



BASKETBALL LEAGUE – HIGH SCHOOL SUPER DIVISION

OFFICIAL RULES AND GUIDELINES

(Updated – 1/3/23)

Please read the following rules and guidelines carefully before participating in your first game. At any time, please feel free to contact **League Commissioner – Bruce Miller**, via e-mail at: bmiller@theranchtoday.org at any time.

PLAYER ELIGIBILITY

All players must be enrolled in high school, between grades 9 and 12. Players aged 19 years or older are ineligible to play.

This league is for players who are not playing for their respective high school teams. The league is not responsible for any violations of high school rules or policies but will expel players who are found to be on any high school team (Frosh/Soph, JV, and Varsity). Any player competing on a Marin County Athletic League (MCAL) or California Interscholastic Federation – North Coast Section (CIF-NCS) high school basketball team is ineligible to play at any point during the season.

All players must have signed waiver during the registration process for the current season to play. Waivers must be signed on LeagueApps.

TEAM GUIDELINES

Rosters must be set before the first game is played. However, roster additions may be subject to the commissioner's approval. Please make sure all members of your roster fill out the league waiver through LeagueApps.

Substitute players (players who are not on your team's finalized roster) may only play if your team has 6 or less players for your game that week. Substitute players must also wear a shirt that matches your team colors if a spare jersey is not available. All substitute players must check-in with the league commissioner prior to the start of their game.

Rosters must include a minimum of 7/maximum of 12 players per team.

All players must wear matching jerseys or shirts with non-repeating numbers on the back. Team jerseys will be purchased by the league and distributed during the first week of play.

A team must have a minimum of four (4) players to start a game. The game will become a forfeit if a team has less than four (4) eligible players. A 5-minute grace period will be given to a team that does not have four (4) players present at tip-off time. ***If a game is forfeited, the team who forfeited will receive a loss in the standings and 30 points added to their Points Against statistic on the standings. The team playing the team who forfeited will receive a win in the standings and 30 points added to their Points For statistic on the standings.***

Teams are not required to practice. Teams who wish to practice must do so on their own time.

Coaches are not required. However, a captain must be designated for each team. The captain is responsible for his/her team's actions and must ensure that players on his/her team are playing. The captain will also be communicating with the commissioner frequently. If your team has not chosen a team captain, a captain will be chosen by the commissioner at their discretion.

Players are required to play a minimum of 15 minutes each game. Captains are responsible for ensuring all of their teammates are playing the required minimum amount. If players are found to not play the required minimum amount, the team will be assessed with a Technical Foul to start their next scheduled game.

GAME RULES & REGULATIONS

Official National Federation of High School Associations (NFHS) Rules and Regulations for the current year shall govern play with the exception of local league rules.

This league is meant to be a fun, yet competitive league. Players must respect the game of basketball and the officials. Players may be removed from the game if the game officials deem it necessary.

Games consist of two (2) 20 minute running halves. The clock runs continuously except for the final one (1) minute of the first half and the final two (2) minutes of the game.

Players foul out of the game on their fifth (5th) foul. Technical fouls are considered personal fouls.

If a team commits seven (7) fouls, it is a 1-and-1 bonus shooting situation. Ten (10) fouls are a double two (2) shot bonus. However, in the last two (2) minutes of the game after two (2) fouls, it becomes an automatic double two (2) shot bonus irrespective of the teams total foul count up to that point.

Technical fouls will result in an automatic two (2) points for the other team. No free throws are shot. The other team will also get possession of the ball following the technical foul call.

Technical fouls shall be assessed for unsportsmanlike conduct, too many players on the court, delay of game, and too many time outs. A player *may* be disqualified for receiving one (1) technical foul and *will* be disqualified for receiving two (2) direct technical fouls. A player who receives two (2) technical fouls in a game will be ejected from the game and suspended from playing in their team's following game.

Any player who receives three (3) unsportsmanlike technical fouls during a season will automatically be suspended for at least one game. **If a team that receives three (3) combined technical fouls in a game, the game will immediately end. The team with the three (3) technical fouls will receive a loss in the standings for that game.** The team captain is responsible for controlling the conduct of all players on his/her team and may be assessed a technical foul for not controlling the conduct of his/her players.

Technical fouls include, but are not limited to:

- Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment
- Using profanity or vulgarity; taunting, baiting, or ridiculing another player; or pointing a finger at or making obscene gestures toward another player
- Purposely obstructing an opponent's vision by waving or placing hand(s) near his/her eyes
- Faking being fouled
- Intentionally or flagrantly contacting an opponent when the ball is dead
- Intentionally slapping the backboard. The degree of intent is the sole decision of the Game Officials.

Fighting of any kind will not be tolerated, physical or verbal. Involvement in a fight includes an automatic, minimum, 365-day suspension. Involvement includes instigation, retaliation, physical or mental intimidation, and being an accessory to a fight. Participants who are not currently in the game cannot enter the floor to break up a fight. Participants who leave the bench area during a fight will be ejected from the game and can face a suspension of up to one (1) year. The degree of consequence is held at the sole decision of the Game Officials.

Teams shoot the bonus (1 and 1) on the seventh (7th) foul and the double bonus (2 shots) on the tenth (10th) foul.

If the point differential between the two teams reaches 16 points, the clock will run regardless of the time remaining in the game. Teams may not full court press if leading the game by 16 points or more. A warning will be given for the first violation. All following violations will result in a Technical Foul.

Overtime – One three (3) minute overtime period will be played except for the playoffs. It will be a running clock until the final minute of overtime at which the clock will be stopped at any dead ball situation. If the game is tied after the first overtime, the first team to score 5 points will be declared the winner.

Teams receive two (2) time outs per half, for a total of four per game. Timeouts do not carry over to the next half. Timeouts not used in the first half, cannot be used in the second half. Teams will receive one (1) additional time out for overtime.

The clock starts when the ball is touched by a player on the court, this goes for free throws as well.

Players must check-in at the scorer's table before entering the game.

PLAYOFF GUIDELINES

All teams will qualify for the playoffs with seeds 8 and 9 playing one (1) additional play-in game. Playoff seeding will be determined first according to the overall league record of the division. Teams with identical records will be seeded by the following tie-breakers:

1. Head-to-Head Record: Tie goes to the team who has won more Head-to-Head matchups.
2. Head-to-Head Point Differential: Tie goes to the team with the highest point differential among Head-to-Head matchups.
3. Overall Point Differential: Tie goes to the team with the highest point differential among all games played.

*Note: The commissioner may make reasonable adjustments to tiebreakers at their discretion to accommodate the unique difference of each season.

For a player to be eligible to play in a playoff game, they must have played in at least 3 regular season games.

COVID-19 POLICIES & GUIDELINES

Please visit <https://covid19.ca.gov/quarantine-and-isolation/> for questions about Quarantine and Isolation.

During a mandatory indoor mask policy for the County of Marin, players will be required to wear a mask at all times. Additional masks and hand sanitizer may be provided by staff.