



HAMILTON LITTLE LADS BASKETBALL

PO Box 3425
Hamilton NJ 08619
www.littleladsbasketball.net



Game Day Rules & Responsibilities – Lads

GENERAL RESPONSIBILITIES

- Head Coaches will be held responsible for the conduct and actions of themselves, assistant coach, and 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 who can be construed as disruptive or detrimental to Hamilton Little Lads Basketball or their team.

PLAYING RULES – LADS

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 coaches must be seated.
3. Coaches must stay in the coach’s box during game play. The coach’s box is marked in the Nottingham New Gym. All other courts, 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, 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. A jump ball will start the game and overtime periods. Alternating possession will be followed throughout the remainder of regulation time and overtime periods.
9. Each quarter shall be seven (7) minutes in duration with the clock stopping for fouls, violations, time outs, and any other reason at the discretion of the official.
10. The “1 and 1 bonus free throws after seven team fouls per half” has been eliminated. There will now be two bonus free throws awarded beginning with a team’s fifth foul in each quarter. (NFHS rule)
11. 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.
12. Each team will be allowed one timeout per overtime session.
13. 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.
14. If a team goes ahead by 20 or more points, their defensive players must stay within the 3-Point Arc until the opponent is within 15 points. Teams may be assessed a technical foul if they continue to defend outside the arc after a warning has been issued.
15. 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.



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16. The cable above the basket at Crockett and Grice is in play.

PLAYING TIME RULES

- Each team must have five players to start a game. If this condition is not legitimately met (players must be reasonably expected to be able to actively participate in and complete the game), the game is forfeited. The teams may play a scrimmage game with a running clock.
- Each player must play a minimum of one (1) complete uninterrupted quarter in the first half.
 - No player can be substituted for prior to completing his/her allotted time.
- Each player must rest two (2) consecutive minutes at some point during the game. Exception – team only has five players.
- Each player must play at least two consecutive minutes in the second half.
- If a player has not completed his/her minimum play requirement, he/she cannot foul out on their 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.
- 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.
- Players arriving after the completion of the second quarter are ineligible to play in the game.
- 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.