

2022-23 Burlington Basketball House League Rules

Gameplay

- Modified FIBA. All rules are FIBA, with the following exceptions:
- Game Length: 48 minutes, run time, with two exceptions:
 - Time will stop during foul shots.
 - Time will stop during time outs.
- Games will consist of four (4) 12-minute quarters. Each quarter will consist of three (3) 4-minute shifts. There are no breaks between shifts, with the exception of a 5-minute half time.
- Possession – Each shift, with the exception of the opening shift and the first shift of overtime, will start in the direction of the possession arrow. The throw-in shall occur from the out-of-bounds, at the division line, opposite the scorer's bench.
- Fouls – Individual and team fouls shall be tracked and recorded.
 - Individual fouls: players will be given 5 fouls per game.
 - Team fouls: Two free throws are awarded after the 5th team foul in a quarter. Team fouls reset after each quarter (after shift 3, 6, 9).
- Time-outs – Two 30 second time-outs in each half. No time-outs in overtime. Time-outs can only be called on a dead ball.
Overtime – The length of first 2 extra period shall be two minutes long, with no time-outs allowed. Open shift (any 5 players). In the event of triple overtime, it will be sudden death, both teams are in bonus (free throw) and first team that makes the basket wins the game.
- The following format has been approved by Referee rep Larry Snaidero and Burlington Basketball rep Rick Bianchi. Refs are asked to call Larry with any questions prior to game starting.

Fair Play Substitutions

- Coaches are required to provide playing time for all players present. Each present players must play a minimum number of shifts required.
- Fair play rule will be in effect for all shifts. Each eligible player must play the minimum number of shifts required and may not exceed the maximum number of shifts allowed before the 12th period begins
- Substitutions can only occur at the end of each period.
- Substitutions are permitted for medical reasons at any time. A player who leaves a shift due to injury or medical reasons shall not return to the game during the same shift.
- No player shall play 2 shifts more than any of his team mates. Unless a player was late and it could not be avoided without double or triple shifting.

- Double shifting (playing back-to-back shifts) is not permitted, unless team has less than 10 players available. Triple-shifting is not permitted, unless a team has less than 7 players. When double- and triple-shifting is necessary, the same player cannot double- or triple-shift *twice* until all of their teammates have done it *once*.
- A player may play back-to-back periods as a result of medical reason and/or injuries to other players, and only if the coach has no other player to substitute.
- For the purpose of shift assignments for equal participation only, if the substitutions occur during the first two minutes the shift belongs the substitute player. If the substitution occurs in the last two minutes, the shift belongs to the original player.

Man-to-Man Rule

- Man-to-man defense is required. Zone defense is not permitted.
- Defending team must fall back to half-court on a rebound or a dead ball. Offensive players should be able to dribble the ball to half-court unimpeded. **(THIS DOES NOT APPLY TO THE HIGH SCHOOL BOYS DIVISION)**
- Double teaming or trapping is not permitted.
- Defensive guidelines:
 - Defensive players guarding **on the ball**:
 - Defenders shall be within approximately one stride of his or her check when they have the ball. Sagging into the key instead of guarding their check is not permitted.
 - Defensive players guarding **off the ball (ie. in help)**:
 - Defenders shall be within approximately two strides of his or her check when they are guarding a player who does not have the ball.
 - Help is permitted only when a defensive teammate is beat.

Sagging off perceived

“weaker” players to clog the paint and/or pre-emptively help out against perceived “stronger” players is not permitted.

- If there are any issues with teams not following the above man-to-man guidelines, please contact the convener.