

ATLANTIC 10 BASKETBALL INSTRUCTIONAL LEAGUE RULES

The primary focus (and only) of instructional basketball is to teach each team member the basic fundamentals of the game and **TO HAVE FUN!!!!!!** Win/Loss records will not be kept and there are no playoffs.

All games must start and finish on time. Ask players to come to the game 10 minutes early.

Players may not wear any jewelry including hair jewelry or any type of case during the game. This is for the safety of the players.

Games will consist of four, 10 minutes quarters with a running clock. The time will be kept by a parent volunteer. The clock will stop on all timeouts and at the request of the referee. The clock does NOT stop on foul shots.

All games will begin with a jump ball. All other jump ball situations will alternate possession.

All players must play two quarters and **NOT MORE THAN THREE QUARTERS**. Substitutions can only be made at the beginning of a quarter (except in the case of injury). Should a team have less than 10 players, extra playing time should be handled fairly on a game by game basis. EG – If player A plays three quarters in one game, player B should play three quarters in the next game. **Substitutions for the sake of playing time will not be allowed at any time.**

Players should check in at the scorer's table prior to entering the game each quarter.

Each team will receive three 30 second timeouts per game.

No player will be allowed more than four personal fouls per game.

On a change of possession the defensive team must clear the back court immediately.

Teams must use man to man defense. Each player must defend their assigned opponent and only their assigned player at all times. There is no double teaming and no zone defense allowed. The only exception to this rule is on a breakaway.

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**If a team consistently uses an illegal defense, a warning will be assessed. Subsequent violations will result in a two shot technical and loss of possession.

**A defensive player may not steal the ball off a dribble or attempt to steal the ball off a dribble. If intentional, a warning will be assessed. Subsequent violations will result in a two shot technical and loss of possession.

**A five second lane violation will be in effect.

There will be no “stall ball” at any time during the game. Any team intentionally stalling will lose possession of the ball.

Foul/abusive language by coaches, players or parents will not be tolerated and **WILL RESULT IN REMOVAL FROM THE GYM AND SUSPENSIONS.**

A coach may ask a referee to explain a call, however, coaches are asked not to argue with any referee at any time, before, during or after a game. **EXCESSIVE ARGUING WILL RESULT IN REMOVAL FROM THE GYM AND SUSPENSIONS.**

**These rules will not be strictly enforced the first three/four games of the season in order to allow coaches/players time to adjust to them.

Once again, please take the time to talk to both your players and parents to explain the rules of the gym and the game.

Thank you for your help in making this season an enjoyable one for all!!