



HAMILTON LITTLE LADS BASKETBALL

PO Box 3425
Hamilton NJ 08619
www.littleladsbasketball.net



Game Rules & Responsibilities – Cadets

GENERAL RESPONSIBILITIES

- Head Coaches will be held responsible for the conduct and actions of themselves, assistant coach, their players. Unruly actions, physical and verbal, will not be tolerated.
- Coaches, players, and parents will be required to sign a Code of Conduct
- There will be a “Zero Tolerance” Policy for all coaches. Coaches will receive a one game suspension for every technical foul that is issued. We will consider replacing a coach after two technical fouls.
- Any player who receives a second technical foul during the season will automatically be suspended for the team’s next played game. A third technical will result in removal from team.
- If either coach receives a technical foul, all coaches and players must remain seated on the bench during play for the remainder of the game.
- Coaches will be responsible for reporting to a League Official any actions by players or fans which can be construed as disruptive or detrimental to Hamilton Little Lads Basketball or their team.

PLAYING RULES - CADETS

1. Only the coach, one assistant coach, and players shall be allowed on the bench or players side of the gym during the game.
2. Only one coach may be standing on the sideline during game play. All players and assistant coach must be seated.
3. Coaches must stay in the coach’s box during game play. The coach’s box is defined as 10 ft on each side of the half court line to the baseline.
4. Designated home team decides which bench they would like.
5. Teams shall warm up and be on offense for the first half at the basket opposite their bench.
6. With a few exceptions, a combination of USA Basketball and National High School Federation Rules will be used. Notable rules and exceptions are listed below.
7. Each team shall have two time outs available per half, and one time out to be used any time during the game. Time outs do not carry over.
8. There are no jump balls. The team designated as the Visiting team shall take possession to start the game. Alternating possession will be followed throughout the remainder of regulation time. If the game should go to overtime, the designated Home team shall take possession to begin overtime. Alternating possession will be followed for the duration of overtime, including additional overtime periods.
9. Each quarter shall be six (6) minutes in duration with the clock stopping for fouls, violations, time outs, and any other reason at the discretion of the referees.
10. If the game is tied after regulation time, an overtime period of three (3) minutes with clock stoppage as listed above will be played. If the game is still tied after the first overtime period, another overtime period of one (1) minute will be played. This will continue until a winner is determined.
11. Each team will be allowed one timeout per overtime session. Timeouts do NOT carry over.
12. After a change of possession, the defense must fall back to the three-point arc to allow the offensive team to advance the ball beyond half court without being defended. Once the offensive team has established possession in the front court, the defensive team may defend anywhere in the front court.
13. Man-to-man defense must be played throughout the game.
 - a. Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player’s movements with or without the ball.
 - b. The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
 - c. If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.



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14. Stealing the ball from an offensive player who is dribbling is prohibited.
 - a. Only the defensive player assigned to cover the offensive player can engage in a held ball.
 - b. If another defensive player engages in a held ball, the offense retains possession, and alternate possession is not invoked.
15. A full court press is allowed during the final one (1) minute of each half (2nd and 4th quarters). Defensive players must still guard only their man.
16. Players will take free throws from a distance determined by age. League age 9s will shoot from the regulations free throw line (15 ft.). League age 8s will shoot from a line that is set at approximately 13 ft 6in. League age 7s will shoot from a line that is set at approximately 12 ft. In exceptional circumstances, a player may be moved closer.
17. On foul shots, with the exception of the shooter and players not positioned on the lane, players may enter the lane when the ball is released from the shooter's hand. All others must wait for the ball to hit the rim. No player may enter the semi-circle, from the foul line to the top of the key, until the ball hits the rim.
18. If a team goes ahead by 15 or more points, their defensive players must stay within the 3-Point Arc until the opponent gets to within 10 points. Teams may be assessed a technical foul if they continue to defend outside the arc after a warning has been issued.
19. Jewelry of any kind is not permitted to be worn during games or practices. The only exception is medical related jewelry which must be secured to the body.
20. The cable above the basket at Crockett and Grice is in play.

PLAYING TIME RULES

1. Each team must have five players to start a game and seven players by the end of the first quarter.
 - a. If these conditions are not met, the game is forfeited (see rule 1b exception). The teams may play a scrimmage game with a running clock.
 - b. If a team has less than five players, then it is a forfeit.
 - c. Each team will be permitted to play one game with less than seven players present.
 - d. Every player who plays four quarters in a game (all five if five players present... two if six players present) will have two three quarter games counted against them.
2. Each player must play at least one complete quarter in each half.
3. A player must arrive before the end of the second quarter to be eligible to play. May ONLY play one quarter in second half.
4. No substitutions are allowed mid-quarter, unless there is an injury.
5. Exception will be made due to injury, other physical impairments, or disciplinary reasons. Other than for disciplinary reasons when a player is forced to leave the game, the scorer will note time of departure in score book and that player must be given the opportunity to return and play out the remaining allocated time, time permitting.
 - a. Injured players should be replaced by a player of similar skill.
6. If a player has not completed his/her minimum play requirement, he/she cannot foul out on fifth foul. On a player's 6th foul, and all subsequent fouls that player commits, the fouled team will be awarded one bonus shot that can be taken by any player on the floor. In addition, the fouled team will be given possession of the ball in the frontcourt. This is in addition to the penalty for the foul itself.
7. If a player commits a fifth foul after completing his/her allotted playing time, that player must exit the game.
 - a. The opposing team's coach will select the substitute for the player who fouled out.
 - b. If there are no eligible players (4 quarter rule including any player selected not to play) the player will remain in the game and the bonus shot awarded.
8. Once a player enters the game in any quarter, it counts as a quarter played.
9. No player may play in four quarters.
10. If 7 players are available, 6 players will play 3 quarters each.



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11. If 8 players are available 4 players will play 3 quarters each.
12. If 9 players are available 2 players will play 3 quarters each.
13. Coaches will select the players to play three quarters **prior to the beginning of the game**. The opposing coach does NOT have a say.
14. If 10 players are available, every player will play two complete quarters, one in the first half and one in the second half.
15. Players must play three quarter games evenly. Record will be kept by the scorekeeper of players who play three quarters. For example, no player may play a second three quarter game unless all players present have already played one.
16. All players who have not played three quarters must play in overtime prior to any player who has played three quarters. Players with five fouls may not re-enter the game.
17. Players do not need to be removed from the game after an injury timeout. Coaches should use their best judgement when deciding to leave player in the game after an injury.

MISCELLANEOUS

Any situation not specifically covered in the NFHS rules, or these local rules, will be ruled on by the Site Supervisor.