

WE FOLLOW NCAA RULES EXCEPT FOR THE FOLLOWING LOCAL RULES:

- 1. Standings will be kept in this division. All teams will make the playoffs. During the playoffs a single elimination format. Trophies will be awarded to the 1<sup>st</sup> place team (allowing for ties) in the league, play off champion and runner up. If there is a tie and we can’t break it with normal methods, then a coin toss will determine the higher seed.
- 2. Please note the various game times, and days in which games are scheduled. Games will mostly be played at John Jay High School with occasional games played at the John Jay Middle School New Gym.
- 3. When schools are closed due to inclement weather or other reasons, no practices or games will be held. Our website, [www.lewisbororecreation.com](http://www.lewisbororecreation.com), will be updated as well as our Facebook page: Lewisboro Parks and Recreation and an email blast will be sent out if you signed up for it. (call the recreation department <232-6162> for more information).
- 4. Practices: All teams are scheduled for one - one-hour practice session per week. Teams are **not** to extend practices past the one-hour practice time period or schedule additional practices at alternate sites.
- 5. The game will be divided into eight (8) five (5) minute segments. Two (2) segments per quarter. No participant may play greater than one segment more than a teammate. Exceptions may occur if a player must leave the game for any reason. Late arrivals may result in a participant playing fewer segments. A player arriving late or missing a part of the game other than for an injury will be penalized 1 segment of playing time for arriving after the 2<sup>nd</sup> segment has started, 2 segments once the 3<sup>rd</sup> has started, 3 segments once the 5<sup>th</sup> has started etc. The following chart lists the minimum and maximum number of segments to be played:

# of Players	Minimum Segments	Maximum Segments
6	6	7
7	5	6
8	5	5
9	4	5
10	4	4
11	3	4

If a player fouls out or is injured and unable to continue to play, the substitute player that completes the segment is charged with the segment **ONLY** if he/she enters with more than half the segment remaining. If a player fouls out or is injured and unable to continue to play during the final segment, a bench player with fewest segments played **must** be inserted into the game. If all on the bench have played an equal amount the coach of that team may select the player of his/her choice as the replacement.

NOTE: If known before the start of a game that a player will not be participating in the minimum number of segments due to illness or personal reasons (needs to leave early, nursing an injury, etc.) the coach **must** notify the opposing coach and scorekeeper and the site supervisor (Recreation Personnel or Head Official) as soon as possible.

- 6. **When circumstances dictate**, games can be played with less than 5 players (i.e. – if a team only has 4 players – both teams will play 4 on 4). Except in playoffs where a team can play 5 on 4. Any less than 4 is a forfeit.
- 7. Jerseys – Team jerseys must be worn during the games.
- 8. Players who sustain an injury where bleeding occurs must be removed from the game immediately. Once the player's injury is taken care of and the bleeding stopped/controlled, the player may re-enter the game. If any blood is on the players’ shirt, the shirt must be removed and exchanged for another shirt. It does not have to be the same color or have a number.
- 9. Bench – Only team players and a maximum of two (2) coaches will be allowed on a team bench. Only one coach is allowed to stand at a time. Players and other coach must be seated during the game. Only one coach is to approach officials during a game for rule clarification or protest.
- 10. Game time - 40 minutes running time **except the last minute of the game**. Each quarter will be 10 minutes. The clock will stop briefly at the 5-minute mark of each quarter for substitutions. Play will stop after an official stoppage of play. Running time will take effect if a team is up fifteen (15) points or more during the last minute of the game.
- 11. Time outs - 2 per game at 1 minute each.
- 12. Time breaks - 1 minute between quarters and 3 minutes for half-time. There is to be **NO** shooting at the baskets by players, coaches, officials, scorekeepers or spectators during time-outs or breaks between quarters except half time.
- 13. **Fifteen Point Rule** – Any team with a lead of fifteen (15) points or more may **not** fast break or press the

opposing team. This rule will be in effect until the lead is reduced to less than fifteen. Teams not following this rule will be issued **ONE** warning after the warning, further violations will result in a “technical foul”. This results in two free throw shots for the opposing team and possession for shooting team.

14. Defenses – Zone or Person to Person defense can be used.
15. Fouls – Fouls will be kept. 1 + 1 on the 7th team foul. 2 on the 10<sup>th</sup> team foul. Technical fouls count as a team foul. Each player gets five (5) fouls after receiving the five you must exit the game. If you don't have a substitute for the player the game will be played four on five. Anytime the team drops to three players . . . the game will be called and the team forfeits.
16. Pressing — Full court. Teams will have 10 seconds to get ball over half court line.
17. Lane violations – 3 seconds
18. Free throws – Foul line and cannot go over the line. Six players line up, players may move at the release of the ball. Shooters and those beyond the arc must wait for the ball to hit the rim.
19. Three (3) point shots will count.
20. Overtime – 1 – 2 minute quarter with start and stop time.
21. **Jewelry is NOT permitted (i.e. watches, rings, bracelets, necklaces, earrings, metal barrettes, etc.).**
22. Technical Fouls – will be called for unsportsmanlike conduct and intentional fouls. We will continue to use our zero-tolerance policy. When a second technical is called on a player or a coach it will result in an ejection from the balance of the game and a one game suspension from the team's following game.
23. Intentional Fouls – You must yell a play name instead of “foul him/her!” at the end of the game to try and regain possession to try and win the game. Failure to do so will result in a technical foul (2 fouls shots and possession).