

Training League Division - Winter

Except for the following rules specific to each division, KHSAA rules will apply. Officials maintain authority on rule interpretations and all decisions are final.

Specifications

1. Ball size: 28.5"
2. Goal height: 9'
3. Free-throw line: 12' from center of hoop

Pre-Game Expectations

1. Coaches must submit a full team roster (player last names and jersey numbers) to the scorekeeper by halftime of the preceding game. Game-time changes (i.e. absent player) should be communicated prior to tip off.
2. The Home team will take the benches closest to the front door of the gymnasium. Each team will warm up on their starting offensive goal, opposite their bench.
3. If jersey colors are similar, the Visiting team will switch to an alternate color.

Regulations

1. Games are played in four 6-minute quarters. Overtime periods are 2 minutes each and repeat as needed.
2. There is a continuous running clock, with the exception of free throws and timeouts (bench or official). The clock will also stop in a dead-ball situation during the final two minutes of each half and in any overtime periods.
 - a. NOTE: A made basket does NOT constitute a dead-ball situation.
 - b. Beginning in the 4th Quarter, if a team leads by 20+ points, the clock will not stop at all (unless a coach specifically calls a timeout).
3. Each team is granted two timeouts per half in regulation play. Each team is granted one timeout per overtime period. Timeouts are not carried over between halves or overtime periods.
4. Possession will alternate each time "jump ball" is called. The possession at the beginning of each quarter is included in this rotation.
 - a. Overtime periods begin with players performing a center jump for the ball and possession alternating from there.
5. No three-point shots are counted.

Playing Time Requirements

1. **Each player must play one uninterrupted quarter in the first half.**

- a. Any player arriving after the start of the 2nd quarter but prior to halftime should enter the game at the first dead-ball situation. This will satisfy that player's playing time requirement for the first half.
- 2. Each player must play at least three minutes in the second half.** The 3rd quarter is divided into two three-minute segments to facilitate this requirement.
 - a. Five players will start the third quarter and play for three minutes. The remaining players will play the final three minutes of the 3rd quarter.
 - b. *NOTE: The 3rd quarter break is for substituting; it is not a timeout. Referees will be hurrying the players/coaches along.*
- 3. Fewer than 10 players:** Any team with fewer than 10 players will notify the opposing coach at the beginning of the game. Immediately after the 1st quarter, the coach(es) with fewer than 10 players will line up the five of those who played in the 1st quarter at midcourt. The opposing coach **MAY** select two players who played in the first quarter for the deficient team, and deem them unavailable for play in the 2nd quarter. Coaches will then notify the scorekeeper of the jersey numbers of ineligible 2nd quarter participants. The three players not designated unavailable for play may be freely rotated for each other during the 2nd quarter.
 - a. When a team has fewer than 10 players, those players deemed unavailable at the conclusion of the 1st quarter must also sit out one of the three-minute periods of the 3rd quarter.
 - b. A coach from both teams needs to be actively engaged in this process. It does not have to be the head coach, but it must be done immediately following the 1st quarter buzzer. The officials may assess a bench technical, if they deem necessary, to coaches not following this rule.
- 4. Injuries:** If a player must leave the game due to an injury during the first half of play, the opposing coach is allowed to select one player from the bench who **CANNOT** be substituted for the injured player.
 - a. If the injured player is capable of returning in the same quarter, the substitution will be for the same player who went in for them initially. If this situation occurs in the first quarter, then in the second quarter those two must split playing time similar to the amount of time split in the first quarter. The scorekeeper can take an official timeout to facilitate this process.
 - b. A player injured in the second quarter is substituted in the same manner. That player is required to play additional time in the third quarter beyond normal second half expectations.
 - c. While the scorekeeper does track the injury time, no stoppage of play is necessary in the third quarter as it is within the coach's capability to substitute.

Backcourt Guarding

1. Backcourt guarding is allowed ONLY in the final minute of the 4th quarter and any overtime periods.
 - a. A team may NOT backcourt guard if leading by 10+ points. This would also be treated as a backcourt violation.
2. During the periods when there will be no back court defensive guarding, the defensive players must gain control of the ball before the teams are required to shift between offense and defense. Once possession is attained, the offensive player has the right to have no defensive pressure until the ball is advanced beyond mid-court. If defensive pressure is applied, the official will call a backcourt violation.
 - a. The ball must still cross the mid-court line before ten seconds elapses.
3. With the third backcourt violation, as well as all subsequent instances, two technical foul shots will be awarded to the offensive team. The offensive team will retain possession after the technical free throws.

Technical Fouls & Misconduct

1. An official can remove a player from the game at any time due to misconduct on the court. The player will not be allowed to return to the game for the remainder of that half. This will result in a forfeiture of the player's minimum playing time requirement for the applicable period.
2. Technical Fouls - Coaches
 - a. Conduct and Procedural technicals are viewed differently
 - b. Following 1st conduct "T" on a coach, officials may require the coach to remain seated.
 - c. Following 2nd conduct "T", the coach is ejected from the remainder of the game and must leave the premises immediately. This also results in a suspension for the following game, during which the coach is not allowed on the premises.
 - d. Any coach ejected from two games in a season will no longer be allowed to coach in the Glendover Basketball League for that season.
3. Technical Fouls - Players
 - a. Technical and flagrant fouls follow KHSAA procedure.
 - b. Following 2nd conduct "T", the player is ejected from the remainder of the game and must leave the premises immediately. This also results in a suspension for the following game, during which the player is not allowed on the premises.
 - c. A player ejected from a game for fighting as defined by the official will be banned from the league.

- d. Any player engaged in destructive behavior toward any facility will incur a one game suspension, during which the player is not allowed on the premises. If there is a 2nd offense, the player will be banned from the league.
4. Officials may require spectators to stay off the court during timeouts, half-time, or between games. Failure to adhere to the official's request may result in being asked to leave the facility. League participants are subject to a one game suspension for not adhering to official's requests.
5. Head coaches are responsible for maintaining proper behavior from their bench. This includes assistant coaches and players as well as team family, friends, & fan conduct.