

Howell Basketball Club

2023 Fifth Grade Rules

I. General Rules

1. 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.
2. 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 forty (40) minute rotation format must be followed.
2. All coaches will enter their team roster into the scorebook each week in a ranked order, best first, then in descending order.
3. Playing time will be distributed as set forth on the rotation sheet provided depending on how many players are present at game time.

III. Game Rules

1. Any rule not specifically mentioned below will be administered as per the National Federation of High School rule book. Any rules not covered by the league will be decided by the referee.
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 2nd half. Each team will have 2 full timeouts to use at any time during the game. 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, additional one (1) minute overtime(s) shall be played 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 10th 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.
6. Three second lane violations will be enforced in all leagues.
7. Teams will play Half-Court Defense only except as provided below. No player may play defense beyond the half court division line. 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 final girls' session in the 2nd half (with 7:00 minutes – 5:00 minutes remaining) and during the final two minutes of the final boys session in the 2nd half (with 2:00 minutes remaining until the end of the game), including any overtime periods. 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 for an inbounds play. As soon as the pass is touched inbounds the defense may cross the foul line and can press the ball full court.
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. Teams are not required to play behind the three point arc when up by fifteen (15) points.
 However, all coaches are asked and expected to use discretion in displaying good sportsmanship if your team takes a huge lead.
10. If a player, due to injury or disqualification has to be removed from a game, the coach will substitute for that player with a player that is next-closest to that player in ranking.
11. 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 and players cannot jump over the line.

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 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 during the 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 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.

Revised January 9, 2020