



# Blessed Sacrament Basketball

## Rules of Play U14 Boys' Division

1. **EQUAL PLAYING TIME FOR ALL PLAYERS IN EACH GAME IS MANDATORY!!!**
2. Each half will consist of five (5) periods or shifts of four (4) minutes.
3. **Pressing:** The “full court” press **may only** be used during the **last shift of each half**. The team on defence must drop back behind the half court line at all other times. Coaches: referees will be diligent to ensure that this is followed. **PLEASE NOTE THAT SHOULD THERE BE A LEAD OF 20 or MORE POINTS, COACHES ARE EXPECTED TO REFRAIN FROM “PRESSING”.**
4. **Defence:** Teams **must** play “man to man” defence. **NO** “zone” defence is allowed....**at any time.**
5. **Substitutions:** Equal playing time dictates subs.....if 6 to 10 players are present, no one is to sit out two shifts in a row. If there are more than 10 players at the game, then **all** players **must** play at least two (2) shifts in each half.
6. **Injury:** In case of injury, where a player must leave the game, a replacement player (“sub”) may continue his shift. The “sub” will be chosen by the opposing coach....please follow rule #5, if possible.
7. **Time outs:** Two (2) time outs per half are allowed. They do not accumulate.
8. **3 Point Circle:** This rule does not apply in house league. **There are no three point shots for scoring.**
9. **Overtime:** If the score is tied at the end of regulation time, **we will play an overtime period** of three (3) minutes straight time. One (1) extra time out will be allowed in overtime.  
Rule #5 does not apply in overtime-----free substitution is allowed..
10. **FUN:** THIS IS THE MOST IMPORTANT RULE AND THE REASON WHY THE PLAYERS ARE HERE IN THIS PROGRAM. **Coaches: please keep this rule in perspective.**