



BASKETBALL RULES



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Basketball Rules:

(All Ages & Leagues)

All games scheduled by the FIELDHOUSEUSA Basketball Program are played under the National Federation of High School (NFHS) rules except where modified by the FIELDHOUSEUSA Basketball Rules.

TEAM RULES:

i). Coaches:

Each team is allowed a Head Coach and an Assistant Coach. They must be an adult, 18 years or older (unless approved by the Basketball Director). The Head Coach is responsible for the conduct of all persons connected with their team (Assistant Coach, players, parents and fans). In the event that neither coach is available, a parent may act as the stand-in Head Coach. Any coach must wear and have visible their FieldhouseUSA ID card at all times. Any coach without an ID card will not be allowed to coach and asked to leave the bench area until an ID card has been issued. All ID cards must have up-to-date background check sticker.

ii). Players:

Only players listed on the official roster maintained at the FIELDHOUSEUSA front desk are eligible to participate in games. Guest players are not authorized at any time or under any circumstances.

Individual players may only play on one team per grade. They may play in the grade they are currently in and up a grade, but **NOT** on two teams in the same grade. It does not matter if the teams are in different divisions.

iii). Rosters:

Teams are limited to 12 players on their roster. Under special circumstances, teams may petition the FieldhouseUSA Director for an exemption to the 12-player limit. Additional players may be added to the official roster prior to the 3rd week of the season. After the 3rd week, coaches may petition their FieldhouseUSA Director for an exception to the rule. No player can play in two games simultaneously. Once the player has participated in a game, the game must be completed before participating in another game.



iv). Game Roster Forms:

FIELDHOUSEUSA Game Rosters will be provided at the game. All players must be on the roster prior to the start of the game. **If a player is NOT on the roster, he is NOT eligible to play.** Guest players or written names are not authorized at any time or under any circumstances. Only the players listed on the official roster are eligible to participate in games.

GAME RULES:

i). Scorekeepers:

FieldhouseUSA game sheets are provided at the time of the game by FieldhouseUSA. The game sheet will list all players and coaches. Coaches must write down each player's number and exchange the game sheet with the other team. The HOME team must provide a scorekeeper to handle the scorebook who is **18 years or older**. *The visiting is allowed to provide a scorekeeper if they would like, BUT the official scorebook will be provided by the HOME scorekeeper.* The first team listed on the schedule is the home team.

1. Scorekeepers are required to sit on either side of the timekeeper. Scorekeepers may not sit in the stands or on the team bench.
2. The scorekeeper must list all players on each team by full name and number.
3. Record individual scoring, personal fouls, team fouls, time-outs and running score.

ii). Forfeits:

A team must have a minimum of 4 players and 1 coach in order to start the game. If a team is unable to field a team (4 players and 1 coach) **within 5 minutes** of the scheduled game time the game will be forfeited. Forfeited games will not be rescheduled.

iii). Bench:

Only eligible players and coaches (limit 2) on the official roster are permitted on the bench. During the game, coaches are not permitted on the court and must stay within the bench area. Referees may require that coaches remain seated. Failure to follow the referees' instructions may result in a technical foul. After the first technical, the coach must remain seated on the bench.

iv). Game Time:

Refer to grade specific rules (pages 7-11)



v). Ten Second Rule:

Teams have ten (10) seconds to get the ball over the half court line. Timeouts taken prior to crossing the half court line will reset the ten (10) second clock. When back court pressure is restricted the ten (10) second clock will not be reset.

vi). Mandatory Playing Time Requirements:

1. Coaches are responsible to ensure that all players meet their League specific mandatory playing time requirements. There are no mandatory playing time requirements for teams playing in a Competitive division.
2. A coach who has a dispute over playing time must bring the infraction to the attention of FieldhouseUSA Staff.

vii). Jump Ball:

Games will start with a center jump ball. Thereafter, teams will alternate throw-ins on jump ball situations. The timekeeper will maintain the possession arrow. Overtime periods start with a center jump ball.

viii). Substitutions:

Prior to entering the game, all players must report to the scorer's table. Failure to do so may result in a technical foul.

ix). Time outs:

Each team is allowed one (1) forty-five (45) second timeouts per half and one (1) forty-five (45) second time out in overtime. Time outs do not carry over to the 2nd half or over from regulation into overtime.

x). Fouls:

1. Individual Fouls: A player must leave the game after receiving five (5) fouls.
2. Teams Fouls: Every foul counts as a team foul, including offensive and technical fouls. On the seventh (7th) foul, the team will be in the bonus (1 and 1) situation. On the tenth (10th) foul, the team will be in the double bonus (2 shots).
3. Fouls Shots: A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. Shooter and players behind free throw line may enter when the ball hits rim. If the ball does not hit the rim, it will be a change of possession with the ball taken out under the basket.



4. Technical Fouls: Result in two (2) free throw and loss of possession. Two (2) technical fouls against a player or coach will result in ejection from the game. The player or coach must immediately leave the playing area. Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the Head Coach.

xi). Overtime:

If the game is tied at the end of regulation, a three (3) minute overtime period will be played. If the game remains tied at the end of the first overtime, a sudden death overtime period will be played. In the sudden death overtime period, the first team who scores wins the game. Overtime periods start with a center jump ball.

FIELDHOUSE USA BASKETBALL POLICIES:

i). Uniforms:

All uniforms shall have numbers on the back (6"). Numbers may be up to 2 digits (0-99). Reversible uniforms are recommended but not required. When possible, the Home Team should wear light colors. Home team is listed first. In a color conflict (two teams wearing a similar color shirt), the team in violation will need wear an alternate uniform. The front desk may have alternate jerseys or pennies to provide.

ii). Disciplinary Action:

1. Disciplinary action may be taken against a coach/player for violation of the Rules. Depending on the severity of the infractions, a recommendation may be made to suspend the coach/player for the remainder of the season or ban the coach/player from all FIELDHOUSE USA sponsored events.
2. Fighting will not be tolerated. Players or coaches who fight, start or attempt to instigate a fight will be expelled from further league play. There are no refunds to players expelled from the league.
3. Violation of playing time rules is not tolerated. League coordinators will investigate all suspected playing time violations. If it is determined that a coach violated the playing time requirements then the coach will be counseled on the rules and given a warning. Any further violation will result in an automatic one (1) week suspension for the violator. A coach, who continues to violate the playing time rules, will be brought to the attention of the FieldhouseUSA Director for disciplinary action. Disciplinary action may result in additional suspension or immediate replacement of the coach.
4. Two (2) technical fouls against a player or coach will result in ejection from the game. Any ejection also carries an automatic one (1) week suspension. The suspension will be served in the next scheduled week.



5. Any spectator who demonstrates rude or abusive behavior will be required to leave the game site immediately. They may cause their team to be assessed one or more technical fouls.
6. In some cases, FieldhouseUSA may review the situation and take additional action as well.

iii). Cancellations:

Cancellations must be made 48 hours prior to schedule game time. Coach must notify FieldhouseUSA league director in writing. Cancelled games will not be rescheduled for the team that cancels.

iv). Protests:

- 1.) The only protest heard by the FieldhouseUSA Director is for ineligible players, and must be submitted. Coaches may not protest a referee's judgment call. During the regular season, all protests must be submitted to the Basketball Director in writing within 48 hours of the game in question. During playoffs and tournaments, the time between games does not allow for the normal protest process.

2.) Roster Checks

- a. Roster checks can only be requested by coaches listed on team roster
- b. Roster checks can only be performed at the following times:
 - i. Prior to start of game
 - ii. End of 1st, 2nd or 3rd quarter
- c. If a roster check is requested, both teams rosters will be verified by a FieldhouseUSA Staff Member.
- d. After rosters have been checked and all players are found to be eligible to play, the requesting team's coach will receive a direct technical foul (delay of game technical) and all coaches must remain seated for the remainder of the game. Opposing team will then shoot two free throws and receive the ball.

The Fieldhouse USA Director will have the authority to rule on the protest.

FieldhouseUSA House Rules

1. NO food or drinks allowed on the basketball courts.
2. NO chewing gum or tobacco products on the basketball courts.
3. Taunting, baiting or profane language is not allowed. One warning will be given. The second incident will result in an ejection.
4. Jewelry and sharp objects **CAN NOT** be worn on the basketball courts. This includes, but not limited to watches, earrings, necklaces, rings and berets. Any medical or religious jewelry can wear however it must be securely tapped down and cleared by a FieldhouseUSA Staff Member before entering the game.



5. At no time should anyone attempt to climb or hang on the wall system surrounding any of the courts or practice areas.
Never climb or hang on the netting surrounding the fields or the court dividers. None of the net systems are designed to support weight.
6. Parents are responsible for their child's behavior at all times while they are in the building.
7. All participants, coaches, and spectators must behave in a respectful manner with the spirit of FAIR PLAY, not only towards the referees, but also towards administrators, opponents, teammates and spectators.



Kindergarten and 1st Grade

Basket Height: 8 ft.

Ball Size: Junior Ball (27.5)

Playing Time and Time - Outs

4 Quarters - 10 minute Running Clock (last two minutes in each half) stop clock/ 1 timeout per half no carry over

Mandatory Playing Time Requirements:

1. Teams with ten (10) or less players: Each player must play 50% of each half.
2. Teams with more than ten (10) players: Each player must play an equitable amount of time.
3. These rules may be waived under the following circumstances.
 - a. If a player arrives after the start of the game but before the start of the second half, the coach must play the player 50% of the second half and is not obligated to play the player in the first half.
 - b. If a player arrives after the start of the second half, the coach is not obligated to play the player.

Kindergarten-1st Grade Expectations on Traveling and Double Dribble

1. For Kinder-1st grade, referees will allow 3-4 double dribbles and 3-4 steps on a travel.
2. If in violation of the rules, referees will explain violation to participant and ball is awarded to opposing team.

Defensive Pressure:

1. No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
2. Initial defensive pressure is not allowed until the ball passes an imaginary line at the top of the key (the red line will be used for games at the FIELDHOUSE USA). The team on offense must make a timely attempt to advance the ball across the line at the top of the key, or the referee will call a held ball and award the ball to the other team. After the initial penetration, defensive pressure is allowed to continue until change of possession.
3. Defensive pressure violations will result in the ball being given back to the offensive team.

- 🕒 **Foul Shots are taken from the red line inside of the free throw line. (80" in front of free throw line)**
- 🕒 **Three-second lane violations are not called.**
- 🕒 **Technical fouls may be called on coaches or bench.**
- 🕒 **No overtime games.**



2nd Grade

Basket Height: 8 ft.

Ball Size: Junior Ball (27.5)

Playing Time and Time - Outs

4 Quarters - 10 minute Running Clock (last two minutes in each half) stop clock/ 1 timeout per half no carry over

Mandatory Playing Time Requirements:

1. Teams with ten (10) or less players: Each player must play 50% of each half.
2. Teams with more than ten (10) players: Each player must play an equitable amount of time.
3. These rules may be waived under the following circumstances.
 - a. If a player arrives after the start of the game but before the start of the second half, the coach must play the player 50% of the second half and is not obligated to play the player in the first half.
 - b. If a player arrives after the start of the second half, the coach is not obligated to play the player.

2nd Grade Expectations on Traveling and Double Dribble

1. For 2nd Grade, referees will allow 1 double dribble and 1 extra step on a travel while outside the three point line. Inside the three point line, will be called as regulation basketball.
2. If in violation of the rules, referees will explain violation to participant and ball is awarded to opposing team.

Defensive Pressure:

1. No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
 2. Initial defensive pressure is not allowed until the ball passes an imaginary line at the top of the key (the red line will be used for games at the FIELDHOUSEUSA). The team on offense must make a timely attempt to advance the ball across the line at the top of the key, or the referee will call a held ball and award the ball to the other team. After the initial penetration, defensive pressure is allowed to continue until change of possession.
 3. Defensive pressure violations will result in the ball being given back to the offensive team.
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- 🕒 **Foul Shots are taken from the hash in front of the free throw line. (12" in front of free throw line)**
 - 🕒 **Three-second lane violations are not called.**
 - 🕒 **Technical fouls may be called on coaches or bench.**
 - 🕒 **No overtime games.**



3rd and 4th Grade

Basket Height: 10 ft.

Ball Size: 3rd Grade: Junior Ball (27.5)

4th Grade: Intermediate Ball (28.5)

Playing Time and Time - Outs

4 Quarters - 10 minute Running Clock (last two minutes in each half) stop clock/ 1 timeout per half no carry over

Mandatory Playing Time Requirements:

1. Each player must play at least 25% of each half and participate in each half.
2. These rules may be waived under the following circumstances.
 - a) If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
 - b) If a player arrives after the start of the second half, the coach is not obligated to play the player.

Defensive Pressure:

1. 3rd Grade: No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
2. 4th Grade: Full court defensive pressure is permitted only in the second half of the game.
3. When a team is ahead by fifteen (15) or more points: The leading team is restricted to no defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
4. Defensive Pressure violations will result in the ball being given back to the offensive team. The third defensive pressure violation results in a technical foul, two (2) free throw.

Foul Shots:

1. 3rd Grade: Foul shots are taken from the hash in front of the free throw line.
2. 4th Grade: Foul shots are taken from the regulation free throw line.

Three-Second lane violations:

1. 3rd Grade: Three-second lane violations are not enforced.
2. 4th Grade: Three-second lane violations are enforced.

🕒 **Shots made behind the three-point line will count as three (3) points.**



5th and 6th Grade

Basket Height: 10 ft.

5th Grade: Intermediate Ball (28.5)

6th Grade:

Girls: Intermediate Ball (28.5)

Boys: Official Regulation Ball (29.5)

Playing Time and Time - Outs

4 Quarters - 10 minute Running Clock (last two minutes in each half) stop clock/ 1 timeout per half no carry over

Mandatory Playing Time Requirements:

1. Each player must play at least 25% of each half and participate in each half.
2. These rules may be waived under the following circumstances.
 - a) If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
 - b) If a player arrives after the start of the second half, the coach is not obligated to play the player.

C. Defensive Pressure:

1. 5th Grade: Full court defensive pressure is permitted only in the second half of the game.
 2. 6th Grade: Full court defensive pressure is permitted for the entire game.
 3. When a team is ahead by 15 or more points: The leading team is restricted to no defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
 4. Defensive pressure violations will result in the ball being given back to the offensive team. The third defensive pressure violation results in a team technical foul, two (2) free throw.
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- 🕒 **Foul shots are taken from the regulation free throw line.**
 - 🕒 **Three-second lane violations are enforced.**
 - 🕒 **Shots made behind the three-point line will count as three (3) points.**



7th through 12th Grade

Basket Height: 10 ft.

Ball Size:

Girls: Intermediate Ball (28.5)

Boys: Official Regulation Ball (29.5)

Playing Time and Time - Outs

4 Quarters - 10 minute Running Clock (last two minutes in each half) stop clock/ 1 timeout per half no carry over

Mandatory Playing Time Requirements:

1. Each player must play at least 25% of each half and participate in each half.
2. These rules may be waived under the following circumstances.
 - a) If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter from start to finish in the second half and is not obligated to play the player in the first half.
 - b) If a player arrives after the start of the second half, the coach is not obligated to play the player.

Defensive Pressure:

1. Full court defensive pressure is permitted for the entire game.
 2. When a team is ahead by 15 or more points: The leading team is restricted to no defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
 3. Defensive pressure violations will result in the ball being given back to the offensive team. The third defensive pressure violation results in a team technical foul, two (2) free throw.
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- 🕒 **Fouls shots are taken from the regulation free throw line.**
 - 🕒 **Three-second lane violations are enforced.**
 - 🕒 **Shots made behind the three-point line will count as three (3) points.**



Adult League Rules

Follow NFHS Rules except for below

Maximum of 14 players on roster

Uniforms need to be provided for 1st contest ~ all numbers must be permanent and unique (0-99).

FIELDHOUSEUSA PROVIDES SCOREKEEPER

8 GAME SEASON

End of Season Tournament ~ top 4 teams participate

Game Length:

- Three Minute Warm Up
- Game begins on time ~ Teams are allowed to begin with 4 players
 - A team must have a minimum of 4 players (on roster) in order to start the game. If a team is unable to field a team (4 players) within 10 minutes of the scheduled game time the game will be forfeited. Forfeited games will not be rescheduled.
- (2) 20 Minute Halves (Clock Stops in the last 2 minutes of the 2nd Half)
- Two Minute Halftime
- 3 minute overtime if tied at end of regulation (2nd overtime is sudden death)
- Shoot one & one (bonus) on the 7th foul of each half
- Shoot two shots on 10th foul
- Men's regulation ball size (29.5), **HOME TEAM provides ball**
- Ejection from contest will result in a 1 game suspension (out of the game ejected + next contest)
- Foul Out on 6 fouls
- Teams with more than 1 forfeit (without proper notice, 48 hours) ~will be dropped from playoff contention
- Rosters must be filled out and no additions after the 3rd week

Time outs per game:

- Two (2) time outs per half. They do not carry over- use them or lose them.
- One (1) additional 20 second time out for each overtime period.

Men's Adult over 35 League

Maximum of 14 players on roster

- Every player must be on roster to play, and show an ID before the game
- Teams are allowed to have two (2) players between the age of 30-35 by the end of season play