

SHEPHERD NAZ BASKETBALL

4th, 5TH & 6TH BOYS AND 5th, 6th GIRLS GRADE LEAGUE RULES

1. Regular OHSAA rules apply except where special league rules take effect.
2. Defense:
 - Man-to-Man defense only
 - The defense may pick up their man up at the half court line.
 - The defense must pick up their man at the three-point line.
 - No double-teaming or trapping defenses are permitted. The defensive player will receive a warning for the first violation and then assessed a foul for repeat violations.
 - You may full court press during the final two minutes of the last two quarters of the game if the score is within 10 points. (This is a man-to-man defense only.)
3. The game will consist of six periods lasting six minutes each. The clock will be a running clock except for the last two minutes of the last two periods of the game. The clock may be stopped at the referee's discretion.
4. Each player must start at least three periods including one period in the last two periods (exceptions are for teams with more than 10 players present). Also, any **player** may elect to sub out of the middle of a quarter for injury or fatigue purposes. Any violation of this rule will result in a technical foul, but the violation must be protested during the period in which the infraction takes place. The spirit of this rule is to create balanced playing time for all players.
5. Overtime, for regular season games, will end when the first team scores (sudden death). If no team scores, each overtime period will last two minutes. For the first overtime, a jump ball will determine who receives the ball. For subsequent overtimes and jump balls, possession of the ball will alternate. During tournament play, all overtime periods will last two minutes (non sudden death). Any five players may play in the first overtime period. If a second overtime takes place, those who did not play in the first overtime, must play in the second. (Each player must play in at least one of every two periods of any subsequent overtimes.)
6. Fouls & Foul Shots:
 - No foul shots will be attempted during the first four periods of the game.
 - During periods 1-4, on fouls on non-made baskets, the violated team will be awarded one point and the ball. For each foul on a made basket, the offensive team will get the basket plus one point. For any technical foul, the violated team will be awarded two points and the ball.
 - For periods 5, 6 and OT, all common fouls will result in a "one and one" foul shot(s). Shooting fouls will result in two foul shots. All technical fouls will result in two foul shots and the ball.
 - No player will foul out.
 - Foul shots must begin from behind the foul line, but the player may jump over the line as he shoots.
7. Each team is allowed two one-minute time outs during the game including the overtime period(s). Halftime will be set at two minutes.
8. Each team may have one head coach, and no more than two assistant coaches on the bench.
9. Each team must furnish one responsible scorer for the scoring table to help keep the book and the clock.
10. Any player will be immediately ejected from the game and assessed a technical foul for fighting. If a player is taunting or cannot control his emotions, the coach or the referee may pull him out of the game.
11. Any player or coach who curses will be ejected from the game. There will be no warnings issued and a technical foul will be assessed.
12. The league will use a 28.5 basketball.