

St. John's Boys Basketball  
Sunday Night League  
5th & 6th Grades  
2017-2018 League Rules

1. Games will be held on Sundays.
2. Games will consist of eight (8) minute quarters and a four (4) minute half-time.
3. Each team will have two (2) forty-five (45) second time-outs per half with no carry-over. It is strongly encouraged to have the players on the court request the time-out. However, if a coach requests the time-out from the sideline, the referee will grant the time-out. A time-out may ONLY be called when the requesting team has possession of the ball or it's a dead ball.
4. If at the end of regulation play the score is tied, one (1) three (3) minute overtime period (with one (1) time-out per team), will be held. If at the conclusion of the overtime period, the score remains tied, the game will end and be declared a tie. It will be at the coach's discretion on players with the clock stopping after ninety (90) seconds to allow substituting.
5. Running clock, except for the last 10 seconds of a quarter, the last minute of the fourth quarter and the last minute of an overtime period. A referee or scorer may stop the clock at their own discretion.
6. The clock will be stopped on foul shots until the ball has touched a player on the final shot.
7. On the seventh (7) team foul, per half, the "bonus" one-and-one shot will be in effect. On the tenth (10) team foul, per half, the "bonus" two shot will be in effect.
8. In the interest of sportsmanship, all players must raise their hands when called for a foul and shake the opposing team's hands after the game (along with the coaches).
9. One jump ball will be held at the beginning of the game to determine possession, with alternating possessions for the rest of regulation play.
10. Substitutions will ONLY be allowed at four (4) minute increments or in the event of an injury. The clock will stop at the closest dead ball near the four (4) minute mark of each quarter. If a player has been removed for injury, he can reenter at any time during the 4 minute period he was removed.
11. Based on having ten players at a game, each player MUST play two full quarters. If playing with more or less than ten players, all playing time shall be distributed as equally as possible. No player should play more than three and one-half (3.5) quarters or less than one and one-half (1.5) quarters.

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12. Teams on the floor shall be as equal in talent as possible. No weak team / strong team play.
13. Defense:
  - A. Defense may consist of half court man-to-man or zone.
  - B. No full court press. A player is allowed to run with a fast breaking player who has possession of the ball as long as he doesn't make a play on the ball until after half court.
  - C. No double teaming (trapping) from the top of the key to the half court line.
  - D. A team is allowed to press half court until it has a fifteen (15) point lead, at which time the winning team MUST drop back to the top of the key and play a zone (similar to the Saturday league). If the lead should fall to ten (10) points, then the half court press may resume, as well as the man-to-man defense.
  - E. Players will be allowed to play full court defense for the last minute of the fourth quarter, and the last minute of overtime if played, if they are losing or if they are leading by less than 4 points.
14. Teams are allowed to fast break as long as all five (5) players from the offensive team start on the same side of half court. No "cherry picking" is allowed. The offensive team may continue to fast break until they are winning by the margin of fifteen (15) points. Leading by fifteen (15) or more points = No Fast Break!
15. The possession arrow will point in the direction of the team bench indicating the next possession change.
16. All players must wear the uniform shirts provided by St. John's Boys Basketball Program. No Exceptions!
17. Coaches may also referee (similar to Saturday's league). There will always be At least two (2) referees per game.
18. REFEREES SHALL RECEIVE THE UTMOST OF RESPECT AT ALL TIMES. ALL REFEREES ARE VOLUNTEERS!
19. Basketball will be canceled, or postponed (if possible), if the Snow Emergency Plan for Carroll County is in effect.
20. The commissioner will enforce the rules and establish penalties as he sees fit. The defense rules will only be enforced if it causes a turnover or the referees feels that the team is deliberately circumventing the rules.