

**BIG WEST BASKETBALL LEAGUE  
GENERAL RULES 2023-2024**

1. All players that suit for a game **MUST** play in the game. Failure to comply will result in a forfeit of the game and a 3 game suspension of the head coach. If the infraction occurs at the end of the season, the suspension will be carried forward to the next basketball season.
2. **Before each game, coaches must submit a team roster, preprinted (not handwritten) on the leagues approved roster template. Failure to do so could result in forfeiture of the game by the league commissioner.**
3. When your team is scheduled for the **first game of the day**, you should arrive **no earlier than 20 minutes before tip off**. Most gym facilities need time to set up, so they do not open their doors until 20 minutes before the first game starts.
4. **Each team should arrive and be ready for tip off 15 minutes prior to the scheduled starting time of their game (except for the first game of the day).** If the previous game finishes early, the next game may begin up to 10 minutes. If a team does not have 5 rostered players ready for tip off by 5 minutes after the scheduled starting time of their game, that team shall forfeit the game.

A team must have 5 rostered players available at tip off to start a game. Any less will result in a forfeit.

5. Unsportsmanlike behavior by coaches, players or fans will not be tolerated. Coaches are expected to control the behavior of their players and exert their influence in controlling their fans. If a referee finds it necessary to stop a game, the respective coach and gym management must handle the situation, or the team will be asked to leave the gym and forfeit the game.
6. **SCORER'S TABLE**

The score table is off-limits to all persons except the official scorer, timekeeper, referees, team substitutes and gym management. Under no circumstances are coaches allowed at the scorer's table. If a coach has a question concerning the score or time clock, he/she must confer with a referee during a time out. If a coach or player verbally abuses a person at the score table, a technical foul will be issued...NO EXCEPTIONS!! **This rule has a ZERO TOLERANCE POLICY!!**

7. **5<sup>th</sup> and 6<sup>th</sup> grade** will play four, 5-minute quarters.  
**7<sup>th</sup> and 8<sup>th</sup> grade** will play four, 6-minute quarters.
8. Overtime periods will be 2 minutes in length for ALL divisions. Overtime is considered an extension of the 4<sup>th</sup> quarter.  
**5<sup>th</sup> and 6<sup>th</sup> grade divisions** will play a maximum of one overtime period. If there is not a winner after that one overtime period, the game will end in a tie.  
**7<sup>th</sup> and 8<sup>th</sup> grade divisions** will play as many overtime periods necessary to determine a winner.

9. **HALF TIME**

Half time for all grade levels will be 3 minutes. During half time, no on court shooting will be allowed. This time will be used for players to rest and coaches to go over game strategy.

10. **PRESS RULE**

**5<sup>th</sup> and 6<sup>th</sup> grade** may full court press during the last 2 minutes of the game ONLY with less than a 5-point lead. When in a no press situation, the offensive player must be allowed to cross half court with both feet and the ball before a defender can press. If the ball is passed across half court by the offensive team, the defensive team can attempt to steal the ball as soon as the ball crosses the half court plane.

If a team has a 20 point lead or greater, that team must back off their defense into a 2/3 or a 3/2 zone inside the three point circle. If a gym does not have a marked 3 point circle, the area will be determined by the referee. If they steal the ball or get a defensive rebound, they cannot fast break the ball up the court. If the 20 point rule comes into effect in the 4<sup>th</sup> quarter, a running clock will be used to finish the game regardless of how close the score becomes. The clock will only stop on time outs.

**7<sup>th</sup> and 8<sup>th</sup> grade** may full court press the entire game with less than a 10-point lead. When in a no press situation, the offensive player must be allowed to cross half court with both feet and the ball before a defender can press. If the ball is passed across half court by the offensive team, the defensive team can attempt to steal the ball as soon as the ball crosses the half court plane.

If a team has a 25 point lead or greater, that team must back off their defense into a 2/3 or a 3/2 zone inside the three point circle. If a gym does not have a marked 3 point circle, the area will be determined by the referee. If they steal the ball or get a defensive rebound, they cannot fast break the ball up the court. If the 25 point rule comes into effect in the 4<sup>th</sup> quarter, a running clock will be used to finish the game regardless of how close the score becomes. The clock will only stop on time outs.

In a no press situation **when a fast break by the offense is involved**, the defending team may only attempt to steal the ball when it breaks the half court plane (in the air or on the ground).

**PENALTY FOR VIOLATING** – If a team violates **any** no press rule, the referee, at his/her discretion, will issue ONE warning. All subsequent violations will result in a bench technical foul against the offending team.

11. **3 Point** shots are allowed in all divisions, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> boys and girls. If the host facility does not have a 3 point line, the three point shot will not be used.

12. **FREE THROWS**

**5<sup>th</sup> grade players** can shoot from a line 12 inches closer than the actual 15 foot free throw line and this new line cannot be crossed by the free thrower until the ball hits the rim. This line will be marked on the gym floor. If the 5th grade player is participating in a **division** that has mixed 5th and 6th grade teams (ONLY due to the league combining divisions), the responsibility is on the player to notify the referee that they are a 5th

grader BEFORE they receive the ball to shoot the first free throw. If the player does not notify the referee, a violation will be called if the player crosses the actual free throw line before the ball hits the rim.

If the league has separate divisions for 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade (not combined 5<sup>th</sup>/6<sup>th</sup> grade or 7<sup>th</sup>/8<sup>th</sup> grade) and a 5<sup>th</sup> grade player is participating on a higher division team, that 5<sup>th</sup> grade player loses the ability to use the closer free throw line and must use the regulation 15 foot free throw line.

If the league has combined divisions for 5<sup>th</sup>/6<sup>th</sup> grade, it is the responsibility of the 5<sup>th</sup> grade player shooting the free throws to inform the official that they are in 5<sup>th</sup> grade and are able to use the closer free throw line.

Also, if a 5<sup>th</sup> grade player is called up to play in a higher division, that 5<sup>th</sup> grade player loses the ability to use the closer free throw line and must use the regulation 15 foot free throw line.

**6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade players** will shoot free throws from the regulation 15 foot free throw line no matter what division they are participating in.

### 13. **BONUS**

**5<sup>th</sup> and 6<sup>th</sup> grade** – A team will shoot a 2 free throw bonus after 7 fouls have been committed by the opposing team in a quarter. The 7 foul count will reset in quarters 2, 3 and 4 but will be carried over into overtime if needed.

**7<sup>th</sup> and 8<sup>th</sup> grade** – A team will shoot a 2 free throw bonus after 5 fouls have been committed by the opposing team in a quarter. The 5 foul count will reset in quarters 2, 3 and 4 but will be carried over into overtime if needed.

### 14. **TIME OUTS**

Each team will be allowed two full, one minute time outs in the first half and three full, one minute time outs in the second half. Time outs **do not** carry over from the first half to the second. Each team will receive one additional full time out for each overtime period. Either a player on the court or the head coach can request time out.

15. Team benches are for coaches and players only. ONLY THREE NON PLAYERS ARE ALLOWED ON THE BENCH DURING GAMES, NO EXCEPTIONS. THIS DOES NOT INCLUDE INJURED PLAYERS. Injured players (marked as not playing on the roster) may wear their game jersey during a game but not their full uniform.

16. There must be a designated head coach at the beginning of each game.

17. Only the head coach may speak to or ask questions of the referees. Any comments by assistant coaches or players may result in a technical foul. The head coach is the only member on the team's bench that can stand during a game. His/her movement, however, will be confined to their respective coaching box. **This coaching box will be marked at each gym and be between 10 and 15 feet in length. However, the coaching box shall not extend below the free throw line.** If a coach violates his/her coaching box

privilege, the referee will issue them ONE warning. After that, a direct technical foul will be called for each offense.

## 18. UNIFORMS

**All players on the same team who participate in a game must have the same uniform (jersey and short) in order to play.** All jerseys must have legible front and back numbers. T-shirts may be worn under the team jersey provided they are the same color as the predominate color of the jersey, solid white, solid black or solid grey. All t-shirts must have a finished edge... no cutoffs. Patterned, printed, camo or t-shirts with large manufacturer logos will not be allowed. Jerseys and t-shirts must be tucked in at all times with the exception of jerseys that are manufactured to be worn outside the shorts.

**Uniform t-shirts cannot be tied in a knot or gathered with any form of elastic band in the front, back or side.**

If a player is not wearing a proper uniform, they will not be allowed to participate in the game.

## 19. ROSTERS

**All teams must present a proper, pre-printed roster on the league supplied form to the scorer's table before the start of each game. On this roster, all pertinent information must be filled out, including players who are present, not present and call ups. If this form is not submitted prior to the start of the game, the team will forfeit the game. NO HANDWRITTEN ROSTERS WILL BE ACCEPTED!! (exception – a coach may handwrite in the names and numbers of players being called up for a game).**

20. Compression shorts/sleeves may be worn provided they are solid black, solid white, solid beige or the predominant solid color of the uniform jersey. Multi-color, camo or neon sleeves are not allowed.

21. **NO JEWELRY OR HAIR ORNAMENTS (PLASTIC OR METAL), TEMPORARY TATTOOS, GLITTER OR FACE PAINT IS ALLOWED, EVEN IF TAPE IS APPLIED OVER THEM. NO EXCEPTIONS!!! This rule has a ZERO TOLERANCE POLICY!! If a player is wearing a medical bracelet, it must be taped to their body.**

22. All girls divisions will use a 28.5" ball. All boys divisions will use a 29.5" ball.

23. IHSA rules, except as modified herein, shall be adhered to.

24. The referees and gym management shall have COMPLETE charge of and authority over the game. EVERY HOST GYM MUST HAVE A DESIGNATED "PERSON IN CHARGE" IN CASE OF EMERGENCY.