

## 2008-2009 CLBL RULES SUMMARY

(See CLBL Rules of November 5, 2008 for further information)

The objective of CLBL rules is to ensure a proper balance of competition, recreation, sportsmanship, and skill development. The CLBL House League is run for the enjoyment of the game of basketball for all players, not just the few who excel. This league is designed to teach each individual the fundamentals of passing, dribbling, shooting and defending. This is particularly important in the younger age groups, where special rules have been adopted to encourage age appropriate balance.

Playing or coaching to win is acceptable; however, coaches must remember that this is a recreational league. Deliberately running up the score is prohibited. Coaches shall attempt to create a competitive game. 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, shall be used to provide a fun, educational, and recreational environment for all participants on both teams. Coaches shall use these techniques intermittently during the game in order to maintain the score within 20 points in 7<sup>th</sup> grade and above Leagues, 15 points in 5<sup>th</sup> and 6<sup>th</sup> grade Leagues, and 10 points in 3<sup>rd</sup> and 4<sup>th</sup> grade Leagues.

### *Basket Height and Court Adjustments Summary*

	Basket Height	Ball Size	Free Throw Line	Jump Over Free Throw Line	3- Point Line
<b>Girls 3<sup>rd</sup> &amp; 4<sup>th</sup> Grade</b>	9 feet	28.5	- 12 inches	Yes	No
<b>Boys 3<sup>rd</sup> Grade</b>	9 feet	28.5	- 12 inches	Yes	No
<b>Boys 4<sup>th</sup> Grade</b>	10 feet	28.5	- 12 inches	Yes	No
<b>Girls 5<sup>th</sup> &amp; 6<sup>th</sup> Grade</b>	10 feet	28.5	- 12 inches	No	Yes
<b>Boys 5<sup>th</sup> &amp; 6<sup>th</sup> Grade</b>	10 feet	28.5	Standard	No	Yes
<b>Girls 7<sup>th</sup> Grade &amp; above</b>	10 feet	28.5	Standard	No	Yes
<b>Boys 7<sup>th</sup> Grade &amp; above</b>	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.

## **3<sup>rd</sup> & 4<sup>th</sup> Grade Leagues Rules Summary**

### ***Game Time***

- 6 minute quarters for all 3<sup>rd</sup> and 4<sup>th</sup> 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***

- Defensive players **must** remain behind top of key until ball and player are safely established across half court (in non pressing situations). The intent is to allow the offense to regularly advance the ball past half court and begin to establish an offense.
- No “trapping” or “double teaming” defenses (i.e., specifically designed as such) are allowed.
- Proper “help” defensive positioning is allowed and encouraged; however, defenders should not simply stay in the lane or “hawk the ball” without proper defensive position between their man and the ball.
- Zone defense is not allowed.
- Referees may stop play or reverse a turnover if these rules are not followed.
- Coaches should teach, and referees should enforce, proper defensive positioning and movement - this is best accomplished by enforcing this early in the game and early in the season.

### ***Backcourt Defense***

- 3<sup>rd</sup> grade: Not allowed at any time during the season.
- 4<sup>th</sup> grade: Allowed after Jan. 1st, only in last quarter of game as long as pressing team is not winning by 10 points or more. Only man-to-man presses are allowed.
- If offense attempts to fast break (i.e., pass over or dribble past defense), the offensive team gives up right to walk the ball up the floor as described above.

## **5<sup>th</sup> & 6<sup>th</sup> Grade Leagues Rules Summary**

### ***Game Time***

- 6 minute quarters for all 5<sup>th</sup> Grade League games; 7 minute quarters for all 6<sup>th</sup> 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***

- The ball and player **must** safely cross the half-court line before defense is initiated (in non-pressing situations).

### ***Backcourt Defense***

- Back-court defense is allowed in the 2<sup>nd</sup> half only prior to January 1<sup>st</sup>, and any time in games played after January 1<sup>st</sup>, as long as the pressing team is not leading by 15 points or more
- If offense attempts to fast break (i.e., pass over or dribble past defense), the offensive team gives up right to walk the ball up the floor as described above.
- If these defensive rules are not followed, the referee can stop play or reverse a turnover.

## **7<sup>th</sup> Grade and above Leagues Rules Summary**

### ***Game Time***

- 7 minute quarters for all 7<sup>th</sup> and 8<sup>th</sup> 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.

### ***Backcourt Defense***

- Full-court pressing defense is allowed as long as the pressing team is not leading by 20 points or more.