. 7<sup>th</sup>/8<sup>th</sup> Grade Division will play 3/4 Court defense. No defense will be allowed beyond the back court free throw line extended. Each team will receive ONE WARNING per half for infraction of this rule. The second and any subsequent violation of this rule will result in a technical foul. NOTE: Warnings will be issued ONLY for non-contact violations. If any player commits a foul in the opposing team's backcourt the foul will be charged just as if it occurred in the front court. This will also count as the team's warning if it's the first violation in the half. Any additional violation will result in a two shot technical foul for the offended team. Any player may shoot the technical.
8. Full Court press will be permitted only during the final two (2) minutes of the 2<sup>nd</sup> half or as noted below. The offensive team will be allowed a free/uncontested inbound pass between the baseline and the back court foul line. The defense can set up no closer to the baseline than their (front court) foul line. As soon as the pass is touched inbounds the defense may cross the foul line and can press the ball full court. 3<sup>rd</sup>/4<sup>th</sup> Grade Division will observe this rule only during the final ONE minute of the game. The High School league will be allowed to press the entire game unless they're ahead by more than fifteen (15) points. Once the lead goes under ten (10) points they'll be allowed to press again.
9. Fifteen/Twenty point rules:

Anytime a team falls behind by fifteen (15) or more points, that team may choose to full court press as per above rules until the lead dwindles below ten points. Grades 5/6 and 7/8 are not required to play behind the three point arc when up by fifteen (15) points. Nor are the best players to be removed from the game earlier than the last five (5) minutes.

However, all coaches are asked and expected to use discretion in displaying good sportsmanship if your team takes a huge lead. If not the Commissioner will step in.

ONLY in the last five (5) minutes of the game, any team taking a lead of greater than twenty (20) points the Coach MUST call for a timeout (uncharged) and will substitute their highest ranking player(s) for any players that has played the fewest amount of 5 minute periods/sessions, this applies to the HS league also. If the lead dwindles below ten (10) points, the coach may request another uncharged timeout and the player(s) that began the last five (5) minute period may re-enter the game. If a dispute over who

should be removed from the game develops, the league commissioner has final authority to make the decision.

10. In leagues that are assigned or drafted, the number one (1) drafted player or the number one (1) assigned player can never play the entire game. The only exceptions are 1- the team only has five (5) players at the game, 2- due to an injury or disqualification of a player when the team has only 6 players at the game.
11. If a player, due to injury or disqualification has to be removed from a game, the coach will substitute for that player the player closest in rank to the group of players on the floor. By way of illustration, if an injury occurs with players ranked 6 through 10 on the floor, the 5<sup>th</sup> ranked player will substitute for the injured player. A player entering the game for even one tick of the clock constitutes as a quarter played or a five minute period/session in the 40 minute games.
12. On all free throws, a player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. The players occupying the lane spaces are the only ones that can leave on the release. The shooter and all others behind the three point line must wait until the ball makes contact with the rim before entering the lane. The free throw shall be taken from the free throw line except 3<sup>rd</sup> and 4<sup>th</sup> Grade boys and girls must start behind the line but can jump over the line, but cannot be first player to touch the rebound.
13. Any omission of games rules by the league can be corrected by the commissioner at the game site.

#### **IV. Technical Fouls**

1. A technical foul received by a player or coach will count towards both team and personal fouls. The league commissioner must report all technical fouls received by a coach for unsportsmanlike conduct/behavior to the executive Board within two (2) days via an e-mail or phone call.
2. If a team, due to illness, injury or disqualification has only five (5) available players and one of those players fouls out of the game, that player may continue to play, but any and all fouls by that player for the remainder of the game will be charged as INTENTIONAL Fouls (2 foul shots and loss of possession). ONLY the player whose disqualification would cause the team to have less than five eligible players may remain in the game. No other player that may have fouled out earlier in the game may re-enter because of this situation.
3. Any player that is assessed two (2) technical fouls during a game will be removed from the game. This player must remain on the bench with the coach until the end of the game or until the coach releases the player to a parent or legal guardian of the player. Any coach that is assessed one (1) technical foul for unsportsmanlike conduct/behavior during a game shall be immediately ejected and must leave the building, no standing in the gym doorway. If no assistant coach is available, the league Commissioner will coach the team for the remainder of the game. In addition, any player that is ejected for a double technical or flagrant foul violation which led to an ejection will automatically

Season: 2022-23

Last Updated on: 3/12/20

be suspended from participating in the team's next scheduled game and any practice sessions before the next game. A second offense of this nature will/may result in the dismissal of the player or coach for the remainder of the season without a refund of any monies for league fees.

Any coach issued a Technical Foul for unsportsmanlike conduct/behavior and/or any player ejected for a double technical or flagrant foul violation which led to an ejection will be issued a formal written warning by the league Commissioner. The league Commissioner must advise the HBC Executive Board and all other league Commissioners so that a record can be kept of all technical fouls/ejections received. A coach receiving a second Technical foul for unsportsmanlike conduct/behavior in any HBC division during the HBC regular season, will automatically be suspended from participating in the team's next scheduled game and any practice sessions before the next game. Should such second technical foul against a coach (or second ejection against a player) be received in the last regularly scheduled league game, the coach/player will be suspended for his/her first playoff game (including any practice sessions before such game). For the purposes of tracking and counting Technical fouls and ejections, any regular season technical fouls/ejections shall not count during the HBC playoffs and each coach/player shall be treated as if he/she has yet to commit a technical foul at the outset of the playoffs.

Any additional technical fouls/ejections subsequent to the second technical Foul/ejection, whether in the regular season or playoffs, will result in additional sanctions to be decided by the Howell Basketball Club. All such matters are subject to the review of the Howell Basketball Club Executive Board. Any coach/player who is suspended has a right to appeal by appearing before the Executive Board.

I have read and fully understand the purpose and meaning of all these rules.

I agree to abide by the above sited rules and all decisions made by the Howell Basketball Club Executive Board in the best interest of the Howell Basketball Club Inc.

I've had my fingerprints taken as per Howell Townships Ordinance. Lastly, I've never been convicted of a crime in the State of New Jersey or any other state of the union.

Date:

**Coaches Signature:**

Print Name:

**Revised: November 6, 2017**

**Howell Basketball Club**  
**Coaches Waiver**

I have read and fully understand the purpose and meaning of all these rules.

I agree to abide by the above cited rules and all decisions made by the Howell Basketball Club Executive Board in the best interest of the Howell Basketball Club Inc.

I've had my fingerprints taken as per Howell Townships Ordinance. Lastly, I've never been convicted of a crime in the State of New Jersey or any other state of the Union.

Date:

Signature:

Print Name:

**Signed copy to be retained by the league commissioner**

**Revised November 6, 2017**