

## **General Rules – Revised\* 2023**

### **1. Governing Rules of Play**

- a. Official MIAA High School rules will be followed except for the changes noted in these WBA General Rules, and the WBA supplementary rules.
- b. WBA General Rules apply to all age brackets
- c. WBA Supplementary Rules are age bracket specific

### **2. Score Keeping and Clock**

- a. The WBA uses a “running time” format. The clock will only stop during timeouts, technicals, foul outs, injuries, and between periods. Regular rules apply during the last 2 minutes of the 8th period and during overtime.
- b. In the absence of a league assigned scorekeeper, each coach is responsible for providing volunteer scorekeepers. The scorekeeper shall sit at the scorer’s table and may only be an assistant coach, a parent, or a responsible young adult, preferably over the age of 16.
- c. Additionally, the “home” team is responsible for seeking an adult volunteer to run the game clock. The “home” team is the first team designated in the official schedule. Each team must identify 2 scorekeepers at the start of the season.

### **3. Game format**

- a. WBA games consist of eight 5-minute periods.
- b. Coaches are allowed approximately 30 seconds on the floor between periods to establish defensive match-ups; half time will last approximately 2 minutes - referee’s discretion (Grades 1-2, and 3-4 only). Coaches must return to the bench at the referee’s whistle. Intentional stalling or delay of game will result in a bench technical foul.
- c. The start of the game and overtime period will begin with a jump ball. After the jump ball possessions will alternate for jump balls, start of period possessions, and any other situation requiring a possession to be determined. The ball shall be thrown in bounds at the back court end line.
- d. During the last two minutes of the 8th period and overtime, the clock will stop for each referee’s whistle and started on the referee’s signal.
- e. Overtime will consist of one two minute period; a tied score at the end will result in the game being declared a tie. (Not in effect in playoff games)
- f. Teams will receive 1 time out during overtime, and may make one substitution during a timeout.

#### **4. Equal Playing Time Rule**

a. The WBA is a recreational format league, wherein all eligible players are entitled to equal playing time. Equal playing time is defined as a minimum of four periods of play for any eligible player that is on the bench at the start of the game. Free substitution is not allowed.

b. Please refer to the league website for a table that establishes the acceptable playing patterns for Equal Play rule, based on the number of eligible players available. No player may play more than one additional period more than any other eligible player during regulation.

- 10 players: All players play 4 periods

- 9 players: Four players play 5 periods Five players play 4 periods

- 8 players: All players play 5 periods

- 7 Players: Five players play 6 periods Two players play 5 periods

- 6 Players: Four players play 7 periods Two players play 6 periods

- 5 Players: All players play 8 periods

c. The Equal Playing rule is not in effect during overtime.

d. Players arriving after the start of the game shall not play any less than half of the remaining periods to be played. The head coach shall notify the referees, the opposing coach, and the scorekeepers of a player's late arrival to the bench at the end of the period and before the start of the next period. Failure to do so shall result in a violation of the Equal Play rule, the offending team will be assessed a bench technical foul.

e. Upon recognizing a violation of the equal play rules, the proper players must be inserted into the game. A report of intentional deviation from the equal play rule will be reviewed by board members for a potential game forfeiture. Repeat offending coaches shall meet with the board members for possible suspension.

#### **5. Time Outs**

a. Teams are allowed two 30-second time-outs per half, and one 30-second time-out during each overtime period. Time-outs cannot be carried forward.

#### **6. Player Fouls**

a. If a player fouls out of a game or is disqualified, the opposing coach shall choose any eligible player as a substitute for the remainder of any periods the fouled out player would have played. Only the player starting the period is charged with playing in that period. If a player fouls out before the eighth period the coach shall follow the Equal Play Rule for eligible players (See Section 4, no player should play more than one period more than any other eligible player).

## **7. Player leaving the game due to injury**

a. If a player is injured during the game, the injured player's coach shall choose a substitute. The injured player may be allowed to return to play during that period at any normal stoppage in play or immediately if the coach requests a time out. Only the player that started the period will be charged with a period played, for purposes of the equal play rule. The same player cannot be substituted in more than once due to injury.

## **8. Defense**

a. Zone or trapping defenses are not allowed.

b. Defensive players must always take a legal guarding position, roughly within five feet of the player being guarded.

c. Switching defensive assignments during the normal course of play is allowed.

d. Double-teaming is only allowed in the frontcourt, and must always be on the ball.

e. When double-teaming is allowed, the player initiating the double team must have started in legal guarding position.

f. Half court defense only. Once the offensive team gains possession of the ball in the back court the defensive team must retreat beyond half court to the front court before they can play defense on the ball.

g. The first illegal team defense violation will result in a warning, any further illegal defensive violations of any kind throughout the game will result in a one shot technical foul penalty with the opposing team retaining possession of the ball following the penalty shot.

## **9. Offense**

a. Isolation or one-man offenses are not allowed. A team shall not isolate one player to take the ball to the basket while teammates are intentionally positioned in an area away from the ball. Players cannot intentionally stay away from the normal flow of the game in order to take defenders out of the game i.e.; standing out at mid court.

b. The first illegal offense violation will result in a warning, any further illegal offense violations of any kind through out the game will result in a one shot technical foul penalty with the opposing team retaining possession of the ball following the penalty shot.

## **10. Equipment**

a. Mouth guards are not required.

b. Players must not wear jewelry, watches, bracelets, necklaces, etc. during play

## **11. Free Throws**

a. During a free throw, all players will move up one marked lane space, leaving the two spaces closest to the end line vacant.

## **12. Eligibility**

- a. Players gain eligibility for the WBA playoffs by playing in at least 50% of their team's games.

## **13. Bench**

- a. Only the head coach and one assistant coach are allowed to be on or near the bench during the game
- b. Only the head coach is allowed to engage in discussion with referees, score keepers, or other league offices during the game
- c. Only players of the team are allowed on or near the bench
- d. For the avoidance of doubt no friends, members of other teams, etc. are allowed to sit on or near the team bench during any game. Everyone other than the head coach and one assistant must sit where all other spectators sit.
- e. Any violations of the above will result in a technical foul being assessed to the team in violation of the rule and play will not resume until the team is in compliance with the above. A second violation may result in a forfeit at the judgment of the referee.

## **1st - 2nd Grade Supplementary Rules**

### 1. Rules not in effect

- a. Three second violation
- b. Five second violation
- c. Backcourt violation
- d. Ten second backcourt violation
- e. Regular season overtime
- f. Technical fouls for any violations

### 2. Time outs

- a. Coaches are allowed 2 – 30 second time outs per game

### 3. Free throw attempts

- a. The foul line will be moved in four feet toward the basket for all foul shots.
- b. While in the act of shooting, the player crosses the foul line without intent to gain an advantage for a rebound will not be charged with a violation.

### 4. Personal Foul limit (Foul out)

- a. 5 fouls.

## Equipment

- a. Teams will use a youth size ball
- b. Basketball hoops will be set to an 8 foot height 5.

## Play Rules

- a. A ball thrown in from the end line in the back court shall have at least one pass received in the front court before a shot can be attempted. A violation will result in loss of possession. The spirit of this coast to coast rule is to get more players involved in the game and to eliminate "oneman" teams.
- b. An illegal defense, either double teaming or back court defense will result in a stoppage of play and the ball reset for an inbounds pass.
- c. Only man – to – man defense is allowed, defensive players are to be within a reasonable distance to the player they are covering (6-8 feet)

### 6. Play Time

- a. The 90 min session will be a combination of practice / skills and a game consisting of six, 6 Min periods with no clock stoppage unless injury or time out and no halftime break.

### **3rd - 4th Grade Supplemental Rules**

#### **1. Defense\***

a. During the last two minutes of the last period and overtime the clock will stop on the referee's whistle and will restart on the referee's signal. Half court defense is enforced for the entire game. Teams may only play man to man defense in the front court.

#### **2. Free throw attempts**

a. The foul line will be moved in two feet, as marked on the floor.

b. While in the act of shooting the player crosses the foul line without intent to gain an advantage for a rebound will not be charged with a violation.

c. Outside of the final 2 minutes of the game and overtime, the clock will be stopped upon a shooting foul occurring. The clock will resume once the players are lined up properly for the first shot and the basketball is in the possession of the shooter (i.e. the clock will run during both the first and second foul shots once the players are properly lined up).

#### **3. Equipment**

a. Girls will use a youth size ball.

b. Boys will use an intermediate size (28.5) ball

4. Coast-to-Coast Rule a. A ball thrown in from the end line in the back court shall have at least one pass received in the front court before a shot can be attempted. A violation will result in loss of possession. The spirit of this rule is to get more players involved in the game and to eliminate "one-man" teams.

## **5th - 6th Grade Supplemental Rules**

### **1. Defense**

- a. Double-teaming is allowed throughout the game in the frontcourt.
- b. During the last two minutes of the last period and overtime the clock will stop on the referee's whistle and restart on the referee's signal and the half-court defense rule is suspended. Teams may play man-to-man defense in the backcourt.
- c. Teams are not allowed to press if they are ahead by 15 points or more.

### **2. Free throw attempts**

- a. Foul shots will be taken from the regulation foul line.
- b. While in the act of shooting the player crosses the foul line without intent to gain an advantage for a rebound will not be charged with a violation
- c. Outside of the final 2 minutes of the game and overtime, the clock will be stopped upon a shooting foul occurring. The clock will resume once the players are lined up properly for the first shot and the basketball is in the possession of the shooter (i.e. the clock will run during both the first and second foul shots once the players are properly lined up).

### **3. Game format**

- a. Coaches are not allowed on the floor to establish defensive matchups between periods.

### **4. Equipment**

- a. Girls Teams will use an intermediate size (28.5) ball.
- b. Boy's teams will use a regulation full size ball.

## **7th - 8th Grade Supplemental Rules**

### **1. Defense\***

- a. Foul line extended defense is in effect during a throw in from the end line in the back court only not live ball play – Full court defense is in effect during the last two minutes of the last period and overtime.
- b. During the last two minutes of the last period and overtime the clock will stop on the referee's whistle and restart on the referee's signal.
- c. Only man-to-man defense is allowed in the backcourt.
- d. Teams are not allowed to press if they are ahead by 20 points or more.

2. Game format a. Coaches are not allowed on the floor to establish defensive matchups between periods.

### **3. Equipment**

- a. Girl's teams will use an intermediate (28.5) size ball.
- b. Boy's teams will use a regulation full size ball.