# FORT LEE BOYS BASKETBALL LEAGUE

# RULES and REGULATIONS – UPDATED January 18th, 2023

**I - Varsity Division Playing Rules**

**The GAMECHANGER application should be used by all coaches for scheduling, messaging and keeping track of player attendance. Coaches are responsible for getting all of their players to show up to games.**

1. **Each player who is present for a game shall play at least two complete quarters. The second team should play in the 2nd and 4th quarters.**
2. **Each team will have six players designated as starters that can not play in the 2nd and 4th quarter.**
3. All games will be played under High School Basketball Rules with the exception stipulated in these game rules.
4. Games shall consist of five 10-minute quarters with stopped time at one minute thirty seconds of the 2nd and 5th quarter.
5. **Time outs: Two in the 1st and 2nd quarter (First Half). Three in the 3rd, 4th and 5th quarter (Second Half).** Thirty second time outs.
6. **Five fouls** disqualifies a player from the game.
7. Three-point rule will be in effect.
8. Alternate possession will be in effect for all jump ball situations.
9. **20 Point Rule (*Excludes 5th quarter and playoffs*)**: A team that is 20 points ahead will insert their second team until there is a 12-point difference.
10. Full court press is allowed at all times, unless up by 20 points.
11. A minimum of 8 players is needed per team. If a team has less than 8 players that team will forfeit (a loss will be recorded) but the two teams will still play a game. The coaches can mix players from both teams to have an even number of players per team.
12. Participants must wear the issued team jersey and shorts.

# L. OVERTIME – 2-minute quarter with stopped time. One timeout.

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**II – Junior Varsity Division Playing Rules**

**The GAMECHANGER application should be used by all coaches for scheduling, messaging and keeping track of player attendance. Coaches are responsible for getting all of their players to show up to games.**

1. **Each player who is present for a game shall play at least two complete quarters. The second team should play in the 2nd and 4th quarters.**
2. **Each team will have six players designated as starters that cannot play in the 2nd and 4th quarter.**
3. All games will be played under High School Basketball Rules with the exception stipulated in these game rules.
4. Games shall consist of five 10-minute quarters with stopped time at one minute thirty seconds of the 2nd and 5th quarter.
5. **Time outs: Two in the 1st and 2nd quarter (First Half). Three in the 3rd, 4th and 5th quarter (Second Half).** Thirty second time outs.
6. **Five fouls** disqualifies a player from the game.
7. Three-point rule will be in effect.
8. Alternate possession will be in effect for all jump ball situations.
9. **18 Point Rule (*Excludes 5th quarter and playoffs)***: A team that is 18 points ahead will insert their second team until there is a 12-point difference.
10. Full court press is allowed in the 3rd and 5th quarters with 3 minutes left in the quarter.
11. A minimum of 8 players is needed per team. If a team has less than 8 players that team will forfeit (a loss will be recorded) but the two teams will still play a game. The coaches can mix players from both teams to have an even number of players per team.
12. Participants must wear the issued team jersey and shorts.

# OVERTIME – 2-minute quarter with stopped time. One timeout.

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**III – Freshmen Division Playing Rules**

**The GAMECHANGER application should be used by all coaches for scheduling, messaging and keeping track of player attendance. Coaches are responsible for getting all of their players to show up to games.**

* 1. The Freshmen Division is a teaching division. All players must play equal time.
  2. Standings will be kept.
  3. Games shall consist of five 10-minute quarters.
  4. Defense must always play behind the three-point line. The defense does not have to play behind the three-point line with less than 3 minutes in the fourth and fifth quarters.
  5. There will be a three-minute overtime period with no time stoppage. If there is still a tie after the three minutes, the game will end in a tie.
  6. No fast breaks will be allowed.

# IV - Unsportsmanlike Conduct

* 1. Referees are instructed to eject a player or coach for unsportsmanlike conduct or profanity at any time during a game.
  2. Any ejection by referee will result in a 2-game suspension.
  3. Fort Lee Boys Basketball follows NJ State High School rules regarding unsportsmanlike conduct and ejections.

**V - Behavior of Players at the Fort Lee Middle School**

The Fort Lee Junior Basketball League is very fortunate to have use of the Middle School Gymnasium. Certain behavior by participants could jeopardize the use of this facility. Therefore, the following rules must be **Strictly** adhered to:

1. All players must wait outside the school on practice days for their coach to arrive.
2. No players are allowed in the school unless they are practicing.
3. Players are to report directly to the gym and **STAY** in the gym. Water fountains outside the locker rooms are to be used and the locker rooms will be open for use of lavatory Facilities.
4. Under no circumstances are players to go to their school lockers or loiter in the school Hallways.
5. Suspension from school will result in suspension from League Game play.
6. Once the game has ended, get dressed and either go home or sit in the stands.
7. There is no loitering in the locker rooms or hallway. Players will be warned once. Following violation will be 3 suspended games.

# VI - Parental Responsibility

We ask that you attend as many games as possible. Your assistance is required to ensure that the boys are not only taught basketball, but also citizenship, team spirit and good sportsmanship. Ranting and raving about officiating is not tolerated from the boys and unfortunately, must also be enforced on spectators. Any violation, the parent will be required to leave the gym and building.

The Bench Area is strictly reserved for coaches and players.

**VII - CODE OF CONDUCT AND WAIVER REQUIREMENT**

All players will respect and follow their coach’s instructions. The coach could take action (including not playing the individual during the game) in any way that he feels is appropriate to make sure proper behavior is displayed by all players.

Inappropriate conduct will not be tolerated before, during or after the game.

This includes use of profanity anywhere in the gym. Fans, coaches and players will be supportive of their team and at a minimum be "polite" to the referees and the opposing team.

Any player ejected from a game will automatically be suspended from the following game. Non­player suspensions will be for two games following ejection. Any suspended individual will not be allowed in the facility at time of game. Failure to comply with above will result in forfeiture of said game and the suspension shall be extended for one game. All second offenses (ejections) will be automatic season suspension for players, coaches and fans.

Exception: coaches who are ejected in the last game of the regular season shall only be ejected for one game (Including Playoff and Championship Games). Coaches ejected during playoffs will be suspended balance of playoffs and Championship games.

IF A COACH-PARENT OR A PARENT IS SUSPENDED FOR A SECOND TIME, THEIR CHILD WILL ALSO BE SUSPENDED FOR THE REMAINDER OF THE SEASON.

IF ANY FISTS ARE THROWN BY A FAN OR COACH, THE OFFENDING PERSONS SHALL BE SUSPENDED FOR THE REMAINDER OF SEASON AND THE FORT LEE POLICE WILL BE NOTIFIED.

No one should approach referees after a game other than to say good game, thank you or have a good evening. Approaching a referee after a game by a coach or fan to criticize or complain is poor sportsmanship and will result in a two-game suspension if the referee reports the incident. Similarly, no coaches or parents should approach opposing coaches or parents or engage with them in any way during or following the game.

PLEASE REMEMBER THAT OUR GOAL IS FOR ALL THE BOYS WHO SIGNED UP TO PLAY AND THAT ALL HAVE A GOOD TIME. NO NBA OR NCAA COACH WILL BE THERE LOOKING TO SIGN UP PLAYERS.

As the parent or legal guardian of the child named above (the "registrant" or "my child")

I give my full consent and approval for my child to participate in the Fort Lee Boys Basketball League.

I understand that travel may be involved for some activities, and I approve my son to ride with a FLBB volunteer when necessary.

I understand it is my responsibility to notify the league and coach in writing should I become aware of any allergies or physical/medical conditions, which could hinder safety while practicing or playing basketball.

I understand my regular insurance is primary and that in event of injury, coverage provided by our carrier and Borough of Fort Lee is secondary. I agree to hold the League, its Directors, Coaches and Referees harmless in the event of injury.

I further grant Fort Lee Boys Basketball the right to use photographs of my child and/or his/likeness in printed, broadcast and other material concerning Fort Lee Boys Basketball, including, without limitation, on its printed materials or on its website(s}, social media. without payment or consideration.