

DIV 1	DIV 2	DIV 3	DIV 4	DIV 5	DIV G1	DIV G2	DIV 6
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Violations and Fouls								
Foot ball, fist ball, double dribble and traveling	Coaches judgment	Strictly Enforced	Strictly Enforced	Strictly Enforced	Strictly Enforced	Strictly Enforced	Strictly Enforced	Strictly Enforced
Over and Back	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3 seconds in key	No	No	Yes	Yes	Yes	Yes	Yes	Yes
10 seconds to advance over mid-court	No	Yes 1 warning each player	Yes	Yes	Yes	Yes	Yes	Yes
5 seconds to play ball	No	Yes 1 warning each player	Yes	Yes	Yes	Yes	Yes	Yes
Fouling Out	None	5 fouls	5 fouls	5 fouls	5 fouls	5 fouls	5 fouls	5 fouls
Illegal Zone (see note 6)	None	Yes 1 warning each player	Yes 1 warning each player	Yes 1 warning each player	Yes 1 warning each player	Yes 1 warning each player	Yes 1 warning each player	Yes 1 warning each player
Bonus (Team Fouls)	None	8 team fouls per half	8 team fouls per half	8 team fouls per half	8 team fouls per half	8 team fouls per half	8 team fouls per half	8 team fouls per half

1. *Safety Checks.* Referees to do safety checks 5 minutes prior to each game—No jewelry, watches, long fingernails allowed. No exceptions.
2. *Game Format.* Games will have 4 quarters (8 periods) with a 1 minute break between periods, 2 minute break between quarters, and a 4 minute break for halftime.
3. *Jump Balls.* The game will start with a jump ball and the alternating possession will be in effect including all held ball situations.
4. *Team Shortfall.* In the event that a team cannot field 5 players, the game will be played 4 on 4. A team which cannot field 4 players shall forfeit the game and a mixed team scrimmage will be arranged by the coaches for the remainder of the session.
5. *Defense Assignments.* For divisions 1-3 that must play man-to-man defense, at the beginning of each period both teams shall line up at the mid court line to allow for coaches to assign man-to-man defense coverage. Double teaming is allowed.
6. *Illegal Zone.* An illegal zone violation may only be called in blatant cases where a team or player makes no attempt to play man-to-man defense. An aggressive help side defense shall not constitute an illegal zone. Each player is entitled to one warning before the violation is called (Divisions 2 and 3 only).
7. *Foul Shots.* For Divisions 2 and 3 only, to encourage proper shooting technique, free throw shooters will be allowed to hop over the line during the shot. However, the shooter must immediately stay put until the ball hits the rim.
8. *Technical Fouls.* A technical foul will likely result in ejection from the game (and possible subsequent disciplinary action).
9. *Intentional Fouls.* Intentional fouls, particularly flagrant fouls, will not be tolerated and will likely result in ejection from the game (and possible subsequent disciplinary action).
10. *Checking In.* All players shall check in with the scorekeeper before stepping on the court. Rule applies to each time player enters game.
11. *Substitution Rule:* Every player, unless injured or having fouled out, must play at least 4 of the 8 periods of the game. Every player must sit out at least 1 period if there are 6 available players, and every player must sit out at least 2 periods if there are 7 or more available players. (Substitution Note: The substitution rule will not apply if a coach is sitting a player for disciplinary reasons. If the coach is taking action as a result of problems prior to the start of the game, they must inform the head coach or league commissioner prior to the game)
12. *Substitution Timing:* All substitutions are to be made at the beginning of each period except in the event that a player has fouled out or is injured. In such cases a coach may substitute in the middle of a period as necessary.