

# HAYAA BASKETBALL RULES OF PLAY

## (REVISED 7-28-2009)

### Pre-game

- Players should arrive at least 15 minutes before their scheduled game time.
- The “home” team sits on the “home” side of the scoreboard and “visitor” team sits on the “visitor” side of the scoreboard. The “visitor” team number will be listed first on the schedule followed by the “home” team number. The “visitor” team will wear the GOLD jersey, and the “home” team will wear the BLUE jersey.
- Teams warm up at the goal opposite their seats.
- Coaches should designate an adult scorekeeper/timekeeper for his or her team, and have them seated at the scorer’s table.
- Coaches MUST fill in their official score sheet (see “playing time”) and turn it in to the scorers table. The team line-up must be set prior to beginning the game.

### Post- game

- Shake hands with opposing team
- Turn in score sheet to official’s table
- JV and Varsity teams – in the event the game ends in a tie score, the game will be decided by a 10 free throw Tie Breaker. Each team member will attempt one free throw each. A total of ten free throws will be attempted per team. When a player makes a shot, he or she is not eligible for further attempts. If fewer than ten players are present, those players who have missed their shots will be eligible for additional free throw attempts until a total of ten shots have been taken. The team making the most free throws will be declared the winner. If this Tie Breaker ends in a tie, an additional 5 free throws will be attempted. This will be continued until there is a winner.

### Game duration

- Each game consists of eight (8) periods lasting five (5) minutes each. The Board may revise this structure by level and by division as needed.
- There will be a one-minute break between periods.
- There will be a five-minute break at half-time (between periods 4 and 5).
- The clock will run continuously, except under the following conditions:
  - Referee’s or coach’s time-out (see below)
  - Injury (restart clock at referee’s signal)
  - Player foul-out
  - Free-throws (see additional instructions under “Free-throws”)

## Playing time

- All team members must play an equal number of periods during each game.
- Score sheets with playing time for each player will be filled out before the start of the game
- Each team member must play at least two periods per half, unless he or she is injured (unless there are more than 10 players on the team).
- No player can play three periods in a half unless all the other players have played two.
- No player can play four periods in a half unless all the other players have played three.
- If an injured or fouled-out player is removed from the game, it will be considered that he or she played a complete period.
- The player replacing an injured or fouled-out team mate will be recorded as having played a full period. (prevents coaches from intentionally fouling out players).
- Substitutions can only be made during the breaks between periods or at halftime.
- When a player has missed two or more games or practices, a coach may take disciplinary action against a player by restricting game time, but only following a review of the situation by the basketball assistant commissioner, the player, and parent (if necessary). The coach must make note of his or her intentions on the score sheet, and advise the referee and opposing coach before the game begins.
- When a team is leading by more than 15 points, the coaches of the winning team are encouraged to have their players demonstrate good sportsmanship and conduct themselves in a manner consistent with a recreational league. Suggested approaches are to employ a man-to-man defense instead of a zone, pick up the ball at the arc, not at half court, involve all players in the offensive plan, change the positions of the players (have your forwards play guard etc.), or run a new play. The intent here is to make the game fun for all players on the floor.

### Number of players on team

5  
6  
7  
8  
9  
10  
11  
12

### Periods of play

**5** players play 8 periods  
**4** players play 7 periods, **2** players play 6 periods  
**5** players play 6 periods, **2** players play 5 periods  
**8** players play 5 periods  
**4** players play 5 periods, **5** players play 4 periods  
**10** players play 4 periods  
**7** players play 4 periods, **4** players play 3 periods  
**4** players play 4 periods, **8** players play 3 periods

## Conduct

No player may argue with the referee. The team coach will handle any questions or discussions with the referee. **Discussions and disagreements with the referees will be handled in a sportsmanlike manner; coaches will avoid shouting at the referees, as well as opposing players and coaches.**

Unsportsmanlike conduct by players, coaches, or parents, including profanity, taunting and abusive play or actions will not be tolerated. Spectators will not address the referees, or opposing players or coaches at any time. The first instance will result in a warning, an automatic two points for the opposing team, and loss of possession of the ball. The second offense will result in an automatic ejection from the game, two points for the opposing team, and loss of possession of the ball. Further occurrences by a team or a player or coach will result in disciplinary action imposed by the board as the board sees fit up to and including ejection for the rest of the season or life time band from participating in HAYAA basketball.

## Rules

All games will be played according to Michigan High School Athletic Association rules with the exceptions and accommodations contained within these rules.

Games must start with at least five players per team. If a player is injured or disqualified, and there are no eligible players remaining on the bench, the team must complete play with the remaining (less than five) eligible players.

## Balls

- Freshman, JV, and Varsity Girls use a junior basketball (28.5 in. circumference)
- Varsity Boys use a regulation-size ball (29.5 in. circumference)

## Defense

- Freshman teams will primarily use a man-to-man defense. No trapping at half court and no zone defenses. All defensive must maintain proximity to their assigned offensive payer. The intent here is to teach man-to-man defensive skills; not zone and trapping defenses. Double teaming is only allowed inside the lane.
- Any type of defense may be played in the JV and Varsity divisions.
- Varsity teams may employ a full-court press at any time
- JV teams may employ a full-court press as long as their lead is less than 10 points
- Freshman teams may NOT use a full-court press.
- **When a team obtains a defensive rebound the opposing team must fall back to the half court line before playing defense. No defense will be played in the backcourt at the Freshmen level.**

## Offense

- Three-point line is in effect when an approved line exists

## Free throws

- Freshmen shoot from the point of the circle closest to basket
- JV players shoot from the 12-foot mark
- Varsity players shoot from the regulation 15-foot mark
- Players are allowed 10 seconds to shoot after being handed the ball by the referee
- The clock stops on a shooting foul and remains off until the final foul shot hits the rim.

## Lane violations

- Freshman players are allowed 5 seconds in the key
- Varsity and JV players are allowed 3 seconds in the key

#### Other time limitations

- Taking the ball in from out of bounds – 5 seconds
- Getting the ball across the half-court line – 10 seconds
- Holding the ball while guarded – 5 seconds before passing or dribbling

#### Time-outs

- Each team will be allowed two one-minute time-outs per half. Unused time-outs do not carry over to the next half. A player on the court or a coach may call for a time out.

#### Coaches on Sidelines

- During the game, only ONE coach is to be standing at a time (where appropriate seating is provided)