

GF Hoops House League Rules of Play

TABLE OF CONTENTS

1. Player Participation

- A. Playing Time
 - 1. Minimum Requirement
 - 2. Maximum Limitation
 - 3. Fourth Quarter Substitution
 - 4. Overtime
- B. Special Situations
 - 1. Tardiness
 - 2. Injury, Illness or Disqualification
 - 3. Discipline
- C. Check In and Substitution
 - 1. Lineup
 - 2. General Substitution Rule
 - 3. Special Substitution Due to Injury, Illness or Disqualification
 - 4. Special Fourth Quarter Substitution

2. Player Attire

- A. Safety
- B. Identification

3. Game Schedule and Forfeit

- A. Schedule
- B. Forfeit
 - 1. Insufficient Players
 - 2. Loss of Players - Not a Forfeit
 - 3. Unofficial Scrimmage

4. Defense

- A. Grades 6+ and Above
 - 1. Full Court
 - 2. 15 Point Lead – No Backcourt Defense
- B. Grades 2nd Through 5th Defense
 - 1. Zone Defense Violation
 - 2. Proximity to Offensive Player
 - 3. Exception to Proximity Rule
 - 4. No Lane Guarding

GF Hoops House League Rules of Play

5. Help Defense -vs- Double Teaming
6. Team With Less Than Five Players
7. Backcourt Defense Violation
8. Special Rule – Mid-Court Clock Resumption
9. Special Rule – 2nd and 3rd Grades Only

5. Isolation Offense

- A. Isolation Offense Violation
- B. Isolation Offense-vs-Spread Offense

6. Overtime

- A. Regular Season
- B. Post-Season Tournament

7. Clock

- A. Game Duration
- B. Clock Stoppage
- C. Special Rule – Mid-Court Clock Resumption
- D. 20 Point Lead – Continuous Clock

8. Timeouts

9. Special Rules for 2nd and 3rd Grade Groups

- A. Adjustments
 1. 2nd Grade
 2. 3rd Grade
- B. Special Defense Rules
 1. Temporary Defense Boundary Line
 2. 15 Second Count

10. Special Rules for 4th and 5th Grade Groups

11. Special Rules for 6th Grade and Above

GF Hoops House League Rules of Play

12. **Special Rules for All Star Games**

13. **Game Protests**

- A. Protests Permitted
- B. Timely Notification Required
- C. Filing a Protest
- D. Contents of Submission
- E. Review Procedures and Final Decision

GF Hoops House League Rules of Play

National Federation of High School Basketball Rules apply, except as amended herein, for all house league games.

Section 1 -- Player Participation

Coaches are responsible to see that rules related to player participation are followed, and game officials are to ensure that they are correctly applied if questions arise. Violations of this section are not subject to appeal unless they are raised and not remedied during the game. A violation of player participation rules shall be deemed unsportsmanlike conduct and will result in a two-shot technical foul. After the free-throws are executed, possession of the ball will be given to the team not in violation of the player participation rule.

A. Playing Time:

1. **Minimum Requirement** -- Each player must play a minimum of at least one (1) full quarter of continuous play from the start to the end of the quarter in each half for a total of two (2) full quarters per game.
2. **Maximum Limitation** -- No player may play more than three (3) full quarters in a game unless all other players will have played at least three (3) full quarters in the game which can include the fourth quarter. Thus, a player may play four (4) full quarters as long as all other players:
 - will have played three (3) full quarters prior to the start of the fourth quarter OR
 - will play their third full quarter in the fourth quarter of the game and cannot be substituted during the fourth quarter.

# of players	Players able to play 4 quarters	Players able to play 3 quarters	Players able to play 2 quarters
8 players	0	4	4
7 players	0	6	1
6 players	2	4	0
5 players	5	0	0

3. **Fourth Quarter Substitution** -- Coaches are encouraged to consider making substitutions in the fourth quarter as permitted in Section 1(C)(4) to better balance playing time among players; however, a player cannot be substituted during the fourth quarter if that quarter is being applied towards the minimum playing time requirements pursuant to Section 1(A)(1) & (2).
4. **Overtime** -- Any player may play the first overtime period of a game, but all players sitting out for any overtime period must play the next overtime period, if there is one.

GF Hoops House League Rules of Play

B. Special Situations:

1. **Tardiness** -- A player who arrives after a game has started will be deemed to have played in each of the quarters that started before his/her arrival. Thus, a player who arrives late for the first half will be deemed to have met the minimum playing time requirement for that half of the game, and a player who arrives after the second half has begun will be deemed to have met the minimum playing time requirement for the game. A player arriving late is not permitted to enter the game or be substituted into the game until the start of a new quarter.
2. **Injury, Illness or Disqualification** -- A player who is able to return to the game in the same quarter in which he/she was removed due to injury or illness should be substituted back into the game promptly at the next stoppage of play. Any player who is disqualified from a game for reason of fouls or unsportsmanlike behavior will be deemed to have met all player participation requirements and limitations for that game and may not re-enter the game.

Any player removed from the game due to injury, illness or disqualification will be deemed to have played the full quarter regardless of (1) the time on the game clock when he/she was removed or (2) whether or not he/she is able to return to the game. However, the player substituted into the game for an injured, ill or disqualified player will not be deemed to have played that quarter.

Thus, a player who is removed due to injury, illness or disqualification in the first or second quarter will be deemed to have met the minimum playing time requirement for that half of the game, and a player who is removed due to injury, illness or disqualification in the third or fourth quarter will be deemed to have met the minimum playing time requirement for that half of the game. However, the player substituted into the game for an injured, ill or disqualified player will not be deemed to have played that quarter and that quarter will not be counted towards his/her minimum or maximum playing time requirements.

3. **Discipline** -- A coach may submit a written request through the Grade Group Coordinator to the Commissioner for permission to play a player less than the minimum playing time requirement for disciplinary reasons including, but not limited to, frequent absences from practices despite a concerted effort by the coach to secure their attendance or poor sportsmanship. The Commissioner, in conjunction with the Board, may approve, deny, or modify the request. The final decision must be documented in writing via email and shown

GF Hoops House League Rules of Play

to the affected player, his/her parent(s) and the Director of Referees. Prior to the start of any game for which this exception applies, the head coach is required to show the documented decision to the game officials and the opposing head coach; otherwise, the exception will not be permitted for that game.

C. Check In and Substitution:

1. **Lineup** -- Coaches shall provide the scorekeeper with their first quarter lineup prior to the start of the game. Players for subsequent quarters shall check in with the scorekeeper prior to the start of the quarter.
2. **General Substitution Rule** -- Players may not be substituted during the first three (3) quarters except to replace a player removed due to injury, illness or disqualification, pursuant to Section 1(B)(2).
3. **Special Substitution Due to Injury, Illness or Disqualification** -- A player substituted into the game for an injured, ill or disqualified player will not be deemed to have played the quarter in which he/she was substituted into the game pursuant to Section 1(B)(2). A player removed from the game due to injury, illness or disqualification will be deemed to have played the full quarter regardless of (1) the time on the game clock when he/she was removed or (2) whether or not he/she is able to return to the game.
4. **Special Fourth Quarter Substitution** -- Substitutions for a player who has met the minimum playing time requirement in a previous quarter is permitted in the fourth quarter if the player to be substituted into the game has not yet achieved the maximum playing time restrictions pursuant to section 1(A)(1), (2) & (3).

These substitutions may be made only at the mid-point (between five (5) minutes and three (3) minutes remaining) of the fourth quarter when an official's time out will be taken for the purpose of allowing substitutions. The scorekeeper, game officials, and opposing coach must be informed of such substitutions. No lineups will be allowed at this time for purposes of setting offensive and defensive matchups.

A player removed in the fourth quarter due to injury, illness or disqualification pursuant to section 1(B)(2) must be replaced by a player who has not yet achieved the applicable maximum playing time limitation, if such a player is available. Thus, the player being substituted into the game should be a player who has played the least number of quarters during the game.

GF Hoops House League Rules of Play

For example, Player A has played three quarters and Player B has played 2 quarters and both are sitting out in the fourth quarter when substitutions are permitted or the need for a substitution arises due to injury, illness or disqualification. Player B should be substituted into the game because he/she has played the least number of quarters; whereas, player A has played the maximum number of quarters permitted.

Section 2 -- Player Attire

- A. **Safety**: Players must wear rubber-soled athletic court footwear during practices and games, and may not wear rings, watches, bracelets, necklaces, earrings, exercise monitoring gear, hard casts and finger splints (even if wrapped) or other items that, in the judgement of the game official, could present a safety hazard to themselves or other players. Medical alert wristbands are permitted.
- B. **Identification**: Players must wear league issued jerseys, or shirts deemed sufficiently similar in the judgement of the game officials, for all games. Game officials shall have the authority to require changes in player attire to avoid identification difficulties during games.

Section 3 -- Game Schedule And Forfeit

- A. **Schedule**: All games are to be played at the time and place they are scheduled, unless they are cancelled by the league due to inclement weather, gym closings, or other factors. Games that are not played due to inclement weather or gym closings may be rescheduled at the discretion of the Commissioner, dependent upon gym availability.
- B. **Forfeit**:
 - 1. **Insufficient Players** -- A game will be declared a forfeit by a game official when a team cannot put at least four (4) rostered players on the court within five (5) minutes of the scheduled starting time. Guest players are not permitted.
 - 2. **Loss of Players - Not a Forfeit** -- The need to play with fewer than four (4) players after the start of the game because player(s) have become unavailable due to illness, injury, disqualification or early departure will not result in a forfeit. The game will continue to be played for the full duration.
 - 3. **Unofficial Scrimmage** -- In the event of a forfeit, coaches are encouraged to organize a scrimmage game by dividing the players present to produce two competitive teams.

Section 4 -- Defense

- A. **Grades 6th and Above**: Teams in the 6th grade groups and older are permitted to play full court, man-to-man defense and zone defense throughout the game.

GF Hoops House League Rules of Play

1. **Full Court** -- Teams in the 6th grade group and above, may defend anywhere on the court using any type of defensive formation throughout the game.
 2. **15 Point Lead – No Backcourt Defense** -- When a team leads its opponent by fifteen (15) or more points, no backcourt defense will be permitted until the score differential falls below fifteen (15) points. When a change of possession occurs resulting in the team with the lead to be on defense, all defensive players must retreat immediately into their defensive half of the court. The defensive team may not regain possession of the ball until the offensive team brings it across the mid-court line, loses it out of bounds, or commits a violation resulting in a change of possession, such as double dribble or failure to inbound the ball or to cross mid-court within the time allotted by rule. Thus, when the score differential is fifteen (15) points or more, the team with the lead cannot play full court defense; however, the team not in the lead is permitted to play full court defense.
- B. **Grades 2nd Through 5th**: Teams in the 2nd through 5th grade groups must play man-to-man defense. The intent of this rule is to develop better individual offensive and defensive basketball skills.
1. **Zone Defense Violation** -- Zone defense is a defensive formation in which a player covers a specific area or zone of the court rather than a specific person. When, in the judgement of the game official, several moments pass when it is not readily apparent which individual defender is guarding which individual offensive player, a team will receive a warning for violation of this rule. Repeated violations of this rule, regardless of which players are involved, are subject to a two-shot technical foul and possession of the ball will be given to the offensive team after the free-throws are executed.
 2. **Proximity To Offensive Player** --
 - a. Defensive players on the ball side of the court must stay within arm's length of the offensive player he/she is guarding.
 - b. Defensive players not on the ball side of the court are not required to be within arm's length distance of his/her assigned offensive player but are required to be on the same side of the court as his/her assigned player. In the judgement of the game official, the defensive player must be (1) within an identifiable position to the person he/she is guarding and (2) moving in conjunction with her/her assigned offensive player when the offensive player moves or changes positions without the ball.
 - c. Ball side of the court shall be defined as the area to the left or right of an imaginary line drawn down the center of the court from baseline to baseline in which the ball is located.
 3. **Exception To Proximity Rule** -- A defensive player is not required to guard any offensive player (1) beyond the three-point line or (2) positioned in a remote area of the court such

GF Hoops House League Rules of Play

that he/she is away from the flow of the offense and does not present a legitimate offensive threat. Thus, teams are prohibited from running isolation offenses such as four corners, clear outs and wide spread or stack formations pursuant to Section 5(A) & (B).

4. **No Lane Guarding** -- No defensive player can be permanently stationed in the lane; however, when an offensive player has possession of the ball inside the lane, a defensive player may slide into the lane area to help his/her teammate to stop a drive towards the basket or prevent a player from releasing a shot.
5. **Help Defense -vs- Double Teaming** -- Help defense is permitted AND encouraged in order to teach players proper defensive technique. Only one defensive player may guard an offensive player at any time except when an offensive player has possession of the ball inside the lane and is considered an imminent threat to score. Once the player with the ball is stopped, the additional defensive player may either “switch” with his/her teammate to guard a new offensive player or “recover” to guard his/her originally assigned offensive player. Thus, two (2) or more defensive players should not guard one offensive player when the offensive player is outside of the lane and not in possession of the ball.
6. **Team With Less Than Five Players** -- In the event a team has less than five (5) players on the court due to injury, illness, disqualification or low attendance, both teams must play man-to-man defense. The team with five (5) players on the court may elect to play with only four (4) players but is not required or encouraged to do so as this may be disruptive to a pre-determined game plan or playing time allocations. Further, reducing the number of players on the court may not be feasible if one team has a full roster and needs to manage playing time or a skill imbalance would be created in favor of the team with fewer players.

The team with five (5) players on the court is permitted to have the extra defensive player guard any area on the court or offensive player but may not double team a player with or without the ball beyond the three-point line; however, double-teaming situations are permitted inside the three-point line. The team with four (4) players or less on the court must play man-to-man defense and be within an identifiable position to the person he/she is guarding in the judgement of the game official.

7. **Backcourt Defense Violation** -- Teams in the 2nd – 5th grade groups are not permitted to play defense in the backcourt. When a change of possession occurs, all players on the defending team must retreat immediately into their defensive half of the court and may not regain possession of the ball until the offensive team brings it across mid-court, loses it out of bounds, or commits a violation resulting in a change of possession, such as double dribble or failure to inbound the ball or cross the mid-court line within the time allotted by rule.

GF Hoops House League Rules of Play

A team will receive a warning for violation of this rule. Repeated violations of this rule, regardless of which players are involved, are subject to a two-shot technical foul and possession of the ball will be given to the offensive team after the free-throws are executed.

8. **Special Rule – Mid-Court Clock Resumption** -- For games in the 2nd – 5th grade groups, where backcourt defense is not permitted, if the clock stops or is stopped when the offensive team has possession of the ball in its backcourt (i.e., time-out or inbound the ball), the clock will not be restarted upon the ensuing inbound pass until the ball crosses the mid-court line. Although the game clock is not running, the offensive team will still be required to bring the ball across the mid-court line in ten (10) seconds which will be counted by the game official. This special rule is employed to prevent one team from intentionally running time off the clock by remaining in the back court while the defense is not permitted in that area of the court.
9. **Special Rule – 2nd and 3rd Grades Only** -- See additional special defensive rules for teams in the 2nd and 3rd grade groups regarding the temporary defense boundary line and fifteen (15) second count pursuant to Section 9(B).

Section 5 -- Isolation Offense

One of the primary goals of GF Hoops is involvement of every player in all aspects of the game. Teams in the 2nd through 5th grade groups are not permitted to employ any so-called isolation offensive formations, such as four corners, clear outs or wide spread or stack offenses.

- A. **Isolation Offense Violation:** Game officials will call an isolation offense violation whenever, in their judgement, an offensive player(s) is deliberately positioned in an area(s) of the court away from the flow of the offense and from which he/she presents no legitimate offensive threat. The offensive team will receive a warning for violation of this rule and this will result in a turnover where the possession of the ball will be given to the defensive team. Repeated violations of this rule, regardless of which players are involved, are subject to a two-shot technical foul and possession of the ball will be given to the offensive team after the free-throws are executed.
- B. **Isolation Offense-vs-Spread Offense:** A clear-out offense is defined as an offensive set in which a single player handles the ball, isolated on one side or area of the court while the remaining teammates are on the other side of the court or spread out so far from the flow or movement of the ball that they are disengaged from the activity of the game.

This does not mean that spread offenses cannot be used such as a 5-out motion offense or high pick and roll plays. These types of offensive sets are highly encouraged when used to engage all the players on the court, teach and reinforce a variety of the basic offensive skills and provide all players an opportunity to get touches on the ball. If the high screen pick and roll

GF Hoops House League Rules of Play

plays or 5-out motion offenses are repeatedly run using the same players for ball handling and screen setting, a violation will be called by the game officials in accordance with Section 5(A).

Section 6 – Overtime

All overtime periods will be played with a stop clock where the game clock will be stopped on all whistles, free-throws, timeouts, and game official administration including injuries and dead balls. The overtime period will begin with a jump ball at center court. Each team will be given one (1) timeout for each overtime period and any unused timeouts at the end of regulation play will not carry over for use in overtime periods pursuant to Section 8. Any player may play the first overtime period of a game, but all players sitting out any overtime period must play the next overtime period, if there is one pursuant to Section 1(A)(4).

- A. **Regular Season**: In the event a regular season game ends in a tie, one overtime period of three minutes will be played using a stop clock. If the game is still tied at the end of the first overtime period, then the game will be decided by a sudden-death overtime where the first team scoring will be declared the winner and no clock will be necessary.
- B. **Post-Season Tournament**: For post-season tournament play only, consecutive overtime periods of two minutes using a stop clock will be played until a winner emerges. There will be no sudden death overtime in post-season play.

Section 7 -- Clock

- A. **Game Duration**: Each game will be played in four (4) quarters of eight (8) minutes each. Halftime will be a duration of three (3) minutes; however, game officials have the authority to reduce the time allotted for halftime in order to manage the timeliness of the overall gym schedule, if necessary.
- B. **Clock Stoppage**: Games will be played with a running clock. The clock will be stopped only in the following situations:
 - all violations that result in foul shot(s) by either team,
 - all timeouts,
 - any game official administration including injuries,
 - all whistles during the last minute of the fourth quarter, and
 - all whistles during any overtime period.

The clock will stop on the game official's signal and begin again when the ball is placed back into play (e.g., a player on the court touches the ball on a rebound after a missed free-throw or on a throw-in).

- C. **Special Rule – Mid-Court Clock Resumption**: For teams in the 2nd – 5th grade groups, since back court defense is not permitted, if the clock stops or is stopped when the offensive team has possession of the ball in its backcourt (i.e., time-out or inbounding the ball), the clock will not

GF Hoops House League Rules of Play

be restarted upon the ensuing inbound pass until the ball crosses the mid-court line pursuant to Section 4(B)(8).

- D. **20 Point Lead – Continuous Clock**: When a team leads its opponent by twenty (20) or more points, the game clock will run continuously without stopping for free-throws or dead balls until the score differential drops below fifteen (15) points. The game clock will continue to stop on timeouts and game official administration including injuries.

Section 8 – Timeouts

Each team will be allowed two (2) timeouts of one (1) minute duration in each half of the game, and one (1) timeout of one (1) minute duration per overtime period. Timeouts cannot be saved for use in a later half or overtime period.

Section 9 -- Special Rules for 2nd and 3rd Grade Groups

One of the primary goals of GF Hoops is involvement of every player in all aspects of the game and the opportunity to improve basketball skills in a positive environment.

- A. **Adjustments**: The following rule adjustments will be made for these age groups.

1. **2nd Grade** -- Teams in the 2nd grade groups will use:
 - an 8-foot basket,
 - a 27.5" ball,
 - a 13-foot free-throw line,
 - a generous (slow count) three (3) second lane violation,
 - no three-point shot will be scored,
 - halfcourt man-to-man defense pursuant to Section 4(B)
 - a temporary defense boundary line, and an additional five (5) second count before defensive pressure can be applied pursuant to Section 9(B)(1) & (2), and
 - no back-court defense is allowed pursuant to Section 4(B)(7).
 - There will be no playoffs or tournaments.
2. **3rd Grade** -- Teams in the 3rd grade groups will follow the same guidelines as the 2nd grade groups pursuant to Section 9(A)(1) but will use 9-foot baskets.

- B. **Special Defense Rules**: In addition to the modified defensive rules pursuant to Section 4(B), the following rules apply to teams in the 2nd and 3rd grade groups:

GF Hoops House League Rules of Play

1. **Temporary Defense Boundary Line** -- Teams in the 2nd and 3rd grade groups are not permitted to play defense beyond the three-point line, or other designated line established by the game officials utilizing existing marked lines on the court, when the ball initially crosses over the mid-court line. In a single possession, once the ball crosses the three-point line towards the basket, the defense may follow the ball back out beyond the three-point line and defend.

Thus, the offensive team is permitted the opportunity to set-up their offense closer to the basket prior to encountering defensive pressure using a temporary defense boundary line or extended mid-court line. Once the temporary defensive line is penetrated, a defensive player can guard his/her assigned offensive player anywhere on the court.

A defensive player is permitted to intercept a pass or loose ball prior to the offensive team initially crossing the temporary defense boundary line provided the defensive player remained inside the line prior to obtaining possession of the ball. Thus, a defensive player may intercept a pass that crosses over the temporary defensive line.

2. **15 Second Count** -- The ten (10) second rule for getting the ball across the mid-court line remains in effect. Once the ball is across mid-court, the team will then have five (5) seconds to get the ball across the three-point temporary defense boundary line. If the offense does not move the ball across the three-point line within the allotted five (5) seconds, a violation will be called and will result in a turnover and possession of the ball will be given to the defensive team. Thus, the offensive team is permitted fifteen (15) seconds to set-up their offensive formation closer to the basket before bringing the ball into a pressured defensive situation.

Section 10 -- Special Rules for 4th and 5th Grade Groups

Teams in the 4th and 5th grade groups will use a 10-foot basket, a 28.5" ball, and no three-point shot will be scored. All 4th grade groups will use a 13-foot free-throw line. All 5th grade groups will use a 15-foot free-throw line. Teams must play halfcourt man-to-man defense pursuant to Section 4(B). No backcourt defense is allowed pursuant to Section 4(B)(7).

Section 11 -- Special Rules for 6th Grade and Above

Teams in the 6th grade groups and above, will play on courts that coincide with high school guidelines to the extent possible, use regulation height baskets of 10-feet and have a three-point shot scored. No dunking is allowed. Teams in the Boys 6th grade groups and Girls 6th and above grade groups will use a 28.5" ball. Teams in the Boys 7th grade groups and above will use a 29.5" ball. Thus, a regulation women's size basketball of 28.5" will be used for teams in Girls 6th and above grade groups. A regulation men's size basketball of 29.5" will be used for teams in Boys 7th grade and above.

GF Hoops House League Rules of Play

Section 12 – Special Rules for All Star Games

Regular season rules will apply except for the following:

- ten-minute quarters will be played,
- free substitution will be allowed, and
- playing time rules do not apply.

Section 13 - Game Protests

- A. **Protests Permitted**: Non-discretionary rulings believed to conflict with the National Federation of High School Basketball Rules or the GF Hoops House League Rules, or questions of player eligibility, may be protested by a head coach. A game official's exercise of his/her judgement or discretion in game situations may not be the subject of a protest.
- B. **Timely Notification Required**: Notification of the intent to file a game protest MUST be stated by the protesting coach at the time of the infraction. The game officials, the scorekeeper, the timekeeper, and the opposing coach must be notified at the time as well.
- C. **Filing a Protest**: Protests MUST be in writing, signed by the team's coach, and submitted to the appropriate Grade Group Coordinator within two (2) days of the completion of the game. The Grade Group Coordinator must notify the opposing team's coach of the protest. The opposing team's WRITTEN response, if any, MUST be submitted to the Grade Group Coordinator within two (2) days of notification of the protest.
- D. **Contents of Submission**: Each protest (or response) MUST contain the following information:
- date, time and location of the game,
 - names of officials, scorekeepers and timekeeper,
 - rule and alleged infraction,
 - name(s) of the player(s) in question,
 - decision and conditions that led to the protest, and
 - any supporting documentation (video, scorebook, etc.).
- E. **Review Procedures and Final Decision**: In consultation with the Boys or Girls House League Director and Director of Referees, the Commissioner will review all information provided and come to a ruling. A decision will be rendered by the Commissioner within three (3) days of the receipt of the response from the responding team. The Grade Group Coordinator and respective coaches from both teams will be notified of all decisions rendered by the Commissioner.