

BLESSED SACRAMENT BASKETBALL
HOUSE LEAGUE --- BANTAM DIVISION

RULES FOR 2018 - 2019 SEASON

TO: All Coaches and Players

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
 7. **3 Point Circle:** **Three point shots are allowed.**
 8. **Bonus:** On a team’s 7th foul of each half, the opponent is entitled to shoot the “BONUS”. **One and one** on the 7th, 8th and 9th fouls of the half. On the 10th foul and beyond, two (2) shots will be awarded.
 9. **Overtime:** If the score is tied at the end of regulation time, **we will play one(1) overtime period** of three (3) minutes straight time. One (1) extra time out will be allowed in overtime,
For PLAYOFFS: Same as above with the last minute of each period as STOP TIME.
PLAY CONTINUES UNTIL A WINNER IS DECLARED .
- Note: 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.**
*Players are to be encouraged to strive for their best, by bettering their play.....
each accomplishment forms part of the winning attitude.*