

# HOOPLIFE LEAGUE RULES

## GAME FORMAT



**Coach** - Must be on the bench at the start of the game (At least 15min before Tip-Off)

**Game Rosters** - Before each game begins, the coach must print the player's names and numbers on each score sheet. All teams must have a **minimum of 5** players present at the sign in to begin the game, **maximum of 10** players per score sheet. Teams must ensure that the time/division/team name/coach name is filled out correctly.

**Jerseys** - All players are required to wear the HoopLife uniform provided to them at the beginning of the season.

**Tip Off** - A jump ball will determine which team has initial possession. Ball must reach peak height before contact. Players must make contact with the ball with one hand, they cannot grab the ball with two hands. Doing so will be a violation, the opposing team will receive possession.

## PRE GAME



**Quarter format** - The game will consist of **four 10-minute quarters** with a **5-minute half time**.

**Scoring Format** - The team with the high score after four quarters is declared the winner. All shots made from behind the arc are worth 3 points, all other shots on the court count as two points. Free Throws are counted as 1 point.

**Overtime** - Summer league rules: 1x overtime for 2 minutes. If the score is still tied after 2 minutes, the next basket will decide the winner.

**5-minute forfeit** - Each team has 5 minutes to arrive on the court before forfeiture is declared. A five-minute countdown is started at the time of the official game start. Games may be started with 4 players if a team with 5 agrees. A score of 10- 0 will be recorded for a defaulted game.

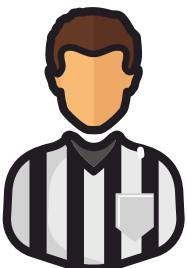
**Change of Possession** - The ball will alternate possession after each made baskets.

**Jump Ball** - Jump ball will alternate possessions (this will include tip-off and quarterly possessions)

**Substitutions** - Are unlimited, can only be done during dead ball situations

**Timeouts** - Each team will receive **2 time-outs per half**.

## FOULS



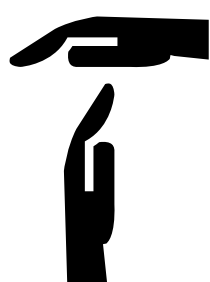
**Calling/Recording** - The referee will call all fouls and will be recorded on the score sheet. All fouls are team fouls, there are no personal fouls

**Bonus** - On the **5th team foul** in the quarter, the fouled team will be rewarded 2 free throws.

**And One** - If a player is fouled in the act of shooting, and they miss the shot attempt, free throws will be awarded. If a player is fouled on a shot attempt, and makes the shot, the basket counts, and the foul is recorded, one additional free throw will be given.

**Foul Out** - If a player accumulates **5 personal fouls**, the player is disqualified. If a team has no substitutions and a player "fouls out" they are not removed from the game, but instead the opposing team receives two free throws and possession of the ball regardless of a shooting foul or a foul on the floor.

## TECHNICAL FOULS



**What Constitutes a Technical Foul** - Referees can assess technical fouls - without warning - for language, taunting, excessive arguing or unsportsmanlike conduct

**Policy for flagrant fouls or continuous misconduct.** At the discretion of the referee or event staff member, these types of behaviours will result in team forfeiture of the game in question, and the team and/or individual be put under probation for the duration of the program. Further offenses will lead to the team and/or individual dismissal from the program.

**Possession** - if a player received a technical foul, the opposing team will shoot 1 free throw and retain possession of the ball. In a double technical foul situation, no free throws will be awarded and the ball goes back to the team that had possession before the technicals were called. All officials and event staff have the right to dismiss a person from the game or program for bad behaviour.

## RULES PER DIVISION

# HOOPLIFE LEAGUE RULES

**GRADE 3/4** **Clock** - Running time will be in use throughout the entire game. This will include timeouts  
**Game Time** - They will play four 10-minute quarters.



**Timeouts** - Timeouts cannot be called within the last 2 minutes in grades 3&4 division.

**Press** - Will not be allowed to press

**Game Format** - 4 on 4 will be played

**Court** - Will be playing in the half court setting (60ft x 44ft)

**GRADE 5/6 & 7/8B**



**Clock** - Running time will be in use until the **final 2 minutes of the 4th quarter** (with the exception of timeouts), at which point the clock will also be stopped for foul shots and violations.

**Zone** - Zone will not be allowed

**Press** - Press will only be allowed in the last 5 minutes of the game

**GRADE 7/8 A**



**Clock** - Running time will be in use until the **final 5 minutes of the 4th quarter** (with the exception of timeouts), at which point the clock will also be stopped for foul shots and violations.

**Zone** - Zone will be allowed on coaches discretion

**Press** - Press will be allowed on coaches discretion

### RULES AND REMINDERS



**Coach** - the team coach is the sole representative on the court for their team. The coach has the right to speak with the referee for an explanation of any rules. There will be no protests permitted. Once play resumes or once the game is completed after a disagreement the problem is considered a dead issue.

**Program Schedule** - please read your schedule carefully to determine game time.

**HoopLife Staff** - The program staff shall have the power to make decisions on any points not specifically covered in the rules. All decisions made by the program staff are final.

**Schedule Adjustments** - the HoopLife staff (**NOT COACHES**) shall have the right to shorten any games in case of time constraints and/or unforeseen circumstances

**Protests** - there are NO game protests. Rulings on situations not addressed within the package will be made at the discretion of the program staff

**Timeouts** - each team is permitted two 45 second timeouts per half.

**Post Game** - the coach of the winning team **MUST** obtain the score sheet from the referee and deliver it to the experience manager.

**Court** - The top, sides and bottom of backboards are in play, any structural pieces are out of bounds