



## Northwest Hoops Leagues Rulebook:



**Rules will default to the Washington State (WIAA) high school basketball rulebook if scenario is not specifically addressed below.**

### **Game Duration:**

- Two 20 minute halves
- 3 minute half time
- Regular Season/Playoffs OT: 1<sup>st</sup> OT is 2 minutes; 2<sup>nd</sup> OT is sudden death (first to 5pts)

### **Game Clock:**

- There will be a 'running clock' policy for all games.
- Clock stops in the final minute of the 1<sup>st</sup> half for dead balls, free throws, and made field goals.
- Clock stops in the final 2 minutes of the 2<sup>nd</sup> half for dead balls, free throws, and made field goals, only if the game is within 12 points.
- Clock stops in the final minute of 1<sup>st</sup> OT for dead balls, free throws, and made field goals
- No game clock is necessary for the 2<sup>nd</sup> OT.
- Officials will enforce an unofficial 35-second shot clock during regulation. At the official's discretion, they may issue a verbal warning, and/or a 5 second countdown for a field goal to be attempted. If a field goal is not attempted in the 35 second time frame the official has the right to turn the ball over to the defense.
- Officials will enforce an unofficial 35-second shot clock during overtime periods. No warning will be given; only a 5 second countdown will be issued by the official for a field goal to be attempted. If a field goal is not attempted in the 35 second time frame the official has the right to turn the ball over to the defense.
- An official may stop the clock at their own discretion for injury, to confer with scorekeepers, or in the event of an emergency.

### **Possession:**

- Alternating possession arrow will be used to determine team possessions after the initial jump ball at the beginning of the 1<sup>st</sup> half, and at the beginning of the 1<sup>st</sup> and 2<sup>nd</sup> OT.
- "Jump ball" situations will be determined by the official.



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### Timeouts:

- Each team is given 1 timeout for the 1<sup>st</sup> half, and 2 timeouts for the 2<sup>nd</sup> half.
- 1 Timeout will be given for the 1<sup>st</sup> OT period. No timeouts will be given for the 2<sup>nd</sup> OT.
- Each timeout is 30 seconds.
- In the final 2 minutes of regulation, and the final minute of the 1<sup>st</sup> OT, the ball may be advanced to mid court as long as the ball is not advanced by an offensive player prior to the timeout being called.

### Free Throws:

- The 1<sup>st</sup> block on each side of the lane will be empty. The 2<sup>nd</sup> and 4<sup>th</sup> blocks are for defensive players. The 3<sup>rd</sup> block on each side of the lane is for offensive players. All other players must be behind the free throw line extended and behind the 3pt line.
- If the free throw shooter is injured and unable to shoot free throws, the opposing team can choose from any dressed and active player on the injured player's team to attempt the foul shots. If an injury is a result of a flagrant foul, the injured player's team will then be able to designate a free throw shooter.
- The foul shooter cannot cross the foul line until the ball has contacted the rim.
- Players may enter the lane on the release of a foul shot.

### Fouls:

- The 7<sup>th</sup> team foul of each half will result in a 1 and 1 (Bonus) free throw situation.
- The 10<sup>th</sup> team foul of each half will result in two foul shots (Double Bonus).
- Team fouls will be carried over from the 2<sup>nd</sup> half to the 1<sup>st</sup> and 2<sup>nd</sup> OT.
- The 2<sup>nd</sup> team foul in the last minute of the 1<sup>st</sup> half will automatically result in a 1 and 1 free throw situation (unless fouled in the act of shooting, or unless the 1<sup>st</sup> or 2<sup>nd</sup> team foul is the 10<sup>th</sup> foul of the half. In that event, the offensive player will be granted 2 free throws).
- The 2<sup>nd</sup> team foul in the last two minutes of the 2<sup>nd</sup> half will automatically result in a 1 and 1 free throw situation (unless fouled in the act of shooting, or unless the 1<sup>st</sup> or 2<sup>nd</sup> team foul is the 10<sup>th</sup> foul of the half. In that event, the offensive player will be granted 2 free throws).
- The 2<sup>nd</sup> foul in the 1<sup>st</sup> OT will automatically result in a 1 and 1 free throw situation, (unless fouled in the act of shooting, or unless the 1<sup>st</sup> or 2<sup>nd</sup> team foul is the 10<sup>th</sup> foul of the half. In that event, the offensive player will be granted 2 free throws).
- All fouls in the 2<sup>nd</sup> OT will automatically result in a 1 and 1 free throw situation, (unless fouled in the act of shooting, or unless the 1<sup>st</sup> or 2<sup>nd</sup> team foul is the 10<sup>th</sup> foul carried over from the 1<sup>st</sup> OT and 2<sup>nd</sup> half. In that event, the offensive player will be granted 2 free throws).

### Intentional Fouls:

- Intentional fouling off the ball at any point during the game (even if the defense is not in the bonus) will result in two free throws and the ball sideline out of bounds to the offended team.



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### Subs:

- Subs must report to the scorer's table to enter the game.
- The sub may only enter the game when notified by an official (dead balls, whistles, etc.).

### Violations:

- 3 second in the key, 10 second backcourt, 5 second closely guarded, and 5 second inbound violations will be enforced at the official's discretion in accordance with state high school basketball rules.
- Dunking during pre-game and halftime will result in an **administrative technical foul** (opposed to a **conduct technical foul**).

### Charge/Block:

- A blocking foul will be called on the defensive player at the discretion of the official if the defensive player is positioned directly underneath the cylinder extended to the floor.
- All offensive fouls will be credited towards the individual player's foul total AND the team foul total, however free throws will not be attempted if the foul puts the team in a bonus situation.

### Conduct Technical Fouls:

Conduct technical fouls may result from any the following (Keep in mind this list is not all inclusive, and the game officials have the right to call a conduct technical foul when he or she sees fit):

- Excessive arguing with an official.
- Showing up an official.
- Taunting another player.
- Threatening or excessive use of profanity towards another player or an official.
- Any derogatory comment made towards another player or official in regards to race, color, national origin, sex, gender identity, religion, or sexual orientation.
- Unnecessary and/or unwarranted physical contact with another player.
- Physical contact with an official.

### Conduct Technical Foul Assessment:

- A technical foul will result in 2 foul shots and the ball to the offended team. The offended team may chose one player in the game at the time of the technical foul to attempt the free throws.
- Conduct technical fouls count towards a player's individual foul count and the team foul count.
- Two conduct technical fouls assessed to a player will result in an automatic ejection.



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- All ejections are subject to further discipline (written warning or suspension) at the discretion of the Commissioner. Disposition of disciplinary action will be communicated to the player and team captain within two business days of the game.
- 5 conduct technical fouls over the course of a season (including playoffs) will result in an automatic ejection from that game, and a suspension for the remainder of the season (including playoffs).

### **Administrative Technical Fouls:**

- Calling a timeout when a team has zero remaining for the half.
- Administrative Technical Fouls do not count towards any player's individual technical foul count, individual foul count, or team foul count.

### **Administrative Technical Foul Assessment:**

- A technical foul will result in 2 foul shots and the ball to the offended team. The offended team may choose one player in the game at the time of the technical foul to attempt the free throws.

### **Flagrant Fouls:**

- **Two** flagrant fouls in any single game by an individual player will result in an automatic ejection. All ejections are subject to further discipline (written warning or suspension) at the discretion of the Commissioner. Disposition of disciplinary action will be communicated to the player and team captain within two business days of the game via email.
- Consecutive games committing a flagrant foul will be reviewed by the Commissioner, and may result in a one game minimum suspension. Disposition of disciplinary action (written warning or suspension) will be communicated to the player and team captain within two business days of the game.
- **Five** flagrant fouls over the course of a season (including playoffs) will result in an automatic ejection from that game, and a suspension for the remainder of the season (including playoffs). Players need to make concerted efforts to make basketball plays on the ball. Excessive and unnecessary contact will not be tolerated.



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### **Suspensions:**

- Any game ending prematurely due to fighting may result in a double forfeit by both teams (Commissioner's discretion). Stats will be recorded as is if the officials rule a double forfeit.
- Fights are highly discouraged, and will be examined on a case by case basis by the Commissioner. Disciplinary action for players participating in a fight may range from a one game to a 5-year suspension from Northwest Hoops Leagues LLC. Players subject to the 5-year suspension must file a reinstatement application with the league.
- Any player suspended for multiple games in a single season will be at risk of being suspended for the remainder of the current season, and/or a portion of the following season.
- Suspensions due to misbehavior in the playoffs will either be enforced for subsequent playoff games, and/or at the beginning of the subsequent season that player participates in.
- Players suspended for a given game may not be present at the gym on game day.
- As stated before, all ejections are subject to further discipline. A player's conduct history will be taken into consideration when further disciplinary action is being considered.
- Any player or spectator appearing to be under the influence of drugs or alcohol will be removed from the gym. A player removal will be considered an ejection.

### **Ejections:**

- Any player or spectator ejected from a game must leave the premise and may not return for the remainder of the day.

**Any situation that arises that is not mentioned in the rules above will be looked at by the Commissioner and will be dispositioned accordingly.**