

Proehlific BASKETBALL

2 – 3 LEAGUE RULES

MISSION STATEMENT:

The emphasis of the Proehlific Basketball Program is to help children grow socially, emotionally and physically through the vehicle of basketball. The nurturing toward enjoyment of the game, development of skills, good sportsmanship habits and cooperative team play is the focus.

The *Proehlific Park* Basketball Program shall play under NCHSAA rules governing basketball, with the following modifications:

1.0 GAMES

- 1.1. The games shall consist of four (4) eight (8) minute quarters. The game clock shall run continuously and stop only on shooting fouls and time outs. During last two (2) minutes of the 4th quarter, the game clock shall stop on every call designated by the referee's whistle.
- 1.2. The 2-3 League shall use 9-foot goals.
- 1.3. Coaches shall rank all players from higher-skilled (1) to lower-skilled (10-12, depending on team size). The lower-ranked players shall play in the 1st and 3rd quarters and the higher-ranked players shall play in the 2nd and 4th quarters. This ranking shall be provided to the scorer's table and the opposing coach PRIOR to the game.
- 1.4. The 3-point line will be in effect. Players must shoot with both feet behind the 3-point line for the shot to count for three (3) points. After the shot is taken, the player may land on or inside the 3-point line during the follow-through. Referees must designate the shot as a 3-pointer prior to scoring as such.
- 1.5. The 2-3 League shall use the 10-foot foul line, the second line measured from the goal. After the shot is taken, the player may land on or inside the foul line during the follow-through.
- 1.6. It is the goal of this program to have each player shoot at least twice during the game. The scorer's table shall keep track of shots taken for each player until two (2) shots have been recorded. Coaches shall be informed of players meeting the 2-shot requirement throughout the game by the scorer's table.
- 1.7. Regular play shall commence with a center jump at mid court. Alternating possession shall be utilized thereafter throughout the game via the possession arrow located at the scorer's table. However, the referee shall have final ruling regarding possessions.
- 1.8. Prior to the start of each quarter, each starting player shall be given one (1) foul shot from the designated foul line, total of five (5) shots. Made shots shall be counted as one (1) point towards the team's score. Each player shall be given at least one (1) foul shot opportunity during each game. Note: These foul shots do NOT count toward the goal of each player shooting twice during the game.
- 1.9. No jewelry, wristware or hard hair ornaments shall be worn during play. Also, no players with casts or splints shall be allowed to play.
- 1.10. Players shall be disqualified from play on the fifth personal foul (fouling out). Personal technical fouls count toward foul totals, team technical fouls do not. Coaches may substitute for disqualified players with lower ranked players.
- 1.11. The game book, not the scoreboard, shall be the official tally for score and team fouls.
- 1.12. Season Ending Tournament – Each team shall be seeded by regular season record. In the case of a tie between two or more teams, seeding shall be accomplished as follows: 1) Head-to-Head results 2) Head-to-Head Point Differential 3) Coin toss.

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GAMES (continued)

- 1.13. In the event of a tie at the end of regulation play, one (1) additional 2-minute overtime period shall be played. This overtime period shall be considered an extension of the 4th quarter, with 4th quarter rules in-effect (note per rule 5.2, players that have played 3 quarters during regulation time are permitted to play in the overtime period and free throw shootout). All fouls and time outs shall carry forward into the overtime period, and one (1) additional time out is given per team. In the event of a tie at the end of the 2-minute overtime period, the following procedure shall be used:
 - A. The five (5) players from each team on the floor at the end of the 2-minute overtime period shall shoot one (1) foul shot counting for one (1) point, until all five (5) players from each team have shot. If one team has more points after all five (5) players from each team have shot, the game is over.
 - B. If the game remains tied, the free throw process restarts for another round of 5 each shots until a winner is decided. Substitutions may be made after the first round of foul shots.

- 1.14 In the event of a tie during a **post season** game, (2) - two-minute overtimes will be played until a winner is decided. If a winner has not been determined play will continue in one minute increments until a win is reached. **One** additional time out will be given to each team at the initial start of overtime and it is to be used at each team's discretion.

2.0 DEFENSE

- 2.1. 1st Quarter – Inside the trapezoid designated by the lines from the FT (10ft) line to the baseline. Players may reach out aggressively for the ball and defend any play in the trapezoid, but must keep their feet inside the box. Players may go after any loose ball wherever it goes, even outside the trapezoid. Offensive screens (picks) are not permitted.

2nd, 3rd and 4th Quarters – Defense is limited up to the timeline, just beyond half court (grey volleyball line), and to a zone or man-to-man. Half court traps are permitted during the last 3 minutes of the 4th quarter only. Full court defense will be permitted in the last (1) minute of the 4th quarter only. Penalty for violations will be one (1) warning per half and technical fouls thereafter.
- 2.2. If a team leads by 13 points or more, that team is restricted to inside the three-point arc for defense, regardless of the quarter, until the lead is under 13 points.
- 2.3. When a clear possession occurs, the opposing team must return to their defensive area.

3.0 OFFENSE

- 3.1. Offensive teams must make constant movement toward the basket, trying to advance the ball or score. Teams in violation are penalized by a 5-second call and the other team is awarded the ball (referee discretion).
- 3.2. Lane violations shall be called after 5-seconds. This rule applies to all quarters, including 1st and 3rd.
- 3.3. The 10-second rule for bringing the ball across the half court line applies for 2-3B League.

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4.0 COACHES

- 4.1. Time Outs: 1st Half 2 (45-seconds each)
 2nd Half 3 (45-seconds each)
 OT 1 (45-seconds additional plus remaining 2nd half time outs that carry into OT)
- 4.2. Coaches or players may call time outs. However, the referee must recognize the time out prior to play stopping. The scorer's table does not recognize time outs. If a time out is needed, respectfully gain the attention of the referees or your players.
- 4.3. Coaches are encouraged to remain seated during play. However, coaches may stand but must stay within the defined coach's box during games. Only one (1) coach may be off the bench at a time. One (1) warning per game will be given and technical fouls will be called thereafter.
- 4.4. Players who endanger the safety of other players are ineligible for play. Such cases shall be documented by coaches and submitted to the League Director for disposition.
- 4.5. No team may practice more than 1.5 hours per week. Practice week starts on Sunday. All practices must occur in the Proehlfic gym. Under no circumstances are practices permitted in another facility or location. All practices must take place between the hours of 5:30pm - 9:30pm M-F and 1:00-until end of last practice on Sunday.
- 4.6. Coaches shall actively prevent games from becoming a blowout. Once a lead becomes 13 points, coaches shall restrict their defense to inside the 3-point arc, discourage fast breaking and must consider substituting-down if the blowout continues. Failure to comply with this rule shall result in one (1) warning per game and technical fouls thereafter.
- Once a lead has reached 20 points, additional points will not be added to the scoreboard until the lead is under 20 points. The game book shall continue to be kept as an accurate record of the game.
- 4.7. Prior to the start of each game, coaches shall rank all players from higher-skilled (1) to lower skilled (10-12, depending on team size), and distribute a written copy of this ranking to the scorer's table and opposing coach. A new and updated ranking shall be prepared for each game and shall reflect changes as player's abilities develop throughout the season. If an obviously good player is "playing down", the League Director may re-rank for the coach during or after the game.
- 4.8. If a coach receives two (2) technical fouls total for the season or is ejected from any single game, the coach shall be suspended from games and practices for a period of 2 weeks. Each subsequent technical foul or ejection thereafter shall result in 2-week suspensions per occurrence.
- 4.9. All coaches are required to work the score table for the game immediately following their own. Coaches may ask someone to fill in, however, this coach is responsible for verifying that the capability of that individual. It is not recommended that children or players perform this task.

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5.0 SUBSTITUTION

- 5.1. There is little discretionary substitution by coaches. Each player must play a minimum of six (6) minutes or one (1) full quarter.
- 5.2. No player may play more than three (3) quarters. However, in the event that a player has played three (3) quarters in a game and that game goes into overtime, the player is permitted to play in the two (2) minute overtime period and any subsequent free throw shoot out.
- 5.3. If fewer than 10 players are available for a team at the start of the game, the coach must rank the available players from 1 through the total number of available players (i.e. 1-7, or 1-8, or 1-9). This ranking is determined by skill level and may not agree with the original draft position of a player. The coach may only substitute players in accordance with the following table.

Player Substitutions

For 7 players	For 8 players	For 9 players
1 Qtr = 76543	1 Qtr = 87654	1 Qtr = 98765
2 Qtr = 12567	2 Qtr = 123+pick 2 from(678)	2 Qtr = 1234+pick 1 from(6789)
3 Qtr = 76432	3 Qtr = 87654	3 Qtr = 98765
4 Qtr = 12345	4 Qtr = 12345	4 Qtr = 12345

This will insure that in the 1st and 3rd quarters, if fewer than five (5) players are ranked six (6) or lower, the coach will start the bottom five (5) players. Players ranked (1) through (5) shall play the 2nd and 4th quarters unless some of the top five players are missing, then the coach shall play up lower ranked players while ensuring that no player plays more than three (3) quarters.

- 5.4. Players ranked (1) through (5) shall play the 2nd and 4th quarters. If less than ten (10) players are available for a game and some of the top five players are missing, the coach shall play up lower ranked players while ensuring that no player plays more than three (3) quarters.
- 5.5. Beginning with the lowest ranked, coaches may only substitute 2nd/4th quarter players in the 1st and 3rd quarters in the case of an injury or a foul out of a 1st/3rd player, and no remaining players are available ranked below fifth. In any case, coaches substituting-up must inform the opposing coach of this substitution and the opposing coach shall be permitted the option of matching the talent on the floor.
- 5.6. Substituting-down (lower ranked players for higher ranked players) is freely permitted.
- 5.7. Fewer than seven (7) players present at game time will constitute a forfeit. The game will still be played but will NOT count in the standings.

GOOD LUCK! – And remember, this is for the kids, not for the coaches or parents!