

Council Rock Basketball Association Rules

(Last Updated: 11/01/2025)

Coaches are to place the physical and emotional well-being of the players ahead of any personal desire to win. Coaches are to lead by example, always demonstrating fair play and good sportsmanship.

All games will be played according to NFHS rules with the following emphasis and/or exceptions:

1. Games MUST end on time, regardless of the actual start time. If, for some reason, the gym opening is delayed, the game must be truncated such that the game is concluded prior to the scheduled start time of the next game. Coaches and officials should coordinate on this detail in the case of a late start.
2. All games will consist of 4 Quarters of the following durations:
 - Boys 2 – 6th Grades & Girls 2 – 8th Grade: 10 Minute Running Clocks*
 - Boys 7 & 8th Grades: 7-Minute "Stopped" Clock**
 - Boys 9th – 12 Grades: 8-Minute "Stopped" Clock**

**Running Clocks only stop for foul shots, injuries, substitutions, and time outs*

***Stopped Clocks will stop on all dead balls (this does not include made shots)*

Note: During the playoffs, in divisions with running clocks, the clock will stop when the ball is considered "dead" during the last minute of play in the game and during the last minute of any overtime period.

3. There will be a one-minute rest between quarters and two minutes between halves for all divisions (as time permits).
4. Games will stop at approximately the midpoint of each quarter on any out of bound (including a made shot) situation or when the official or referee deems appropriate for the substitutions of player(s). **Mid-quarter stoppages are for substitutions only and not for team meetings. If a team is taking advantage of the mid-point stoppage for substitutions, at the discretion of the official, after a warning, the violating team will be charged a time-out. If no time-outs remain, the team will be charged with a delay of game technical foul.**
5. Substitutions are permitted only at the nearest halfway-point of each quarter. Substitutions for injuries or illnesses are permitted at any time but the equal playing time rule remains in effect for all non- injured players. A player may not be substituted because of foul trouble.
6. If the score is tied at the end of regulation, teams will play one (1) three-minute overtime period during which the team may start with any 5 players. If the game is tied after overtime, the game ends in a tie. (Regardless of time-outs remaining in regulation, each team will be allotted one, 30-second timeout per overtime period)

6A. The exception is that in the playoffs, teams will play subsequent three-minute periods until a winner is determined. Please note that in the case of a 2nd overtime period all players who "sat" in the initial overtime must be subbed into the game, equal playing time rules apply to subsequent overtime periods.

7. Games must start with five players, but may finish with less (foul outs, injuries, etc.). Start of game delays of more than five minutes because of not enough players, will result in a forfeit by the delaying team. In the event of a forfeit, the remaining players in attendance will be split between the two teams and a scrimmage will be played.
8. Each player present must play and sit equally each game. Every player must play a minimum of one shift per half. (*See separate rules sheet on playing time.*) Games will be forfeited for any violation of this rule. At the referee's discretion, they are permitted to remove or temporarily remove a player from the game for demonstrating unsporting behavior, disrespectful behavior or to regain emotional composure.
9. Each team is allowed three (3) 30-second time outs per game. Time outs are not carried over into overtime period(s). Each team is allowed 1 time-out per overtime period.
10. Personal fouls will be recorded. Each player is allowed five personal fouls before being removed from the game. Technical fouls are both a personal and a team foul.
11. Team fouls will be recorded. The penalty situation follows NFHS rules (2 shots on the 5th team foul per quarter.) It is the mutual responsibility of both coaches to compare scorebooks during the game and to notify the referee when the penalty situations are in effect.
12. Games for 2nd/3rd/4th/5th/6th grade boys and 2nd/3rd/4th/5th / 6th-9th grade girls, the ball is considered free until it crosses half court. Defense will allow a six-foot buffer zone in the front court designated by the outside center restraining circle extended so that teams may gain front court position. Defense will be permitted to be played at the division line in the front court once the ball's position is in the front court after providing the six-foot buffer-zone.
Teams have 5 seconds to complete a baseline throw in once the ball is at the thrower's disposal. Teams have ten seconds to get the ball over half court. If a timeout is called and the ball was never in the forecourt, the **official's count will resume from when/ where the timeout was called.** Once the ball is brought into the front court, an inbound pass can be challenged full court.
If a team violates the defense in the backcourt rule, the official will instruct the timekeeper to stop the clock. A delay of game warning may be issued. Intentional or subsequent violations may result in a second delay of game warning being issued to the violating team, resulting in an intentional foul and possession at point of interruption.

13. 6th, 7th, 8th and 9th Grade Girls will have no full-court press with the following exception:

They will be able to full court press at the beginning of the last part of the final quarter after the final substitution and during overtime. This rule carries over to playoffs.

If a team is leading by 11 points or more they are not allowed to press. Once warned, second and subsequent violations would be a technical foul.

14. Boys 7th Grade and up, and Girls 10th Grade and up will be allowed to full court press at all times in the first half but cannot press in the second half if the score differential is greater than 20 points. Once warned, second and subsequent violations would result in a technical foul. However, all teams are discouraged from pressing if the outcome of the game is no longer in dispute.

15. 2/3rd Grade boys, and 2/3/4/5th Grade Girls will play with "No Stealing off the dribble"

The ball may not be stolen while a player is dribbling. If it is stolen then the ball is returned to the team with possession either at the top of the key or out-of-bounds as deemed appropriate by the referee. The ball may be stolen on a pass.

3rd Grade boys, and 4/5th Grade girls may steal a "held ball," ripping it from another player's possession. (2nd Grade boys and 2/3 Grade girls may not steal a held ball.)

A "tied up" ball will be ruled a jump ball as normal in all scenarios.

16. The three-point shot attempt will only be applicable for 7th grade teams and above. (If a given game is played in a gym without a three-point arc, then the three-point shot is not applicable.)

17. Three seconds in the lane (on defense) will be called for the 5th grade and above divisions. Five seconds in the lane will be called in the 3rd and 4th grade divisions, No lane violations for 2nd grade unless abuse is observed.

18. The five second closely guarded rule will not be used in the 2nd, 3rd grade divisions.

Grade-Level Specific Rules - Summary

2nd Grade Boys:

- Score is not kept at this age group
- 4-Quarters, 10-Minute Running Clock Per Quarter
- 8 Foot Hoops, 27.5 inch "Junior" Balls
- No full-court press

- Man-to-Man Defense is Mandatory (No Zone)
- Coaches are permitted on the court during play
- No Stealing off the dribble, no stealing held balls
- No "three-point" shots
- No "Three seconds in the lane" (Unless abuse is observed)
- The "5 seconds" closely guarded rule does not apply

3rd Grade Boys:

- Score is not kept at this age group
- 4-Quarters, 10-Minute Running Clock Per Quarter
- 9 Foot Hoops, 27.5 inch "Junior" Balls
- No full-court press
- Man-to-Man Defense is Mandatory (No Zone)
- Coaches are permitted on the court during play (*please coordinate with officials*)
- No Stealing off the dribble, yes stealing held balls
- No "three-point" shots
- Yes "Five seconds in the lane"
- The "5 seconds" closely guarded rule does not apply

4th Grade Boys:

- 4-Quarters, 10-Minute Running Clock Per Quarter
- 10 Foot Hoops, 28.5 inch "Women's" Balls
- No full-court press
- All Defense Permitted
- No "three point" shots
- Yes "Five seconds in the lane"

5th & 6th Grade Boys:

- 4-Quarters, 10-Minute Running Clock Per Quarter
- 10 Foot Hoops, 28.5 inch "Women's" Balls
- No full-court press
- All Defense Permitted
- No "three point" shots
- Yes "Three seconds in the lane"

7th & 8th Grade Boys:

- 4-Quarters, 7-Minute Stop Clock Per Quarter
- 10 Foot Hoops, 29.5 inch "Official Men's" Balls
- Yes full-court press
- All Defense Permitted
- Yes "three point" shots
- Yes "Three seconds in the lane"

9/10/11/12 Grade Boys:

- 4-Quarters, 8-Minute Stop Clock Per Quarter
- 10 Foot Hoops, 29.5 inch "Official Mens" Balls
- Yes full-court press
- All Defense Permitted
- Yes "three point" shots
- Yes "Three seconds in the lane"

2/3rd Grade Girls:

- Score is not kept at this age group
- 4-Quarters, 10-Minute Running Clock Per Quarter
- 8 Foot Hoops, 27.5 inch "Junior" Balls
- No full-court press
- Man-to-Man Defense is Mandatory
- Coaches are permitted on the court during play
- No Stealing off the dribble, no stealing held balls
- No "Three seconds in the lane" (Unless abuse is observed)
- The "5 seconds" closely guarded rule does not apply
- No "three point" shots

4/5th Grade Girls:

- 4-Quarters, 10-Minute Running Clock Per Quarter
- 9.5 Foot Hoops, 28.5 inch "Women's" Balls
- No full-court press
- All Defense Permitted
- No Stealing off the dribble, yes stealing held balls
- Yes "Five seconds in the lane"
- No "three point" shots

6/7/8/9th Grade Girls:

- 4-Quarters, 10-Minute Running Clock Per Quarter
- 10 Foot Hoops, 28.5 inch "Women's" Balls
- No full-court press, except for the last segment of the 4th quarter
- All Defense Permitted
- Yes "three point" shots
- Yes "Three seconds in the lane"

Other League Policies:

- Games are considered postponed (probably eliminated) if schools are closed due to inclement weather. These games may or may not be rescheduled.

- All other cancellations will only be authorized by the Association's Executive Board. No games may be canceled by coaches or age-group coordinators for any reason without prior authorization from the appropriate CRBA administration.
- Jewelry is not permitted to be worn by players at practices or games. This rule bans the wearing of, but is not limited to, all rings, bracelets, wrist bands, hard plastic and metal hair clips or pins, earrings (including "posts"), necklaces, watches or any other item deemed unsafe by the official. This rule applies to both sexes. If a player cannot remove jewelry, including earrings then he/she will not be permitted to play. No hard (plaster, fiberglass, hard leather) casts, as well as metal arm or leg braces are permitted either in practices or games.
 - Metal Medical alert bracelets are exempt from the above rule but should be taped down using athletic tape.
 - Silicone Medical Alert bracelets are exempt from the above rule and if snugly fitted (without space for 1 finger to fit between the bracelet and the wrist without stretching) they do not need to be taped, otherwise they should be taped.
 - Other exceptions (Medical or Religious) should be cleared with the CRBA president via email prior to a given game or practice.
- Appropriate athletic wear is required for all practices and games. Most importantly this includes appropriately fitted basketball or athletic sneakers. Players cannot practice or compete in flip-flops, sandals, dress shoes, or Crocs (even in sport mode.)
- Comparison of scorebooks is recommended after each quarter and mandatory in the playoffs.
- Anyone including, but not limited to a player, coach, parent or spectator who engages in fighting or the verbal abuse of a referee, another player, coach or spectator before, during, or after a game shall be ejected for the remainder of that game. CRBA Executive board members on-site during an incident may/will support the referees in identifying individuals involved in fighting or verbal abuse as outlined above. The offending individuals shall be suspended for the following game and further penalties could be assessed at the discretion of the Executive Board. A single occurrence may result in expulsion from the program and may include banishment from the facilities. Suspensions will roll-over from season to season.
- Anytime a player, coach, or spectator is ejected from a game or practice for any reason that individual will, at minimum, be suspended for the following game. Additionally, all reported incidents will be reviewed by the Executive Board to determine if further penalties are necessary. A single occurrence may result in expulsion from the program and may include a banishment from the facilities. Suspensions will roll over from season to season.
- In addition to the above rules whereby a player or coach is suspended from a game after the 2nd technical foul, and whereby a player or coach is suspended for a minimum of one

game for fighting, CRBA will be tracking technical fouls issued within a given season and additional penalties will apply:

- Starting with the **3rd technical foul**, and on every 2 incremental fouls thereafter (5 total fouls, 7 total fouls, etc...) a player or coach will be suspended for a 1 game minimum. These penalties are additive above and beyond the in-game ejection/suspension rules so that picking up 2 fouls within a given game may very well result in an automatic two game suspension, with potential additional penalties as seen fit by the board.
- It's important to note that this rule will never result in an in-game ejection but rather applies after the game for the subsequent game(s).
- To support the enforcement of this rule, in-game officials will continue to report all technical fouls per game to our referee coordinator within 24 hours of issue. Coaches are expected to report all technical fouls issued to themselves, members of their bench, players on their team, or spectators to their age-group coordinators within 24 hours. Coordinators will maintain a running tally of cumulative technical fouls for the season and will coordinate with the CRBA president to communicate any suspensions as needed.
- Suspensions will roll over from season to season.

