

The V-LEAGUE

WINTER SEASON PLAYING RULES

(Part of the V-League By-Laws Article XVI Section 2)

PLAYING RULES (Rev. 12/8/10)

A. OFFICIAL RULES

1. THE OFFICIAL RULES REGULATING PLAY WILL BE THE OFFICIAL NFHS/CIF BOYS SCHOLASTIC BASKETBALL RULE BOOK, WITH THE MODIFICATIONS AND CHANGES STATED HEREIN.
<http://www.nfhs.org/basketball.aspx>

2. The conference is divided into two divisions:

Junior Division: Boys grade 4; Girls grade 5 (or 5th/6th when combined)

Senior Division: Boys grades 5-8; Girls grades 6-8 (or 7th/8th when 5th/6th are combined)

B. TIMEKEEPING

1. Games consist of four eight-minute quarters. In the case of a tie there will be a four-minute overtime period. If the score is tied at the end of overtime, there will be successive three-minute overtimes until a winner is decided. The rest interval after the first and third quarters is two (2) minutes and at half-time it is 5 minutes.
2. Time will be kept only by a timekeeper on the official time clock or watch. The home team must provide the official clock, timekeeper, and scorekeeper, all of whom must be 16 years of age or older. The visiting team may have a representative present at the scorer's table to keep their own score book and watch the clock. The home team's score book is the official score book for all conference games. Timekeepers and scorekeepers are officials of the game and MUST refrain from showing any undue emotions during the game. Between the third and fourth quarter, the Scorekeeper shall notify the opposing team scorekeeper, the official conference representative and coaches of any player who has not played a full quarter for Junior Divisions only.
3. The clock will be stopped on all whistles that indicate personal fouls, technical fouls, time outs, jump balls, and at the judgment of the referee. (Exception: See #5 below)
4. No shot-clock is to be used.
5. Mercy Rule. If a team has a lead of 30 points or more at any point in the game, there will be a running clock from that point forward. If a team has a lead of 20 points or more at any time during the 4th quarter, there will be a running clock for the remainder of the quarter. If the lead is reduced to 10 points or less at any time in the running-clock situations, the stop clock rule will be re-instituted.

C. PLAYING TIME

1. In the Junior Division, each player in uniform must play at least one-fourth of the game. Failure to play all team members in uniform at least one-fourth of the game may result in forfeiture for the offending team upon Board review. The only exceptions shall be a player being injured to the point where he is unable to continue play, and a player fouling out of the game before satisfying his minimum play requirement. Ejected players must remain on the bench unless released to parent or guardian supervision.
2. There is no minimum playing time rule for the Boys and Girls' Senior Divisions. There is no minimum playing time for Girls' 5th/6th when combined.
3. Absent players must be listed in the official score book stating the reason for absence. Any player being benched for disciplinary reasons shall not be allowed to appear in uniform. He is not to be allowed to participate in the pre-game or half-time warm-up. Violation of this rule could result in a forfeit to the opposing team.

D. COURT DIMENSIONS

1. No team shall be approved to play home games unless it has an official size court or its court is approved by the V-League Board of Directors.
2. Modified free throw line distances are used in the following Divisions:
 - a. Junior Division boys and girls may use a "medium" free throw line two (2) feet in from the normal free throw line. All other divisions will use the normal free throw line. When 5th/6th girls' divisions are combined, 5th grade players may step in if necessary.
 - b. The home team will be responsible for measuring and marking the floor with tape for the shortened free throw lines.
3. No parent or unauthorized personnel shall be allowed on the court during a game. Game officials shall instruct Coach and League Representative to clear the court should this condition arise.
4. Players and the score table shall be on a separate side from spectators.

E. OFFICIAL BALL

1. The official ball shall be:
 - a. Number 6 (28.5/Intermediate) leather or synthetic basketball for the Boys 4th-5th grades and all Girls' Divisions.
 - b. Boys' grades 6-8 will use a "regulation size" leather or synthetic leather ball.

F. UNIFORMS

1. Rules regarding uniforms must be followed as stated in the NFHS Rulebook.
<http://www.nfhs.org/basketball.aspx>

G. SPORTSMANSHIP

1. (a) any coach, manager, conference representative, or parent(s) will be automatically suspended and barred from further participation for chastising, belittling or swearing at any official, whether as a member of a team in play or as a spectator at a conference game. There are no exceptions. The board of directors will determine the length of the suspension.
(b) Any player, coach or spectator ejected during the course of a game is automatically suspended for the next game. The Board of Directors will review the ejection and may, in its sole discretion, extend the length of the suspension. During the suspension period, the individual suspended is not allowed in the gymnasium during a game.
2. Team sportsmanship:
 - a. It is mandatory for all coaches and players shall conduct themselves in a sportsmanlike manner before during, and after the game.
 - b. Before the game, the coaches will make sure that his players stay off the playing floor until it is time for them to take the floor for their game.
 - c. If players are not involved in the game, they will not be allowed on the playing floor to shoot baskets between quarters except during half time. It is the coach's responsibility to monitor his team's behavior during the game.
 - d. At the start of the game, all players and coaches may meet at center court to shake hands and get to know each other (sportsmanship).
 - e. After the game is over, both teams and coaches will meet at center and shake hands in a sportsmanlike manner.
 - f. The League Representative will strictly monitor these events.

H. GAME MANAGEMENT

1. The home team Conference Representative or an approved alternate **must be present at all games** to see that each game is conducted in line with the aims and goals of the V-League. It is his responsibility to stop play and correct any situation not in keeping with good sportsmanship. Some of his specific duties are:
 - a. Introduce coaches and referees.
 - b. Monitor or assist in the proper fulfillment of time keeping and score keeping.
 - c. Review and interpret conference rules.
 - d. Control improper behavior of anyone present and stop any situation that interferes with the orderly progress of the game.
 - e. Warn a coach regarding the conduct of his spectators toward the officials. A second warning may result in disciplinary action from the Board.

I. PROTEST PROCEDURE

1. No game may be protested based on the judgment call of an official or his interpretation of the rules. All decisions of officials are final.
2. Any game that has been declared a "protested game" must have a full and complete written protest submitted, by the head coach, to the Commissioner or local League Representative within 24 hours after the incident. Upon receiving a written protest, the League Representative **MUST** notify the Commissioner, General Manager, Secretary or Treasurer by telephone to advise of a protest situation.
3. The Commissioner shall appoint a three-man protest committee to review all protested situations. This committee shall consist of three League Representatives, none of whom shall represent either city or club involved in the protest situation.
4. THE DECISION OF THE PROTEST COMMITTEE SHALL BE A FINAL DECISION.

J. DEFENSE

1. Boys 4th and Girls 5th

- a. A man-to-man defense must be used at all times in the front court with the exception that double-teaming or trapping the man with the ball is allowed within 19 feet from the baseline (from the regulation free throw line to the baseline).
- b. The "no zone" rule is interpreted by the officials and their decision is final. The following guidelines are used to aide the officials in the interpretation of this rule:

The front court man-to-man defensive rule shall be: When a defensive player's assigned man is playing within or near the "key" area, the defensive player must guard him closely. When the offensive player clears the "key" area, then the defensive player must at least clear the "key" area in the direction of his man. Defensive man must have one hand and one foot pointed towards his offensive player.

A warning will be issued by the referee for the first zone violation. The second such violation will result in a technical foul on the offending team.
- c. Zone defense and double teaming is allowed in the back court during a press situation.

2. Girls' 5th/6th when combined

- a. No press (Full or ½ Court-trapping Press) may be used except during the final 3 minutes of each half.
 - b. Man-to-Man or Zone is permitted in the front court
 - c. No minimum playing rules (use good judgement and sportsmanship)
 - d. 5th-Graders may use the modified free-throw (approximately the 1st hash mark)
3. Senior Divisions may use any defense desired.

K. FULL COURT PRESSING

1. Full court pressing is allowed as follows:
 - a. 4th Grade Boys and 5th (and 5th/6th when combined) Grade Girls may not press or trap until the last three minutes of the 2nd and 4th quarters and only if the Mercy Rule is not in effect.
 - b. All Senior Divisions may press the entire game.
 - c. All divisions can press the entire overtime period.
2. Full court pressing is not allowed by the winning team if the Mercy Rule is in effect.
3. Pressing is defined as closely guarding opponents in areas other than the front court so as to harass them, attempting to cause steals or turnovers.
4. In the above "press restricted" Divisions, if the team getting control of a defensive rebound attempts a fast break situation, then the ball is in open play in the back court area, and the offensive team waives their right to uncontested passage to the front court and may be pressed by the defensive team.

When the pressing situation is not in effect, once a player gains complete control of a defensive rebound and is clearly not attempting a fast break, the opposing players must immediately retreat and allow the team with possession to bring the ball up court uncontested.

If a player or players forget the "no press" rule and causes a turnover or jump ball in the back court or mid-court area, except during a fast break situation, the official shall warn the offending team and award the ball out of bounds to the team with rightful possession. Repeated violations may result in a technical foul.

L. THREE-POINT SHOTS AND TIME IN THE LANE

1. All Divisions will play 3 seconds in the key per CIF Rules.
2. The three-point shot is valid in all divisions, on floors where the 3 point line is clearly marked.