



## House League Rules

All Milton Stags House League and OYBL games will be played under FIBA rules using the following modifications.

### TIMEOUTS (1 PER HALF PER TEAM)

1 timeout for each team in each half

Timeouts can only be granted on a dead ball or if you are scored upon. There are no live ball timeouts

### CLOCK (RUNNING EXCEPT FOR LAST 2 MIN)

Game will be played with eight (8) five (5) minute periods running time except during timeouts and the last 2 minutes of the 4<sup>th</sup> quarter. The time will run in the last period for games where the point differential is greater than 15 points. For point spreads of 15 points or less, during the last 2 minutes of the 4<sup>th</sup> quarter the game clock will stop on a made basket.

### SUBSTITUTIONS

No substitutions are permitted during the first 7 periods except in the case of injury. Open subs are permitted during the last period.

### SUDDEN DEATH OVERTIME (FIRST TEAM TO SCORE WINS)

Games tied at the end of the 4<sup>th</sup> quarter will be decided using sudden death overtime. During sudden death overtime the first team to score will be the winner of the game, no clock will be used during overtime.

### BONUS (TEAM PENALTY ON 5<sup>TH</sup> TEAM FOUL EACH QUARTER)

Team penalty will take place on the 5<sup>th</sup> team foul and will reset every quarter (ie. every 2 periods). This will be subject to change after the 2<sup>nd</sup> game week in the event there are too many penalty situations.

### CLOSELY GUARDED

Since no shot clock is being used, players will be able to hold the ball for a 5 second count and dribble the ball for another 5 second count unless the player is being Closely Guarded. (this means that a player can hold the ball for 4.9 secs then dribble for 4.9 secs then hold the ball again for up to 5 secs before a violation is called). Closely Guarded distance is 3 feet or 1 metre.

### PRESSING / FALLBACK RULE

**CIS and Jr. WNBA:** Full court press is not permitted at all.

**NCAA, NBA & WNBA:** Full court press is permitted only after the Christmas break. Drop back rule applies.

**PRO:** Full court press is permitted at all times. Drop back rule does not apply.

**DROP BACK RULE:** In the event the point differential is more than 15 points a drop back rule will be in place and full court press will not be permitted at this time.

### RULES/GUIDELINES UNDER THE HONOUR SYSTEM

#### **ZONES AND DOUBLE TEAMS**

Man to man defence is strongly encouraged. Deliberate double teams are strongly discouraged, inadvertent double teams sometimes occur when players forget who they are guarding.

#### **EQUAL PLAYING TIME**

<b>No. of Players</b>	<b>Minimum Shifts</b>	<b>Max. Shifts</b>
12	3	4
11	3	4
10	4	4
9	4	5
8	5	5
7	5	5