

# Art David Athletic League Basketball Rules 2008-2009

All ADAL Basketball games shall be governed by the current National Federation Basketball Rules Book, copyrighted, published and distributed by the national Federation of High School Athletics Association. Any exception to the above will be covered by the ADAL Basketball rules as follows:

## Time:

1. Playing time shall be four quarters of seven-minute stop clock for 7<sup>th</sup> and 8<sup>th</sup> grade 'A' teams, 6<sup>th</sup> grade 'A' teams will be **seven** minute quarters with a **2**-minute half time. **ALL** 'B' teams will be a 10 minute running clock with a stop clock the final 2 minutes of the 4<sup>th</sup> quarter.
2. All overtime periods shall be three minutes in length with as many as necessary. Two minutes running and one minute stop clock.
3. Four time outs per **half**. **Timeouts do not carryover**. One timeout each overtime period. No carryover timeouts. All time outs will be one minute.
4. The coach may call time out from the bench.
5. **"A" League:** there will be a running clock if a team has a 15 point lead or more in the second half of the game. If the lead falls below the 15 point barrier the clock would stop. Option to start the running clock with a 15 point lead with mutual agreement made between both coaches.
6. If no visible electronic device for keeping score and time is available, the scorer and timer shall notify both teams of time in quarters and score at least once every minute. The coach shall be the only one allowed to go to the scorer's table during the game to check the time or score. No coaches are allowed at the scorer's table unless there is a dead ball. Technical fouls can be assessed)
7. Games may be started before scheduled time if both coaches agree.
8. All teams should be given their full 5 minutes of warm-up time between games
9. No shot clock will be used.
10. A forfeit will be declared if the visiting team is not at the scheduled game within 15 minutes after scheduled start time.
11. We strongly advise that teams should be at the gym, ready to play at least 10 minutes before game time.

## Equipment and uniforms:

1. A leather ball is to be used unless both teams agree upon a synthetic ball
2. Girls shall play with a 28.5 ball. A boy's ball must be used for the boy's game.
3. The three point line will be used for all grade levels
4. Home team must provide pennies if jerseys of both teams match. Home team must wear the pennies.
5. Players can wear shorts or pants or any combination of both to be worn above the hip level. No cut-offs or jeans.
6. There will be no penalty for illegal numbers, but it is strongly advised that schools comply with the rules. We would like numbers on both sides, but numbers on one side is mandatory. See High School rules for violations on tape numbers or duplicate numbers.

## Coaches and benches:

1. Only players, coaches and managers shall be allowed to sit on the player's bench
2. The head coach may be off his or her seat with in a 6-foot coaching box to give instructions to his or her players and/or substitutes.

## Rules Clarification:

1. Alternate possession of jump balls
2. On free-throw shots, players cannot move until the ball touches the rim.
3. 3 free-throws on a 3 pointer plus the ball out of bounds if it is an intentional foul.
4. Players substituting into a game when a 2 shot foul has occurred must wait until after the first shot to come into the game.
5. **No full court press after 15-point lead for 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> "A" level teams. All "B" level teams no press until the 4<sup>th</sup> quarter and overtime. Teams in violation of this rule will be issued one warning and then a technical foul.**

## Fouls and Suspensions

1. Three technical fouls or two unsportsmanlike technicals and a coach is out of the game. Two technical fouls and a player is out of the game. Technical fouls also count as personal fouls.
2. If a player or coach is ejected for unsportsmanlike conduct they will be suspended from the following game.
3. A forfeit will be declared if a coach or player participates in a game for which they have been suspended
4. Forfeits and suspensions apply for all post season play.
5. Coaches and players are not allowed to be present at the game from which they have been suspended. Warning must be given to the player or coach, if they do not leave the school site, the game will be forfeited to the opposing team.
6. It is the responsibility of the athletic director to let the league president know of a suspension to a player or a coach. Also, the Athletic Director, not a coach, should report any problems to the league president.
7. Any player ejected from a game may sit on the bench with his or her team. Any further demonstrations from the player may result in a forfeit.
8. If there is a fight on the court and players from the bench come onto the court, they will be suspended for the game and the next.

## Referees:

1. **2 officials should be present for all A games and 1 official is required for all B games**
2. **Games where only one referee shows up shall be played**, but if no referee shows up the visiting team has the option to play or take a forfeit. This must be declared a game time at the site.

**If neither team has a set of these rules the official has the final word on all ADAL rules. Final and non-protestable. Each school should have a copy of the rules available at the scorer's table.**