

# GRBL Recreational Rules

All players, coaches and spectators will follow safety policies outlined by both their association and game site locations. Any failure to follow these policies may result in a team's game forfeit and potential expulsion from the league.

## Eligibility

**Minnesota State High School League rules do not allow high school athletes that play on high school basketball teams to compete on other teams/leagues in their sport during the High School season. This includes the period of time when the High School basketball season has concluded, and High School programs is still engaged in the season or playoffs. High School varsity, Jr. varsity, B-team and 9th grade A team players are not eligible. Any players up to and including 8th grade playing for the a 9th grade B team are eligible.**

The expectation is that teams participating in this league do not play in any traveling tournaments during the season.

## Game Duration and Time-Outs

- A. Games consist of four quarters each lasting 8 minutes and quarters are divided into 2, 4-minute segments to allow for substitutions under the equal participation rule. Game starts with a jump ball and the possession arrow is used after each segment.
- B. Time will be running for the first three minutes of every segment (stopped for foul shots, timeouts and official timeouts). The last minute of the segment will be stop time. If there is a 20 point lead at the start of the 7<sup>th</sup> or 8<sup>th</sup> segment then the entire segment will be played using a running clock, only stopping for official time outs. Any fouls resulting in FTs during a running clock should be shot before the game is deemed complete.
- C. The half-quarter, odd segments, is not a time-out for coaches to talk with players, quarter breaks are intended to be longer. Break duration are at the referee's discretion pending coaches prior behavior or number of players per team and may be shortened due to schedule.
- D. Each team is allowed two, 1 minute, timeouts per half and one timeout per overtime period.
- E. Half-time may be up to 4 minutes at the referee's discretion and may be shortened due to schedule.
- F. Overtime - consist of two minutes (stop-time). This is divided into two one-minute segments to accommodate equal participation. Each overtime period starts with a jump ball and possession arrow is used after the 1<sup>st</sup> overtime segment. Equal participation is enforced throughout the entire game. A game will not end with an odd number of segments played.
  - a. Regular season — If time permits - teams play one overtime (2 segments). Games may in a tie after one overtime (2 segments).
  - b. Playoffs - if the game remains tied after 2 overtime segments then additional overtime periods consisting of two one-minute segments will be played until there is a winner.

**Three Point Goals:** Three point goals are allowed on courts marked with a 3-point circle.

## **Equal Participation Rule – all levels**

- A. Each player on a team will have an equal amount of playing time (or as close as possible). No player will play more than one segment greater than other players. If an equal participation action or infraction occurs during the game, the opposing coach and officials are to be notified. Equal participation actions and infractions must be clearly noted on the score sheet. In the event a substitution is made for the exceptions below (1, 2, 3 or 4), the player entering the game must be a player with the least amount of playing time and that segment will not be used to determine equal participation. The player that substitutes in this event shall be denoted on the score sheet with an "S" in the segment spot. This same player may not have another "S" segment until all other eligible players have an "S" segment. In the event that a player on the floor receives a technical foul, that player must sit out the remainder of the segment and be replaced by an eligible "S" player.
- B. Exceptions to this rule include:
1. Illness or injury to a player: Notify referee and coach. (The player may return to finish their segment.)
  2. Game ejection.
  3. Disciplinary action by a coach: The parent/guardian of the disciplined player, opposing coach and officials must be notified before the game. Recommended disciplinary action is the loss of a segment of play.
  4. After four individual fouls in the first half, the player must sit. After five individual fouls in the game, the player is fouled out.
- C. A player that arrives to a game late plays receives an equal amount of playing time for the time that remains in the game upon their arrival. For example, if a player misses the first two segments, the lost playing time is not made up throughout the remainder of the game. Likewise if a player is leaving early and is not available to play the entire game then equal time is determine by the segments they are available.
- D. Overtime games: Equal participation will continue through overtime. No player will play more than one segment greater than other players. OT consists of a two-minute period with substitutions occurring after one minute. If more than 10 players are on one team, two players can share one segment.
- E. Equal participation is a requirement for all grade levels, including regular and overtime play. Any discrepancies must be noted before the conclusion of the game. Scorekeepers and clock operators should be reviewing equal time for both teams. Protests will not be handled after a game is completed. Key checkpoints are before the start of the 2nd half and before the start of the last quarter. Use these times to address and correct discrepancies. A technical foul and loss of possession will be assessed to the offending team. The equal participation issue must be corrected. If not correctable, the referee must be notified to render a decision regarding unequal play. Teams exhibiting frequent and intentional unequal play may result in a forfeit.

### **Examples of Equal Participation**

10 players: each player plays 4 segments (half-quarters)

9 players: 4 players play 5 segments, 5 players play four segments

8 players: each player plays 5 segments

7 players: 5 players play 6 segments, 2 players play 5 segments

6 players: 4 players play 7 segments, 2 players play 6 segments

- H. Substitutions - Coaches may not bring in "substitute" players who are not registered within a member recreational association / club. Coaches may bring in players from a lower level league within a member recreational association / club but cannot use the same substitute player two games in a row or for more than 3 games per year. Substitutions should be clearly documented on the score sheet with the players name, level and inhouse team that they are assigned. Team rosters are fixed during team formation. Violation of the substitution rules may result in game forfeit.

## **Grade Specific Rules**

### **3rd and 4th grade** – Ball Size 27.5”

The only defense that can be played is man to man half court with double teams allowed in the offensive lanes. Defensive players must fall back to half court once the ball is in controlled by an offensive player in the backcourt. Stealing is not allowed off the dribble. The defenders may tie up the ball and steal passes.

The FT line is located 3 feet inside the regulation FT line, player may cross the FT line during their shot but cannot be the first player to touch the ball on the rebound.

### **5rd and 6th grade** – Ball Size 28.5”

The only defense that can be played is man to man half court with double teams allowed in the offensive lanes. Defensive players must fall back to half court once the ball is in controlled by an offensive player in the backcourt.

A player may not cross the FT line during their shot.

### **7th and 8th Grade** – Girls Ball Size 28.5”

Man to man full court defense is allowed. Double teams and zone defenses are allowed from the 3-point arc extended.

### **9th – 12th grade** – Girls Ball Size 28.5” all defenses allowed

## **Technical Fouls and Disqualifications**

Technical fouls will result in the awarding of two point for the opposing team (no foul shots) plus ball possession. A player that is called for a technical foul is required to leave the court for the remainder of the segment and must be replaced by an “S” player (see rule “D” in the Equal Participation).

A Violation of the illegal defense rule is considered a technical foul which are not counted against the bench under section “D”.

B. Delaying the game between segments without any timeouts may result in a technical foul which are not counted against the bench under section “D”.

C. Technical fouls are record throughout the season. Any player or coach that reaches 3 technical fouls for the year will be asked to sign a code of conduct that will outline specific conditions for remaining in the league.

D. Players and coaches are disqualified from a game when cited with a 2nd technical foul and are automatically disqualified from the next game. Parents may be asked by referees to leave the building for unsportsmanlike conduct. Disqualified individuals are expected to stay away from the game sites and are not permitted to attend the next game as a spectator. This includes play-offs. In the event that the next game is the 2nd or 3rd game of a double- or triple-header, the disqualified individual must miss that game and leave the game site.

E. If a team has 5 players remaining on a team and one of them foul out, the team has the option of playing with 4 players or playing with five. If they play with 5, a technical foul will be assessed for each foul committed by the player that has 5 fouls. Whatever decision is made, it cannot be changed during the course of the game. If there are players added from another team in the same level to get to 5 players, then the game may be played as a regular game but the game is recorded as a forfeit for the team with added players. This game will count in the standings as a win / loss but will not be used to factor for any point differentials tie breakers. The reason for this rule is that no one benefits for a game that is not played.

### **League Standings/Post Season Play**

League standings are based upon win-loss records, 2 points for a win and 1 point for a tie. In the case of ties, head-to-head competition is the tiebreaker then defensive points allowed against common opponents. Scoring differentials have no bearing on standings. Therefore, running up of scores accomplishes nothing in terms of standings.

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### **Code of Conduct**

**I hereby pledge to provide a positive attitude and be responsible for my participation in youth sports by following this Code of Ethics both in person and electronically:**

- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.
- I will encourage good sportsmanship from fellow players, coaches and parents at every game and practice.
- I will remember that no game is officiated perfectly. I will respect the referee / umpire and accept the calls that are made during the games.
- I will attend every practice and game that is reasonably possible and I will communicate if I cannot.
- I will expect to receive a fair and equal amount of playing time as defined by the sport / activity.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches and all BAC volunteers with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being FUN!
- I deserve to play in an alcohol, tobacco and drug free environment and expect adults to respect that wish.