



**Updated 11.18.19**

*18U Basketball League will follow National Federation of High School Rules & Statewide Athletic Committee Rules with the following exceptions and notations:*

**1. THERE IS NO DUNKING, ATTEMPTED DUNKING OR RIM HANGING BY PLAYERS OR COACHES DURING ANY GCAA PRACTICES OR GAMES AT ANY GYM. 1<sup>st</sup> OFFENSE IS SUBJECT TO 1 GAME SUSPENSION.**

**2. Games will begin at their scheduled times with NO grace period with risk of forfeiture.**

**3. Teams should be at the gym and ready to play 30 minutes before scheduled game time. Should the previous game end early GCAA reserves the right to begin games ahead of schedule.** ★

**4. Game ball will be Official 29.5" and provided by GCAA.**

★ **5. Full Uniforms are to be worn by all players and defined as the jersey and matching shorts provided by GCAA. T-Shirts are optional but must comply with high school rules.** ★

a. **PENALTY: Team administrative technical foul (2 shots) per game.**

**6. Scorekeeper (score book) is required by both Home and Visiting teams for each game.**

**7. Game Duration / Clock Notes**

★ a. **Two (2) sixteen (16) minute halves with Regulation Clock.**

b. **Five (5) minute half-time break.**

c. **Clock will become Running Clock with a 20 point lead in the 2<sup>nd</sup> half of the game.**

d. **Clock will stop on all shooting fouls during Running Clock.**

e. **Clock will revert to Regulation Clock if the lead is cut to 10 points.**

**8. Overtime Period of two (2) minutes with a one (1) minute break between overtime periods. A regulation clock will be used during the overtime periods. Overtime periods will continue until there is a winner.**

★ **9. Time Outs are three (3) full per game and one (1) additional full per overtime period.** ★

**10. Playing Time**

a. **All players should play close to half of the game. Coaches must ensure their weaker players get their playing time. If this isn't consistent across all teams and all games GCAA may require mandatory substitution points and submission of player substitution matrix before each game.**

★ **11. Two (2) non-administrative technical fouls on one player or coach will result in ejection from the game.**

**Serious violations, which include but are not limited to fouls, abusive, or unsportsmanlike language used**

toward a player, official, coach or spectator and or physical violence or threat of physical violence may result in termination from the league.

- a. If a player or coach is ejected from a game, he or she must leave the facilities immediately.
- b. Failure to do so will result in a forfeit of the game & may result in termination from the league for the player or coach.
- c. A second ejection due to technical fouls during the season will result in termination from the league.

 12. All technical fouls will result in free throws and ball possession for the opposing team.

- a. A player that receives a non-administrative technical foul for must immediately be benched.
- b. The player may not re-enter the game for the next 4:00 minutes from when the foul occurs. 
- c. Any non-administrative technical foul that occurs in the final 4:00 minutes will result in disqualification from the game.

 13. Defensive & Offensive Restrictions

- a. No team may play defense in backcourt AT ANY TIME if they lead the opposing team by 20 or more points.

**PENALTY:** First violation per team shall result in a warning. A technical foul shall be called on each subsequent violation. The technical foul shall be awarded to the bench - not the player committing the violation.

14. Each team must have four (4) players to begin a game and at two (2) players to end the game. Failure to have either will result in a forfeit. Teams with 5 players MUST play with 5 players.

15. A maximum of three (3) adults per team (Coach and 2 Assistants) are allowed within the bench area during a game. Please Note: Only 1 coach may stand during live ball situations.