

### **HBC Recreation Program Rules Summary**

- **GAME LENGTH:** Games will consist of two (2) twenty (20) minute running halves. The clock will stop during the first of a two (2) shot foul shot or on the first two (2) shots of a three shot foul, time outs, and injuries. The clock will stop on every whistle during the final ONE minute of the 2<sup>nd</sup> half.
- **TIMEOUTS:** Each team will have 2 full timeouts to use at any time. There will also be 1 automatic full timeout of 60 seconds at the 10 minute mark of each half.
- **OVERTIME:** 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. There shall be NO "Sudden Death" during playoff games and play shall continue as set forth above until there is a winner.
- **FOULS/BONUS:** 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.
- **DISQUALIFICATIONS:** Five (5) personal fouls disqualifies a player from further play regardless of how many quarters the player has participated in.
- **DEFENSE:** 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.
- **PRESS:** 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. 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.
- **FREE THROWS:** 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.
- **SPORTSMANSHIP:** ONLY in the last five (5) minutes of the game, should a team take a lead of greater than twenty (20) points, the Coach MUST call for a timeout (uncharged) and will remove their highest ranking player(s) and replace them with the player(s) that have played the fewest amount of 5 minute periods/sessions. 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.

**Any rule not specifically mentioned in the full HBC rules will be administered as per the National Federation of High School rule book.**