

SOLID ROCK

BASKETBALL

1-6 LEAGUE RULES

Unless otherwise specified within these rules, Solid Rock Basketball adheres to the National Federation of State High School Associations (NFHS, nfhs.com) Basketball Rules Book.

RULES:

- 28.5 basketball size: 3rd-6th grade boys & girls
27.5 basketball size: 1st/2nd grade boys & girls
- Each team must provide warm-up balls.
The home team will provide the game ball.
- 10 ft. regulation goal height for 3rd-6th grade divisions
9 ft. goal height for 1st/2nd grade division
- ALL TEAMS will play two 20 minute halves with running clock and clock stoppage in the last 2 minutes of the second half.
Clock will not stop in the second half if there is a 20+ point deficit
- Coach must fill out numbers and verify names on the scoresheet before each game and sign off. Clock/bookkeeper will be provided by Solid Rock
- Only after the 10th team foul in each half the opposing team is awarded 2 free throws. **NO 1 AND 1 BONUS IN THE LEAGUE**
- 1st-3rd grade teams will have the option to shoot free throws from the 12 ft. mark (yellow stripe on floor).
- 3 timeouts in regulation & 1 timeout in overtime. There is no timeout carry over from regulation.
- No pressing when ahead by 15 points or more

- There will be ONE 2-minute overtime (CLOCK WILL STOP IN OVERTIME). **After the first overtime, if still tied, teams will play SUDDEN DEATH with the first team that scores declared the winner (free throw or 2 or 3 point field goal).**
- A player may only be listed on **ONE** official roster for any league/tournament play at Solid Rock Basketball. Playing on multiple teams *within a single division* is NOT allowed. Participating on multiple teams is allowed ONLY if the 2nd team is in a separate division. Failure to comply with this rule will result in a forfeit.
- Player receiving a 2nd technical foul is automatically removed from the game and will not be allowed to return. Player will also be disqualified from participating in the next scheduled game.
- Profane language will not be tolerated. The player will receive a verbal warning. Upon a second occurrence the player will receive a technical foul (which will also result in a personal foul). If there is a third occurrence, the player will be assessed a 2nd technical and will be removed from the game.
- If any coach, player, or fan is ejected or asked to leave the gym they will not be allowed to participate in their team's next scheduled game. Failure to adhere will result in expulsion of the team from the league. Any fan ejected from the facility a second time will not be allowed at Solid Rock for the remainder of the league season. Any fan who crosses onto the playing court to confront a player, coach, or referee, will be removed from the facility and not allowed to return indefinitely until approved by the Solid Rock General Manager.
- All fans will be expected to abide by Solid Rock Fan Code of Conduct (posted around the facility). Any violation will be grounds for removal from the facility.
- Only two coaches are allowed on the bench. **The head coach is the only coach allowed to stand.** Coaches must abide by the coaching box at each bench. Bench decorums for coaches will follow the National Federation of State High School Associations basketball rule book.
- If a team wishes to do their own bookkeeping, they may do so from the bench. We do not allow additional individuals other than Solid Rock employees to sit at the score table.

- The players' current school grade determines placement (summer tournaments/leagues will be grade just completed). Coaches must present, if asked, the proof of grade eligibility for all players on the team roster.

REGULATIONS

- Each team needs to wear similarly colored shirts or jerseys.
- **Fan Behavior:** We have a zero-tolerance policy regarding challenging our officials. Fans/Parents who challenge or berate the officials will be removed from Solid Rock. Repeat offenders will be banned permanently from Solid Rock. Like players and coaches, officials will from time to time miss calls, and as a spectator, you do not have a right to admonish or berate officials. We encourage you to simply show up and cheer on your loved one and their teammates. This is a fun league for kids, and we will not tolerate adults who ruin it.