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## **HIGH SCHOOL BASKETBALL LEAGUE RULES 2024-2025**

1. All games will be played in Segmented Rule Play.
2. Substitutions shall be made at mandated increments throughout the game.
3. Line-ups shall be altered throughout the season so that all players may start.
  - \* Substitutions will be made at the following time intervals: 15, 10, and 5 of each half.
  - \*Each game will have eight segments.
  - \*The clock will stop for 20 seconds when subs are made and then the ball will be put into play. The clock will run after 20 seconds even if the players are not on the court.
  - \*No player may play more than one segment more than another. When there are 10 players, each player can only play 4 segments. Players do not have to alternate segments. They may play back-to-back segments as long as it is even or within one segment by the end of the game.**
  - \* In case of an injury, a player cannot be substituted into the game that has already played 1 segment more than another (i.e., one player should not go in for their 6<sup>th</sup> segment when other players have only played 4).
  - \*If a player arrives late to a game he or she must play within one segment of everyone else from the point that they arrived at the game. If a player arrives at half time they cannot play the entire second half to make-up for lost time. They must be played equally with everyone else from half time.
  - Should a player be removed from a segment early for any reason the segment will count towards the player who played a majority of the segment.**
  - \*Any time an even number of players is present, playing time is equal amongst all players.
  - IF A TEAM IS CAUGHT BREAKING THE SEGMENT RULE THEY WILL FORFIET THE GAME IN ERROR.**
4. Games will be played in two 20-minute halves with a running clock. The clock will stop the final minute of the game according to high school rules.
  - \* The clock will also stop for free throw attempts when and only when a player is shooting free throws during substitutions. If the last free throw is missed during this time, the team who secures the rebound will be granted possession out of the segment. No put-backs are to be attempted during this time.
5. **Overtime Rules:**
  - 1 Minute**
  - The clock stops according to high school rules during the last 30 seconds**
  - Team fouls carryover**
  - 1 timeout per team (previous timeouts do not carry over)**
  - If the score is tied after the OT period then a sudden death OT will be played.**
  - Begins with a tip.**
6. Warm-ups will begin at the top of each hour and last 3 minutes (time permitting).
7. Each team will be given 2 timeouts of 30 seconds in duration per game.
8. Halftime will last for 3 minutes.
9. All players must wear basketball shoes and their team jersey.
10. No jewelry that cannot be contained underneath uniform will be allowed. No earrings, watches or hats are allowed during games.
11. Any profanity will result in a technical foul and also for that player to remain out the rest of that game. A second violation will result in a two-game sitting penalty. A third violation will result in a season-long suspension.

12. Any fighting will result in a one-full-game sitting penalty and a sitting penalty for the rest of that game. Fighting will also have to be ruled on by the Recreation Department and could result in loss of playing privileges for the remainder of the season if deemed appropriate.
13. Coaches will be held accountable for any blatant negativity shown to players, fans, or officials. They are to conduct themselves in a positive, professional manner, while always keeping in mind the best interests of the children.
14. Any violation of rules and regulations by a coach will be heard by the Recreation Department and a possible loss of coaching privileges will be instituted. Any loss of coaching privileges will be season long and permanent in regard to ever coaching in the Recreation Department sports programs again.
15. The officials and scorekeepers will have the final word in all discrepancies.
16. Coaches will be asked to report any problems to Jim Kolesar or Jerry Penyin at 440-580-3260 in Strongsville or Jennifer Kuntz at 440-427-1599 in Olmsted Falls in regard to games, practices, or any other issues that may arise.
17. Ball Size- 29.5” Grades 9th-12th.
18. Teams shall be considered in the bonus once the seventh foul is recorded in each half. Team fouls 7, 8 and 9 are of the “1 and 1” type and team fouls 10 and above are of the double bonus type. Players can enter the lane after the ball hits the rim.
19. Ties will first be broken by head-to-head record. Then they will be broken by point differential in head-to-head games between the tied teams.
20. The score, on the scoreboard, will be “frozen” once the game differential has reached 20 points. At this point it will only become “unfrozen” if the score margin reaches less than 20 points by the scorekeeper’s count.
21. **Pressing Rules:** Last 10 minutes of each half. Teams will not be allowed to press when they are ahead by 10 points or more.
22. Players will foul out with 5 personal fouls.
23. If a player is removed from a game for any reason the segment will count towards the player who plays the majority of the segments.
24. **TECHNICAL FOULS**
  - All technical fouls and ejections must be reported to the Rec Supervisor when reporting the game scores. The individuals receiving the Technical MUST be properly identified.
  - Two (2) technical fouls in a game = Ejection from game + suspension from team’s next game.
  - A 3rd technical foul = Suspension from the team’s next game.
  - A 4th technical foul = the player or coach is ineligible for the remainder of the year.
25. All games will be refereed by OHSAA certified referees. Please show respect to them. This is not high school, college, or professional basketball. The referees are doing their best. Cut them some slack. We will monitor very closely the way in which each coach interacts with the referees. Also, please explain the concept of respect to your players and your parents. Coaches are role models for the kids and the parents. The program is only as strong as the people who participate in it.
26. **RULES IN EFFECT** O.H.S.A.A. rules will be in effect, except where specific League rules differ.

# **Rec Travel Basketball - Code of Conduct**

The following list serves as a Code of Conduct for **coaches, players, parents and fans.**

## **Coaches:**

- The coach will not criticize players in front of spectators. Use a positive approach when coaching.
- The coach will accept the decisions of officials.
- The coach will not criticize the officials, the opposing team, the coaches, fans or parents through language or gesture.
- The coach will emphasize that good athletes are good students, and both are physically and mentally alert.
- The coach will strive to make every basketball activity serve as a training ground for life and as a basis for good mental and physical health.
- The coach will emphasize that winning a game is the result of teamwork.
- The coach shall not use abusive or profane language in front of anyone connected with the game.
- The coach will refrain from “running up” the score against an opponent.
- The coach shall not be under the influence of alcohol or illegal drugs.
- The coach will set an example in personal conduct at all times.
- The coach will treat each player, opposing coach, parent and referee with respect and dignity.
- The coach will learn the strengths and weakness of his/her players in order to place them into situations where each has a maximum opportunity to achieve success.
- The coach will protect the health and safety of his/her players by insisting that all of the activities under his/her control be conducted for their psychological and physiological welfare, rather than the interests of adults.

## **Players:**

- Have fun!
- Be a good sport (win or lose), be honest, fair and always show good sportsmanship to all coaches, players, referees and fans.
- Learn the value of commitment to the team.
- Put personal goals aside for the betterment of the team.
- Show courtesy and respect to teammates, opponents and coaches.
- Realize that athletic contests, including practice sessions, are educational experiences and opportunities.
- Players will not engage in unsportsmanlike conduct.
- Players will not engage in rude behavior.
- Treat everyone, including coaches, parents, players and referees, with respect, regardless of race, creed, color, nationality or gender.

## **Parents/Fans:**

- Give constructive criticism during a private moment, never in front of other parents, players, referees, spectators, etc.
- Support your coach and refrain from excessive “sideline coaching” from the stands.
- Do not use profanity.
- Abide by a doctor’s decision in all matters of players’ health and injuries and physical ability to play.
- Accept the decisions of referees on the court as being fair and called to the best ability of the referee. Parents must stay off the court and remain under control in order to set a good example for players and other spectators.
- Do not criticize an opposing team, its players, fans, coaches or team by words or gestures.
- Support the coaches, players and referees and help teach the value of commitment to the teams, sportsmanship, ethical conduct and fair play.
- Inappropriate behavior is cause for immediate ejection from the stands. Repeat offenses will result in being barred from future games and league sponsored activities.
- Parents will not encourage their child or any other person to engage in unsportsmanlike conduct with any coach, parent, player, participants, referees or any other attendee.