

2023 SUMMER LEAGUE RULES

UPPER SOUTHAMPTON BASKETBALL

4th/5th Grade League

Each game is 4 quarters with an 8 minute running clock

-Refs will keep time with stop watches and will be asked to call the time remaining aloud throughout the game. -

Clock stops on TIME OUTS and FOUL SHOTS

-In the LAST TWO MINUTES OF EACH HALF, the clock stops on all WHISTLES.

(3) time outs for the game, (No extra time outs provided in overtime) Each player should enjoy equal playing time

Playing Man to Man or Zone defense is at coaches' discretion.

Defense cannot defend past HALF COURT. When the defensive team gets the rebound cleanly, the offense must retreat back to half court, except for fast breaks. FAST BREAKS are at the discretion of the REFEREES ONLY.

OVERTIME is two minutes, with a clock stopping on all whistles and timeouts.

Score will be recorded, however, 'official scorebooks' will not be kept, therefore ALL fouls will be an

AUTOMATIC **1-and-1** in the last 2 minutes of the game.

Technical fouls will be taken by the opposing team and the player shooting the foul will be chosen by that team. Any PLAYER or COACH that receives a DOUBLE technical foul in the same game will be ejected for that game and be SUSPENDED for the next game. If a team has only five players and one is ejected, the team will have to finish the game with FOUR players. (NO substitutions)

ONLY teams with LESS than 6 players, may use a player from another team as a sub in their contest.

The substitute player must be a registered player in the same age group/league. If 'short' team fills up with late players however, the sub can no longer be used. If no other player is available, then the teams play 4 on 4.

-Note: To avoid selecting the same 'repeat players' over and over again, this 'running sub list' will be used to rotate players to random teams. Trying to maintain a balance of talent and skill level must be a primary consideration of sub selection and both coaches must agree on the player used as a substitute. Players can 'sign in' on the sublist on their game day. If they are not used in a game, their name stays in place for the next week (assuming they are available again). Once a player is used, they are 'removed' from the list or placed at the bottom of the list. The list will be cycled from game to game each week. Players can be used again once their name pops back up in the queue.

2022 SUMMER LEAGUE RULES UPPER SOUTHAMPTON BASKETBALL

6th/7th and 8th/9th Grade League

(or any combo of these grades)

Each game is 4 quarters with a 8 minute running clock

-Refs will keep time with stop watches and will be asked to call the time remaining aloud throughout the game. -Clock stops on TIME OUTS and FOUL SHOTS

-In the LAST TWO MINUTES OF EACH HALF, the clock stops on all WHISTLES.

(3) time outs for the game, (No extra time outs provided in overtime) Playing Man to Man or Zone defense is at coaches' discretion.

Defense can press all game.

Made shots include 1 point free throws, 2 point field goals, and 3 pointers. OVERTIME is two minutes, with a clock stopping on all whistles and timeouts.

Score will be recorded, however, 'official scorebooks' will not be kept, therefore ALL fouls will be an AUTOMATIC **1-and-1** in the last 2 minutes of the game.

Technical fouls will be taken by the opposing team and the player shooting the foul will be chosen by that team. Any PLAYER or COACH that receives a DOUBLE technical foul in the same game will be ejected for that game and be SUSPENDED for the next game. If a team has only five players and one is ejected, the team will have to finish the game with FOUR players. (NO substitutions)

ONLY teams with LESS than SIX players, may use a player from another team as a sub in their contest. The substitute player must be a registered player in the same age group/league. If 'short' team fills up with late players however, the sub can no longer be used. If no other player is available, then the teams play 4 on 4.

-Note: To avoid selecting the same 'repeat players' over and over again, this 'running sub list' will be used to rotate players to random teams. Trying to maintain a balance of talent and skill level must be a primary consideration of sub selection and both coaches must agree on the player used as a substitute. Players can 'sign in' on the sublist on their game day. If they are not used in a game, their name stays in place for the next week (assuming they are available again). Once a player is used, they are 'removed' from the list or placed at the bottom of the list. The list will be cycled from game to game each week. Players can be used again once their name pops back up in the queue.