

2011-2012 CLBL RULES SUMMARY

The objective of CLBL rules is to ensure a proper balance of competition, recreation, sportsmanship, and skill development. The league is designed to teach each all individuals the fundamentals of passing, dribbling, shooting and defending.

Playing or coaching to win is acceptable, but deliberately running up the score is prohibited. Techniques such as substitutions, position assignments, type of defense played, assigning players to work on their weaker hand, and encouraging better players to work for an assist rather than a shot are strongly encouraged. Coaches shall use these techniques—during the game in order to maintain the score within 20 points in 7th grade and above Leagues, 15 points in 5th and 6th grade Leagues, and 10 points in 3rd and 4th grade Leagues. The coach of a team trailing by more than the above point differentials may irrevocably elect a continuous running clock (except for time-outs and foul shots).

Basket Height and Court Adjustments Summary

	Basket Height	Ball Size	Free Throw Line	Jump Over Free Throw Line	3- Point Line
Girls 3 rd & 4 th Grade	9 feet	28.5	- 12 inches	Yes	No
Boys 3 rd Grade	9 feet	28.5	- 12 inches	Yes	No
Boys 4 th Grade	10 feet	28.5	- 12 inches	Yes	No
Girls 5 th	10 feet	28.5	Standard	Yes	Yes
Boys 5 th & all 6 th Grade	10 feet	28.5	Standard	No	Yes
Girls 7 th Grade & above	10 feet	28.5	Standard	No	Yes
Boys 7 th Grade & above	10 feet	Full	Standard	No	Yes

Playing Time Summary (playing time measured by quarters, not cumulative minutes; substitutions are to allow more equal playing time and not to violate playing time rules. (See rules.)

# of players	Minimum playing time	Maximum playing time	In-quarter Substitutions
6	75%	100%	Yes for all leagues.
7	50%	75%	Yes for all leagues.
8	50%	75%	Yes for all leagues.
9	50%	75%	Yes for all leagues.
10	50%	50%	Yes for all leagues.

Note: During overtime there are no playing time restrictions.

Time Outs: Three (3) full (1minute) and two (2) 30-second time-outs per team per game. Additional full time-out to each team in overtime. In overtime, teams retain their unused time-outs from regulation play.

3rd & 4th Grade Leagues Rules Summary

3rd Grade Only:

- Scoring Games 1 through 5: No scorekeeping.

3rd Grade Only (continued)

- **Scoring Games 6 through 10:** Score is kept throughout the game and is cumulative .

Game Time

- 6 minute quarters for all 3rd and 4th Grade League games.
- Overtime consists of one 3 minute period.
- If score remains tied after one overtime period, the game shall end in a tie.

Defense 3rd and 4th Grade

- Defensive players **must** remain behind top of key until ball and player are safely established across half court. The intent is to allow the offense to regularly advance the ball past half court and begin to establish an offense.
- Zone defense is not allowed. Only man-to-man (MTM) defense is allowed.
- No “trapping” or “double teaming” defenses (i.e., specifically designed as such) are allowed except in the key. Proper “help” defensive positioning is allowed and encouraged;
- Backcourt defense is not allowed at any time unless the offense attempts a “fast break” on transition, such as by the completion of an outlet pass.
- Referees may stop play, reverse a turnover, or, in the case of abuse of the mandatory MTM defense rule, assess one or more technical fouls after duly warning the offending coach.

5th & 6th Grade Leagues Rules Summary

Defense

- On or before January 15th, only man-to-man (MTM) defense is allowed. After January 15th, zone defense is permitted, but only in the second half of the game.
- Full-court pressing is not permitted on or before January 15th unless the offense attempts a “fast break” on transition, such as the completion of an outlet pass. After January 15th, full-court pressing is permitted, but only in the second half of the game and only so long as the pressing team is not leading by 15 points or more. In non-pressing situations, the ball and player **must** safely cross the half-court line before defense is initiated.
- Referees may stop play, reverse a turnover, or , in the case of abuse of the mandatory MTM defense rule applicable on or before January 15th, assess one or more technical fouls after duly warning the offending coach.

Game Time

- 6 minute quarters for all 5th Grade League games; 7 minute quarters for all 6th Grade League games.
- Overtime consists of one 3 minute period.
- If score remains tied after one overtime period the game shall end in a tie.

Grades 7th and up Leagues Rules Summary

Game Time

- 7 minute quarters for all 7th and 8th Grade League games.
- 8 minute quarters for all High School games.
- Overtime consists of one 3 minute period.
- If score remains tied after one overtime period the game shall end in a tie.
- Full court pressing defense is allowed as long as the pressing team is not leading by 20 points or more.

Note: The complete rules of the Central Loudoun Basketball League are available on the CLBL website (clbl.org)