



**Livonia Junior Athletic League
City of Livonia Parks & Recreation
Basketball Rules & Regulations - 2016-2017**



Eligibility

Any youth is eligible to participate if his/her legal residency falls into one of the following categories:

1. within the corporate limits of the City of Livonia.
2. within the boundaries of the Livonia Public School District.

Legal residence shall be defined as a minor child living with his/her natural parent(s), adoptive parents, legal guardians as appointed by a court order, wards of the court living in a foster home, of those youth living with a natural parent through a divorce decree on a permanent or temporary basis who reside in the corporate boundaries of the City of Livonia or the Livonia Public School District.

Coaches

1. Coaches shall be responsible for the conduct of their players, parents, relatives of players and friends in and around the school gym.
2. Each team must have a designated Head Coach, and at least one designated Assistant Coach, with required information on file with the LJAL. Any change in coaches for a team must be filed with the LJAL Basketball Committee, presenting the new coach's name, address, and phone number before the next scheduled game. All designated coaches must be at least 18 years of age, and must submit a signed form authorizing LJAL to perform a background check. All coaching changes must be approved by the LJAL.
3. In case of inquiry of any members of his/her team, the coach shall be responsible for producing evidence or records requested by the LJAL Basketball Committee.
4. Coaches shall upon request, present any or all members of their team for the purpose of inquiring or identification.
5. Coaches must wear a coach's shirt for games as supplied by the LJAL.
6. At least one (but not more than three) registered coaches must be present at the team's bench by game time, and for the duration of the game, or the game will be subject to forfeit.
7. A minor (under 18) may be designated as an assistant coach, but at all times must be supervised by an adult coach.
8. Head coaches, should possess LJAL rules and regulations, code of conduct, and building use guidelines prior to and during all activities.

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Contracts and Releases

1. Silver teams shall be defined as all teams that do not include any Gold, Varsity(VS) or Senior Varsity (SV) teams.
2. No player shall appear in the line-up of any team in the league unless his/her name is legally affixed to the roster, which is on file with the LJAL Basketball Committee.
3. Player Requirements -
Gold, Varsity, and Senior Varsity – Each team will have a maximum of 13 players and a minimum of 10 players on its roster, unless designated otherwise by the LJAL Basketball Committee.
Silver Teams (exc. Senior Varsity Boys) - Each Silver team shall have a maximum 15 players and a minimum of 13 players on its roster, unless otherwise designated by the LJAL Basketball Committee.
4. No team shall be allowed to add any players to its roster without the permission of the LJAL Basketball Committee.
5. This league shall be open to youths in Kindergarten thru 12 unless designated otherwise by the LJAL Basketball Committee.

Schedules

1. Any team not ready to start a game at the scheduled starting time shall be subject to the loss of the game by forfeit.
2. Each team will play and practice not more than three times each week unless agreed to by the LJAL Basketball Committee. If gym schedule conflict results in the suspension of a scheduled game or practice, an attempt will be made to reschedule such game or practice by the LJAL.
3. No individual shall solicit or schedule any gym or time for practice other than those provided and approved by LJAL Basketball Committee.

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Rules

Michigan High School Basketball rules shall govern, except for the following modifications:

1. Defense

Jr. Freshman, Freshman, JV Silver - A man-to-man defense must be used in the freshman and JV Silver leagues. Definition of a man-to-man defense is that each player must guard an opposing player within 4 feet and can only leave that player to double-team the person with the ball within the 3-point line. Violation of the rule will result in a warning from the referee for the first offense for each team. The second offense for a given team will result in the opposing team being awarded two free throws and the ball out-of-bounds. Defending the ball-handler with more than 2 defensive players, double-teaming outside the 3-point line, or double-teaming an offensive player not handling the ball is not allowed.

Senior Varsity, Varsity, Gold - All leagues other than freshman and JV Silver may play either man-to-man or zone defense, and the rules on double-teaming do not apply.

2. Disputes

The referee shall be instructed to require any game interrupted by a dispute to continue until termination of the game. Any team refusing to finish the game shall suffer a forfeit of the game.

3. Forfeits

If neither team shows up for a scheduled game, or neither team has sufficient players as defined in paragraph 4 of this section, then both teams shall forfeit the game.

4. Minimum Participation Rule

A team having less than six (6) players dressed and ready to play at game time shall forfeit the game to the opposing team, unless prior approval is granted by the Basketball Commissioner.

5. Official Scorekeepers

Time-keeping shall be handled by an adult (at least 18 years old) from the visiting team, and the official scoring will be kept by an adult from the home team. To avoid distractions, only the timekeeper/scorer should be at the scorer/timing table. It is the coach's responsibility to ensure that the timekeeper/scorers are available 5 minutes before the game starts.

6. Teams

The home team has the option to select either the first half or the second half for sending its team onto the court first to start each period in a certain half. Once the coach selects the team to play no changes can be made. For example, if the home team selects the first half, the home coach will have its team on the court first, with the second half reversed.

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7. Coaches

Only the head coach or the coach designated will be allowed to stand during the game. All other coaches and all players must be seated.

8. Game Length/Periods

Gold, Varsity & Sr. Varsity Leagues - Each game shall consist of four periods, two per half, each eight minutes long with a 'stop clock'. The clock will stop during all free throws, injuries, official time-outs and out-of-bounds plays; there shall be one minute between periods and a five minute half-time.

Freshman, JV Silver Leagues - Each game shall consist of six periods, three per half, each five minutes long with a 'stop clock'. The clock will stop during all free throws, injuries, official time-outs and out-of-bounds plays; there shall be one minute between periods and a five minute half-time.

9. Jump Balls

Jump balls will take place only at the start of each period (Freshman & Silver Leagues) or each game (Senior Varsity and Gold Leagues). The teams will use the alternate possession rule for any remaining jump-ball situations, and to start the 2nd, 3rd and 4th quarters for Senior Varsity and Gold Leagues.

10. Minimum Play Rule

Gold and Senior Varsity - For Gold and Senior Varsity levels each player must play a minimum of 4 minutes per half.

Jr. Freshman, Freshman, Silver Leagues - Each player must play one complete period in each half. **Barring Injuries, It is intended that each player will play, at a minimum, 2 uninterrupted periods in each game.** When ten or more players are present at a game, no player may play more than 3 periods in a complete game. No player may play more than two periods in either half unless injuries or fouls reduce the number of players available. A player can only play a second time in a half after all other players have played. If a player arrives after the first half has been completed, he/she can play only two periods in the second half.

Clarification: When less than 15 players are available then a player can play two periods, only after or during the period everybody has played one. A player can play a third period in a game prior to other players playing their second but only in the second half and after all criteria of rule 11 have been met. That means a player may play, for example, periods 1, 3 & 4, but then they cannot play again unless fouls or injuries make that player the only available player. Additional playing time should be spread evenly. At the start of the second half, rotations may be altered as long as they allow each player to play one complete period per half and that every player plays once before a player play twice.

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11. Substitutions

Gold, Varsity and SV Leagues – Substitutions may be made during most stoppages of play, as allowed and directed by the game referees.

Silver Leagues (exc. SVBoys) Substitutions during a period can be made as long as each player on the team has played at least one **complete** period at one time during the half prior to the substitution. **Barring Injuries, it is intended that each player will play, at a minimum, 2 uninterrupted periods in a game.**

Substitutions will also be allowed when a player fouls out or is injured. If a player is removed due to an injury, the player may return to the game within the same period. If a player subs for another player because of an injury or a player fouls out, it constitutes as one playing period.

12. Timeouts

In all leagues, each team will be allowed 3 time-outs per half to be used at the coach's discretion. Delays caused by player injury shall stop the clock, chargeable to "officials" time-out.

13. Game Equalization

In an effort to reduce the number of "lopsided" scores, the following rule has been adopted by the LJAL Basketball Committee:

All Leagues - there will be no full court press (Gold, Varsity & Sr. Varsity) allowed by any team that is up by 15 points or more.

Silver Leagues - When a team reaches a 15 point advantage over the other team, the team that is behind will retain possession after a made field goal or foul shot, as long as they continue to score, until the difference is reduced to 10 points or less. Once the difference returns to 10 points or less, the game will go back to regular rules. It is up to the offensive team to be in position at half court.

Clarification: During the time this rule is in effect, the team that is behind has only to go back to half court to place the ball in play. No full-court press is allowed. Additionally, with this rule in effect, if the team that is behind shoots and misses, the ball is in play and either team has the opportunity to rebound and score.

14. Overtime

Under no circumstances shall overtime periods be allowed at any level, except for Playoff games.

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15. Defensive Press

Gold, Senior Varsity, and Varsity Leagues – Full court pressure is allowed except for the 15-point rule.

Junior Varsity Silver Leagues – A full court press will not be allowed. The defensive team may only half-court press after the ball has moved across the midcourt line. For example, once the defensive team has gained control of the ball (i.e., after a field goal, free throw, rebound, steal, or out-of-bounds), the opposing team must immediately fall back across the mid-court line before applying defensive pressure.

Freshman – Half-court press will not be allowed. For example, once the defensive team has gained control of the ball (i.e., after a field goal, free throw, rebound, steal, or out-of-bounds), the opposing team must immediately fall back across the 3 point line extended before applying defensive pressure, in most cases the line just above the three point line can be the definable no press line.

In all cases once the ball has passed the no press line, man to man defensive rules apply.

16. 3-Point Rule

Senior Varsity, Varsity, JV Gold Leagues - The 3 point rule will be in effect for these leagues only.

17. Team Fouls

On the seventh team foul in a half the one-on-one bonus free throw rule will be in effect; on the tenth team foul in a half the two-bonus free throw rule will be in effect.

18. Personal Fouls

Gold, SV, and Varsity Leagues – Each player will be allowed 5 personal fouls, and will be removed from the game immediately following a 5th foul. *JV Silver and Freshman Leagues* - Each player will be allowed 4 personal fouls, and will be removed from the game immediately following a 4th foul.

19. Free Throws

Jr. Freshman, Freshman & JV Girls Leagues only – Players will be allowed one momentum step across the foul line when shooting free throws. The coaches and officials should discuss the interpretation of this rule prior to the start of the game.

20. Technical Fouls

Two technical fouls by either a player or coach in any one game will result in expulsion for the remainder of the game. Technical fouls also count as personal fouls in ALL Leagues.

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21. The following items apply to all leagues:

- a. Each team member must wear the LJAL supplied uniform.
- b. **All** jewelry (including the situation where players' ears have just been pierced) must be removed before the start of the game.
- c. Black-soled basketball shoes must be the non-marking, "out-sole" type.
- d. Defacing or any altering of the LJAL supplied uniform may result in disciplinary action and/or complete reimbursement for the cost of the uniform.

General

Any coach or player ejected from the game will automatically be suspended from the next game. If a report by the officials is submitted, an investigation will be made. Pending the investigation, further disciplinary action could follow, including suspension for the remainder of the season and/or banishment from participation in LJAL Basketball. The LJAL shall be the sole arbiter and/or avenue for appeal of disciplinary actions relating to or from LJAL activities.

1. Each team will have their complete line-up entered on the official score sheet at least five minutes before game time.
2. Only the coach may discuss a decision with the officials unless the official calls others into the discussion. Officials will be instructed to eject anyone who does not conduct themselves with good sportsmanship behavior.
3. The Department of Parks & Recreation and LJAL reserve the right to exclude any team or player from the league for the abuse of language, courts, school facilities, or continued violations of any rules or regulations governing the leagues.
4. The Department of Parks & Recreation, City of Livonia, or the LJAL will not be liable for injuries of any kind.
5. Home Team shall wear uniforms that are white or "lighter" in color.
6. Only players and designated coaches of the currently competing teams shall be allowed at team practice or on the team bench during games.

The Livonia Athletic League and Department of Parks & Recreation, City of Livonia, its officials and representatives, either employed or voluntary, assume no responsibility whatsoever for any injury suffered by the participant in the activity shown above, and all entries are accepted with this understanding.

Note: The Livonia Junior Athletic League and Department of Parks & Recreation, City of Livonia, and Livonia Public Schools reserve the right to make any decisions that are believed to be in the best interest of the League.