

BURLINGTON ALLSTARS 2011/12 RULES

ALL-STAR SPECIFIC RULES revised 2009/10

Intent and Purpose of the Rules:

The rules are formulated with the best interests of the CHILDREN playing the game in mind. It is expected that each coach will respect the intent of these rules & adhere to them.

**CONVENORS HAVE FINAL SAY ON ANY RULE ADDITION OR DELETION
PLEASE RESPECT THEIR ATTEMPT TO MAKE THE PROGRAM BETTER!**

- 1- Teams must use man-to-man defense (either full or half court).
- 2- Major Atom division Convenor decides on full or half court press.
- 3- Major Bantam division Convenor decides on full or half court press and "HELP"
- 4- Midget must use full court defense with Help Defense allowed.
- 5- Zone defenses & zone presses may not be used under any circumstances. Please read "Defensive Philosophy" and ALL-STAR Person to Person Defense".
- 6- First infraction = warning, 2nd infraction = technical to coach on defense violation.
- 7- Any team that leads by more than 14 points must drop back to half court defense. Full court pressure may not be used except when there is a point spread of 14 or less points between the two teams. Ball is awarded to losing team on a throw in.
- 8- Only ALL-STAR supplied basketball can be used as game ball.
- 9- ALL-STAR Uniform MUST be worn during game.

Game Length

The Game shall not exceed a total time of 65 minutes. This does not include the 10 minute pre-game warm-up.

- 2 halves of 5 shifts of 4 minutes with running time
- 30 second shift changes
- **maximum** 5 minute half time

Overtime

Overtime is applicable **only in the playoffs**.

- **Do not leave any playoff game in a tie.**
- Each overtime period is 3 min. long. The first overtime starts with a jump ball. Subsequent overtimes use possession throw in.
- Unused time outs carry into overtime, plus 1 additional time out is allowed for the entire overtime period.

Timeouts

- Each team is allowed 1 time-out (1 minute in length) and 1 time-out (30 seconds in length) in each half of the game..
- Time-outs may be called by the coach only when the team has possession of the ball or when there is a stoppage in play.
- No time-out is charged to a team for an injury.