

REVISED JULY 2016

## **VIRGINIA BEACH FIELD HOUSE INTRAMURAL** **BASKETBALL RULES**

1. All Virginia Beach Field House Intramural basketball games for both youth and adult are governed by the National Federation of High School Basketball rules with the following EXCEPTIONS and modifications outlined in these rules. The official rules are written and published by the National Federation of State High School Associations (NFHS), which governs Virginia high school basketball rules.

a. In case of a dispute, the annual rulebook published by NFHS will be used to find the correct rule and/or procedure.

### **2. Basic basketball rules modifications are as follows:**

a. Teams may play with a minimum of four (4) players to start the game and can compete with as many as 1 player as long as the officials deemed that the team with one player has a chance at keeping the game competitive and or winning the game.

b. For safety purposes NO player can compete with jewelry, this includes newly pierced ears and nose rings.

### **3. The Ball:**

a. Adult league games will use the regular size basketball which consists of 29.5 or 30 inches in circumference.

b. Youth ages 7-8 and 9-10 will use a 28.5 inches in circumference basketball.

c. Youth ages 11-12, 13-14, and 15-17 will use a 29.5 and 30 inches in circumference basketball.

d. All teams that consist of female only player will use a 28.5 inches in circumference basketball.

e. Coaches in the 7-8 and 9-10 age groups can agree to use the regulation size basketball (29.5 or 30). If the coaches cannot agree revert back to rule 3b.

### **4. Time outs:**

a. Adult league games for both male and female will receive (1) 30 second and (1) 60 second time out for the entire game.

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- b. Adult Over 35 league games will receive (2) 30 second and (1) full time outs for the entire game.
- c. Youth league games will receive (2) 30 second and (1) full time outs for the entire game.
- d. Timeouts DO NOT transfer into overtime. (If you don't use them, you lose them).
- e. Each team will receive (1) timeout per overtime period.
- f. The STANDING COACH (a person who is not playing) is the only person that can call a timeout from the sideline. Otherwise, all timeouts must be called by players on the court.

### **5. Game Times:**

- a. Games will consist of two 20 minute halves.
- b. Teams will be allowed a 3 minute warm-up period.
- c. The game clock will run the entire game, except during timeouts, or within the last 2 minutes of the second half UNLESS a team is ahead by 20 points then it will be a running clock.
- d. Games will start as close to on time as possible. Teams are responsible for ensuring they have enough players to begin the game at the scheduled time.
- e. If one team does not have sufficient players to begin the game a 5 minute grace period will be allowed for more players to arrive at the game. At the conclusion of the 5 minute grace period and a team STILL does not have the required number of players, the team that does have enough players will have the option to take the FORFEIT or play the game. In the event that the team wants to play the game, 20 minutes will be put on the game clock and the clock will start until the other team has enough players to play. At this point the result of the game will be FINAL.
- f. All overtime periods will be a 3 minute regulation clock. During the regular season if the score is still tied at the end of the overtime, the game will end in a tie. However, during the playoff an additional overtime of 3 minutes will be played until a winner is declared.

### **6. Free Throws:**

- a. Teams will shoot 1 and 1 after the 7<sup>th</sup> team foul.
- b. Teams will shoot 2 shots after the 10<sup>th</sup> team foul.
- c. Players lined up in designated lane spaces may enter the lane upon the release of the ball by the free thrower.
- d. All players who ARE NOT lined up in designated lane spaces, the SHOOTER and ALL players who are foul line extended may not enter the lane until the ball hits the rim.

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**7. Sportsmanship:**

- a. Any cursing or display of unsportsmanlike conduct will result in a technical foul given to the offending player.
- b. Coaches are responsible for the conduct of bench personnel as well as their parents and can receive a technical foul for their misconduct.
- c. If a coach receives one (1) direct or two (2) indirect technical fouls they **WILL** lose their coaching standing privileges.
- d. Using the “F or S” words will result in an automatic ejection.
- e. Physical contact with an official or Field House staff **WILL** result in an automatic ejection from the league.
- f. Any fighting or physical altercations will result in an automatic ejection from the game for the offending player(s).