**General**

1. If a team (at least 4 players) is not ready to play within 5 minutes of the start time, the game will be forfeited to the other team.
2. All players must begin the game void of jewelry (including but not limited to rings, belts, watches, bracelets, necklaces, earrings, etc.)
3. It is the responsibility of each coach to closely supervise his team before, during and after game and practice time.
4. The school is closed to all players and observers except for the gym area and appropriate restroom facilities. Please pick up all trash left over from your game and practice.
5. Children that are not registered with the league may not practice in the gyms at any time. Children registered with the league can ONLY practice during their teams scheduled time.
6. If a practice must be canceled due to inclement weather, it is the responsibility of the coach to notify all his/her players. There is **NO PRACTICE WHEN SCHOOL IS CANCELED OR NOT IN SESSION.** Cancellations will be posted on [www.urasports.org](http://www.urasports.org) as soon as possible.
7. Do not direct negative comments towards your players, other coaches, or THE REFEREES. Remember they are not your adversaries. Bad calls are part of the game. Emphasize to your players that the calls should not be their concern and they are NOT to criticize the refs. If there is a problem with any referee, please report it to your league commissioner.

**Game Play**

1. Heights of baskets are 10 feet. Ball size is regulation (29.5).
2. 3 pointers are in affect. Should it be recognized by the commissioner they degrade game play, they will be eliminated.
3. Four (4) 10 minute quarters will be played with one minute between quarters and a two minute half-time.
4. The game will begin with a jump ball and from then on the ball will be given alternately to each team on jump ball situations and at the beginning of each following quarter.
5. All offensive players have 10 seconds to bring the ball over the half-court line. Once they have crossed half-court, they can not go back court with the ball unless the defense has touched it first.
6. Once offensive possession is established under the opposing basket, defense must retreat beyond half court line. There will be no defensive pressure allowed on the ball handler until the ball crosses half court. Defense may start **AFTER** the offensive player has been given sufficient room (3 feet) after crossing mid-court. Once the offense has successfully crossed half court, the defense may then proceed to defend the offensive player. **Full court pressure defense will be allowed in the last 2 minutes of the game**.
   1. Full Court defense will be allowed by the trailing team only at any time of the game should they trail by 10 points or more. Once the deficit is less than 10, they must stop.
7. Only player-to-player (man-to-man) defense is allowed. No zone defense is permitted.
8. There will be a 3 second rule governing play in the key area under the offensive basket. Any offensive player violating this rule while that player’s team has controI of the ball will result in the other team gaining possession. Continuous rebounding by both teams with neither in control will not be governed by this rule.
9. Maximum of (3) time-outs per team per game (one minute each.)
10. The clock stops on injuries and time-outs. The clock does not stop on out of bound plays or fouls except during the last two minutes of the game and during overtime. The clock will stop to allow the completion of free throws at the end of a quarter.
11. During the regular season, there will be one 3 minute overtime. The game will end at the end of one overtime.
12. During playoffs, if the game is tied at the end of regulation time, the first 3-minute overtime period will be played. If the game is still tied after the first overtime, a second 3-minute overtime period will be played. If still tied after 2 overtimes, then sudden death. 1 time-out is permitted in each overtime. Each overtime period will start with a jump ball.
13. During overtime, full court defense will be allowed the entire duration.

**Substitutions**

1. Each player must play two (2) FULL quarters. All players must sit out one (1) FULL quarter (unless you have six players or less). **Penalty for not following this rule is forfeit of the game.**
2. No one should play all 4 quarters (in part or in whole) until everyone plays 3 full quarters unless you have a rash of injuries. Below is a table for your reference in regards to number of players in attendance and how many quarters they should play.  For example if you have 7 kids, 6 play 3 qtrs and 1 plays 2.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Number of Players in Attendance** | | | | |
|  | **9** | **8** | **7** | **6** | **5** |
| **Play 4 Quarters** | 0 | 0 | 0 | 2 | 5 |
| **Play 3 Quarters** | 2 | 4 | 6 | 4 |  |
| **Play 2 Quarters** | 7 | 4 | 1 |  |  |

 In case of a player arriving late, please use the following guidelines:

* 1. If he arrives during the first quarter, they must play two **FULL** quarters.
  2. If he arrives after the start of the second quarter, the player is only required to play one **FULL** quarter.

1. In case of injury, the quarter the player was injured **counts** as one full quarter. The quarter that the substitute player comes in for the injured player **will NOT count** as a full quarter.
2. Substitutions are allowed at the beginning of each quarter. Substitutions are permitted within a quarter during the 4th quarter only, except for injury or foul out.

**Fouls**

1. Five fouls disqualifies a player.
2. All fouls in the act of shooting will be 2 shots. 1 and 1 will be awarded on the 7th team foul and 2 shots will be awarded on the 10th team foul.
3. If a player **without** the ball is fouled during the last 2 minutes of the game, the fouled player will receive 2 foul shots **AND** his team will retain possession of the ball.
4. If a technical foul is called, the opposing team shoots 2 foul shots and retains possession by being given the ball at half court. Players or Coaches receiving two technical fouls in game will be ejected from the game and automatically suspended for next game. A second occurrence at any time during the season will result in suspension from league for remainder of season.
5. Once possession is established, if defensive players don’t pull back on defense (apply pressure on ball handler prior to ball crossing mid court), they will receive **one** warning and the next violation will result in a technical foul called on the team.
6. If any coach takes a 4th time-out, his/her team will be charged with a technical foul.
7. Any player, coach, or parent who, in the opinion of the referee or commissioner, demonstrates unsportsmanlike conduct on the playing floor, the bench or in the stands will be subject to a technical foul and/or game ejection.
8. Any foul language, obscene gestures or threat of physical violence to anyone by anyone (player, coach or spectator) will result in automatic game ejection with a possibility of removal from the gym. Repeat offenders (including spectators) will be ejected from the league.
9. The URA Code of Conduct will be enforced.

**Thank you all for adhering to the rules of our league.**