



COACHES' MANUAL

Revision 1/08/08

SCHEDULES, UPDATES, AND OTHER INFORMATION AT [HTTP://RPBASKETBALL.ORG](http://RPBASKETBALL.ORG)

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ORGANIZATION

RPB is a recreational basketball organization consisting of a Boys League and a Girls League. Each league is divided into divisions based on the participants' current school grade level. The Boys League is comprised of eight divisions: 3rd, 4th, 5th, 6th, 7th, 8th, 9th-10th and 11th-12th. The Girls League is made up of five divisions: 3rd-4th, 5th, 6th, 7th, and Senior (8th through High School). Grade levels may be combined to optimize division sizes.

Athletes who are participants in "club" or other competitive basketball organizations between November and March are not eligible to participate in this recreational program.

The RPB Board of Directors governs and administers all activities. Each division shall have one or more Division Coordinators who are responsible for the dissemination of information, answering coaches' questions, enforcement of Board Policy and assisting coaches with any concerns that might require Board attention.

UNIFORMS AND EQUIPMENT

A. Uniforms

Each player will receive an official shirt or jersey and will provide his/her own shorts. Uniforms belong to the players and are not to be turned back in to the league at the end of the season.

Players must wear their official uniform in all league games. Substitute articles of clothing will not be allowed except upon the written approval of the affected player's division coordinator at the request of the affected player's coach. Each division coordinator has discretion to grant such approval in exceptional cases (e.g., a serious error in the size of the official uniform). Any player who is out of uniform will not be permitted to participate in a game unless his/her coach provides the game's official(s) with such written approval. Each player must provide his or her own pair of court shoes which must have non-marking soles to protect the wooden floors.

All players are encouraged to wear appropriate protective gear (knee pads, mouth guards, etc.) during practice and game activities.

B. Equipment

The 3rd and 4th grade divisions (both boys and girls) will use a junior size ball. All other girls divisions will use a size 6 intermediate ball (28.5 inch circumference). All other boys divisions will use a full-size men's regulation ball.

PLAYING FACILITIES

A. Locations

Playing facilities for games may include:

- Black Mountain Middle School Gymnasium and Recreation Center
- Canyonside Recreation Center
- Mesa Verde Middle School

*Note: Outdoor courts will not be used for games except in extreme emergency situations when indoor gyms are not available.

B. Game Day Facility Procedures

1. Coaches and parent volunteers from teams scheduled for the first game of the day at all facilities should arrive 20 minutes early to help set up team benches (chairs), scorer's table, scoreboard, etc.
2. Coaches and parent volunteers from teams scheduled for the last game of the day at all facilities must remain after the game to help put away chairs, tables, etc. Before leaving the premises, the coaches must contact a staff member at the facility to confirm adequacy of the clean-up.
3. **Game balls and pre-game warm-up balls will be provided by RPB.** The Head coach may bring one extra ball into facility.
4. **No other balls will be allowed in the gyms on game days.** Please advise parents and players that they will be required to remove balls they bring to the gym on game days from the facility.
5. **No food or drinks (including water bottles) may be brought into the gyms at any time.** The City of San Diego and the Poway Unified School District mandate this. Failure to comply with these tenant rules will jeopardize our use of these facilities. This applies to board members, coaches, players, referees, and fans.

MEDICAL RELEASE CERTIFICATES

Parents must sign an RPB Medical Release Certificate which holds RPB harmless in case of injuries. It also provides emergency medical information and a release statement granting permission to treat injuries. Coaches must have a copy of each player's Medical Release Certificate in their possession at all practices and games. Coaches should contact their respective Division Coordinators for these forms.

PRACTICES

A. Procedures

Practices may not begin before November 15th. During the pre-season teams are to practice a minimum of one (1) time per week and a maximum of three (3) times per week. Once League play begins, practices are a minimum of one (1) and a maximum of two (2) times per week.

B. Facilities

Usually team practices will be held on outdoor courts chosen by the team's coach. The League will also distribute some select indoor practice times to coaches through their Division Coordinators.

Please note that indoor practice time is very valuable and difficult to come by! Coaches must use the time given to their teams or notify their Division Coordinator so the practice time can be given to another team. Unused gym times will be noticed by the Recreation Department and PUSD and could cause our league the loss of this privilege we have worked very hard to obtain.

PLAYER DISCIPLINE

RPB represents the highest standards of sportsmanship and personal conduct. No player shall engage in conduct damaging to the reputation or image of RPB. Violence, outbursts of anger, use of profane language, destruction of equipment or facilities, gross disrespect of coaches, officials, team members, parents or the public, or attempts to cause injury to another player will not be tolerated either at practice or games.

If a player engages in such conduct, on the first offense the player is to be issued a warning by his/her coach and his/her parents notified immediately. On the second offense, the player is to be counseled by the coach, parents and Division Coordinator notified, and a one game suspension shall be imposed. On the third and any subsequent offense, a one game suspension shall be imposed and the parents and the player may be asked to appear before the Board to discuss the incident and appropriate consequences. More serious discipline may be imposed at the discretion of the Board.

If a player has received a disciplinary suspension from a game, the player's coach will inform the scorekeeper and the opposing coach of the suspension prior to the start of the game.

However, if it is determined by the Division Coordinator and League President or a Vice President that the coach may have inappropriately removed the player from the team for disciplinary reasons, the coach may be required to appear before the Board of Directors for a review of the case. If the coach does not appear before the Board or it is found that he/she inappropriately removed the player from the team, the coach may be suspended for up to two (2) games and may receive additional disciplinary action at the discretion of the Board.

COACHING RESPONSIBILITIES AND CODE OF CONDUCT

- A. Every coach is to be a positive role model and should strive to project an image with parents, officials, opposing coaches and players demonstrating exemplary moral ethics and sportsmanship during all RPB activities.
- B. Coaches are responsible for the general safety of the players during practice and games and ensuring the players have a safe playing environment.
- C. Head coaches must be at least 18 years old and approved by the Board of Directors prior to the start of the season.
- D. Coaches are encouraged to utilize a "positive reward" system of recognizing individual and team achievements. Players should not be admonished by the coach or fellow teammates for not being able to perform some level of activity; rather they should be individually coached in an effort to help them gain greater skill.
- E. Coaches must recognize the authority of the referees during all games. Referees receive extensive training before the start of the season and the Board will fully support their officiating decisions made during the games. Coaches are to remain flexible and realize that even when a referee is performing to the best of his/her ability questionable calls may occur. If a coach believes a referee has committed serious error that had an effect on the outcome of the game, the coach should contact the Division Coordinator.
- F. Coaches are not to encourage or allow their teams to "run up" the score against an opponent. A win by a margin greater than 12 points in the 3rd and 4th grade divisions, and 20 points in all other divisions is deemed excessive. Tactics such as player substitution, as permitted under the minimum/maximum playing time restrictions of the league, as well as rotation of ball handling responsibilities should be used to keep the score differences within the acceptable range. It may become necessary to instruct a player to pass instead of shoot, or to remove a more skilled player from the game.
- G. Coaches and players who are not currently in the game are required to remain seated on the bench at all times. Outbursts of anger or will not be tolerated and will result in technical fouls being assessed against the coach/team (refer to Technical Fouls section of Playing Rules). Only players and coaches (2 per team) are allowed on the bench; spectators must sit in the stands or other provided seating.
- H. Coaches are responsible for the conduct of their teams' fans and parents. Fans and parents who become abusive or disorderly will be asked by the officials and coaches to leave the gym.
- I. Coaches are expected to work closely with the Division Coordinators and the Board in quickly resolving problems and providing feedback on ways to improve the program for the following year. Coaches and parents are encouraged to become RPB Officers or Board members to assist in developing and administering future RPB activities.

- J. Coaches have the responsibility of providing each parent with a game and practice schedule. Coaches must also keep parents informed of all schedule changes.
- K. Coaches and parents are to make all necessary arrangements to ensure that players will be promptly picked up after practices and games.
- L. Coaches will be required to evaluate each of their own players toward the end of the season. The league will provide a standard form on which generalized skill information should be recorded by the coaching staff the coaching staff should record information. This information is critical to help form next season's teams. All player evaluation forms must be turned in to the appropriate Division Coordinator before the team will be permitted to compete in the final tournament.

TEAM SELECTION

A. Formation

All teams will be formed by RPB based upon a "rated by skill level" procedure. The goal is to provide each team with an array of variously skilled players. No team will have more than eight (8) or fewer than five (5) players. Team rosters will be formed at each division's designated team selection meeting. Attendance at team selection meetings is limited to the head coach for each team or his/her designated representative and RPB officers (typically the Division Coordinator, President and/or a Vice President, and Registrar). Any player movement between teams must take place at this meeting and can only be completed with the consent of the coaches involved and the RPB Division Coordinator.

B. Waiting List

Some players may be placed on a waiting list for possible inclusion on a team as openings become available. New replacement participants must be rated according to skill level by the Evaluations Coordinator and will only be placed on teams where their playing capabilities can be fairly utilized.

No new players will be added to a team after February 1, unless the team has only the minimum number of players remaining.

C. Team Openings

For a player to be "officially" dropped from a team, the player's coach must contact his/her Division Coordinator who will then contact the player's parents to determine or reaffirm the reason(s) for the player leaving the team. Open slots will only be filled from the league's waiting list. The Division Coordinator will make an attempt to replace the "dropped" player with one of equal ability.

It is the responsibility of each coach to keep his/her Division Coordinator informed as to the status of the team's membership so all teams can be maintained at full strength, thus allowing for maximum participation.

D. Coach/Assistant Selection

The Division Coordinator will select coaches who must be approved by the Board. Team coaches are encouraged to select an assistant coach from within the team assigned to him/her. A coach may “pre-select” an assistant coach so long as at least one of the children of the coach and intended assistant coach playing in that division are not both in the top four draft rounds.

SEASON SCHEDULE

League games will begin on the first Saturday of the calendar year and end approximately ten weeks later. The game schedule will be posted on the RPB website as soon as possible after all teams have been selected and facilities have been obtained.

Tournament games (single elimination) will begin after the last regular season games and end with championship games being played on a Saturday in late March.

Third grade boys and the 3rd-4th grade girls division will play an extended schedule instead of playing a season-ending tournament.

The season schedule is subject to change at any time based on availability of facilities.

AWARDS

- A. Participation awards will be given to all players in the 3rd grade boys division and 3rd-4th grade girls division.
- B. In all other divisions awards will be presented only in tournament play. The number of awards will be based on the number of teams in each respective division.

PLAYING RULES AND PROCEDURES

NATIONAL RULES

Except as modified as explained in this manual, RPB shall be governed under the official *Basketball Rules Book* published by the National Federation of State High School Associations.

RPB RULES AND PROCEDURES

A. Benches and Sidelines

Only two (2) coaches per team will be allowed on the bench. It is the coaches' and referees' responsibility to keep all other adults and children away from the sideline of the team's bench.

B. Scorekeeping and Timekeeping

Each coach shall provide a parent to serve as the scorekeeper or timekeeper for each game. Both of these individuals must sit at the official's sideline table during the game. Both coaches must agree on the selection of scorekeepers prior to the start of the game. Both score- and timekeepers must maintain proper decorum while fulfilling their respective responsibilities during a game. They are considered part of the officiating team for the game, thus restraint must be shown in "cheering" for either team. Attention must be focused on the correct recording of game activities.

All score- and timekeepers must attend one pre-season orientation program offered by RPB. These clinics will be held at times and places to be announced. All score- and timekeepers, including those who have kept score in this league in the past, must attend one of these meetings.

Scorekeeper:

Responsible for accurately recording information on the game's two official scoresheets (one for each team), including player's name and jersey number, points scored by each player during each quarter of play, number of periods played by each team member, number of personal and team fouls committed, number of time-outs taken, and the running score. Note: Each player (not the player's coach) must personally check in with the scorekeeper each time he or she enters the game.

The scorekeeper shall notify each coach when a possible playing time violation is about to occur at the beginning of each period. It is the offending coach's responsibility to adjust his/her line-up to correct the problem.

The scorekeeper shall stop play and notify the game officials and both teams' coaches when a player has scored the maximum permissible individual points-per-game (applicable to boys 3rd through 6th grade and girls 3rd through 5th grade divisions only).

The scorekeeper, following the conclusion of the game, shall have a coach for each team sign the scorebook. By signing the scoresheet, the coaches acknowledge that the scores on the sheet are correct.

Timekeeper

Responsible for maintaining the game clock which controls the time remaining in each period, posting each change in the score, and changing the ball possession arrow.

C. Technical Fouls

Technical fouls can be assessed against a team by the game's officials for any number of reasons including unsportsmanlike conduct by players and/or coaches, playing time violations as outlined in the rules, excessive use of time-outs, etc. Any technical foul assessed against one team will result in the other team being awarded two (2) points plus possession of the ball. Coaches and/or players receiving two or more technical fouls in a game will be automatically ejected from the remainder of the game and further suspended from participating in the next scheduled game. At the discretion of the referees, players may be ejected on the first technical foul for flagrant misconduct. Any team receiving a total of three (3) technical fouls will automatically forfeit the game regardless of the score.

D. Tie Games

If a game ends after regulation play in a tie score, a maximum of two 3-minute overtime periods can be played. The first "OT" period consists of three (3) full minutes of regular play. If the score remains tied after the first "OT", a second sudden victory period will be played. The first team to score in the second "OT" period is the winner. If neither team scores in the second "OT" period, the game is over and a tie score is recorded, except in tournament play, where sudden victory "OT" will be played until one team scores. Each "OT" period begins with a jump ball.

E. Time Limits and Running Clock Rules

All games for the 3rd, 4th, and 5th grade divisions will be played utilizing four 7-minute periods. All games in the remaining divisions will be played utilizing four 8-minute periods. All games will be timed using a "running clock" system, with the clock being stopped only for team time-outs, shooting fouls, technical fouls, referee-designated time-outs, and game stoppage for purposes of notification of a player's having reached his/her scoring maximum. The clock is also stopped at each whistle during the last one (1) minute of regulation play and during the entire length of all "OT" periods of play.

There will be a one (1) minute break between each period and a three (3) minute break at half-time. Time will be allotted for pre-game warm-up activities. In order to keep the game within the allotted time period, the length of the rest periods may be altered at the discretion of the referees.

F. Time-outs

Each team is allotted two (2) time-outs per half. Each team will be allotted one (1) time-out for each overtime period played. Unused time-outs cannot be carried over into the second half or overtime periods. A technical foul will be assessed against a team which calls for a time-out when it has none available.

The referee may call an official's time-out to attend to an injured player, retrieve a stray ball or review problems associated with the scorebook, clock, etc. During the last four minutes of the fourth period of play, the referee will call a brief official time-out when a permitted player substitution occurs. Official's time-outs are not charged to either team.

G. Playing Time

In every game, each available player must, except as indicated below, play no less than two full periods and sit out one full period, start to finish. Additional playing time restrictions and exceptions, based on the number of players present on a team at the beginning of the second period, are described below. Note: A player who is sitting out his/her mandatory one period during the fourth period may not be reinstated into the playing line-up to replace another player who fouls out.

Players will not be credited with playing time unless they are played in positions which provide them the opportunity to directly participate in the game, both offensively and defensively. **Example A:** a player who is coached to stay so far away from the key when his/her team is on offense that s/he cannot reasonably be seen as performing any offensive function other than keeping his/her defender away from the action may not be credited with playing for that period.

A substitution in mid-period which results in a partial period played and a partial period sat out will not count toward required playing time or the one full period which a player must sit out. **MOST PLAYING TIME VIOLATIONS ARISE WHEN SUBSTITUTIONS ARE MADE MID-PERIOD.**

If a playing time violation occurs during a game, a technical foul will be assessed against the offending team. "During a game" is defined as any time after the players have taken their positions on the court and the ball has been put into play.

If the violation involves a player with less than two full periods of playing time, that player will be reinstated immediately into the game. If the violation involves a player who has already played in the maximum permissible periods, that player will be immediately removed from the game and replaced by another eligible player *chosen by the opposing coach*.

Overtime is considered a new period (not an extension of the fourth period), and any eligible player may play.

The scorekeeper shall notify each coach and a referee when a possible playing time violation is about to occur at the beginning of a period. It is the offending coach's responsibility to adjust his/her line-up to correct the problem. Playing time violations are to be resolved during the game. They are not considered as acceptable grounds for formally protesting the outcome of the game.

Special Restrictions With 7 or 8 Players Available

- * If a player is injured and is deemed unable to continue the game and the players on the injured player's bench have not yet sat out one full period, the opposing coach may

select a player to replace the injured player. The injured player may not return to the game.

- * If a team has seven players available and a player fouls out in the first quarter, the rest of the game is treated as if the team has six players (i.e. the opposing coach can pick who sits out the second quarter). If a team has seven players and a player fouls out in the second or third quarter, the opposing coach may select the player off the bench who will replace the fouled out player. The substitute will not have been deemed to have played in that quarter for the purposes of the minimum play/sit rules. Under these conditions, in all periods following the foul out, a player cannot sit out two periods unless every other player (except the player who fouled out) has sat out at least one period.

Special Restrictions With 6 Players Available

- * Each player must play not less than three full periods, start-to-finish.
- * The coach of the team with only 6 players available must notify the scorekeeper, referees and the opposing coach prior to the start of the game. The opposing coach will then have the *option* of designating which player, of those playing in the first period, will sit out the second period. However, if the opposing coach has only five players available for the game, s/he does not have this option.
- * Failure to notify the scorekeeper, referees, and the opposing coach will result in a technical foul being assessed, *and the opposing coach will have the option of designating which player, of those playing in the first and second periods will sit out the fourth period.*

Special Restrictions With 5 Players Available

- * All players will play the entire game.

Special Restrictions With Fewer than 5 Players Available

- * A team must have at least five (5) players in order to start a game, *except in the Boys 3rd grade and the Girls 3rd-4th grade divisions.* However, any team may finish the game with fewer than five if players have fouled out, become injured or are otherwise unavailable to complete play.

Player Arriving Late

A player who arrives late for a game may have special restrictions on the number of required playing periods as follows:

- * Except as indicated below, a player arriving after the start of a period will not be allowed to play in that period.

- * Players arriving before the start of the second period shall play all of their required periods as defined above and are not governed by any special playing time restrictions.
- * If a player arrives after the start of the second period of the game, the player must play at least one period and may be allowed to play two periods, at the discretion of the coach.
- * A player arriving after the start of the third period may, at the sole discretion of his/her coach, be substituted into the game for any part or all of the time remaining provided all playing time requirements for all other players are met.
- * When a player arrives late the time period rules for the larger number of players apply.

H. 3-Point Shot

The three-point field goal will be in effect during any game (regular season or tournament) which is played on a court that has a three-point line marked.

I. 12-Point Rule

In the interest of competitive play, no team leading by twelve (12) points or more may pressure the ball in the opponent's backcourt area. One warning will be issued for the first offense, and a technical foul will be issued against the coach on the second and subsequent violations.

J. Protests

Protests should be avoided if at all possible. Problems during a game should be resolved between the two coaches and officials at the time they arise. However, any coach may file a protest against another team if a discrepancy cannot be resolved, *except as otherwise stated herein*.

The following specific sequence of steps must be followed in order to properly file a formal protest.

1. The game officials, if available, should be notified by the coach that a protest would be filed. The protest will be made in writing and will include all pertinent details.
2. The protesting coach should not sign the scorebook, rather he/she should include a written statement on the back of the game's official scoresheet that the game is under protest and briefly outline the reasons.
3. The game officials should sign next to the protest statement in the book acknowledging that they have been informed of the matter.
4. The Division Rep should be notified in writing within 24 hours by the protesting coach of the nature of the problem. The Division Rep will investigate the matter thoroughly to ascertain whether an RPB rule has been violated and if the problem can be resolved without further intervention by the Rules Committee.

5. The Division Rep will report his/her findings to the Rules Committee. The Rules Committee will handle all unresolved protests. The protest may be withdrawn at any time before the Rules Committee takes formal action in the matter.

The Rules Committee shall act upon all protests received. The Rules Committee may convene a special meeting for the purpose of addressing the protest. Reports from both coaches, the Division Rep and game officials may be solicited by the Rules Committee for the purpose of review and clarification. A decision will be rendered by the Rules Committee within an appropriate timeframe. The decision of the Rules Committee on all protest matters is final. Any Rules Committee member who is directly involved in a protested matter shall be disqualified from participation in deciding the outcome of the protest.

K. Game Officials

1. The game officials (referees) have the responsibility to ensure that the rules and regulations of basketball, as adopted by RPB, are adhered to in all games. The referees are given complete authority by the Board to make calls and decisions necessary to govern the play of the game. Each referee will sign the official score sheet after the conclusion of the game. Coaches, players and fans are not to harass the referees in any manner concerning their officiating decisions. Any display of physical gesturing, vulgarity, or other forms of unsportsmanlike conduct directed at officials will result in assessment of a technical foul against the coach. Moreover, the offending player/coach may be required to appear before the Board for subsequent disciplinary action. If questions should arise or clarification of a call is necessary, the referee should be approached politely and with courtesy.
2. When instructions are given to the teams or coaches, a representative from each team should be present.
3. If a coach feels that a complaint or protest concerning a referee decision should be brought to the attention of the Board, he/she will contact the Division Rep concerning the matter. If deemed necessary by the Division Rep the matter will be reported to the Referee Coordinator for investigation.

L. Pre-Tip-Off Free-Throws

Each player will shoot one free-throw prior to the start of the game. Each successful free-throw will be recorded in the scorebook and count in the team's overall score. Referees will administer the free-throws. One referee will be in charge of the visiting team while the other referee will administer the home team. Both teams will shoot the free-throws at the same time, but at different baskets. If one team has fewer players present than the other, the coach of the former will designate one or more players as necessary to shoot an extra shot to balance the total team attempts. Each player so designated must have missed his/her prior attempt(s) unless no such a player exists, in which case the coach may designate any player. In no event will a player who has scored two pre-tip-off free-throws be permitted to attempt another.

Example Team A has eight players present but Team B has only six. Each player on both teams will attempt one free-throw. The coach of Team B will designate two players who missed their first attempts to try one more free-throw each. If only one of the six players present on Team B missed his/her first attempt, that player would be required to make the next attempt and, if it is missed, the last attempt as well.

Pre-tip-off free-throws do not count toward the player point limits.

M. Rule Interpretation and Modification

In general, changes in playing rules are made by vote of the RPB Board of Directors which reserves the right to modify any rule at any time. If it would be impractical to wait for a meeting of the Board of Directors, the President of RPB or his/her designee, with the concurrence of one or more other members of the Board (if available), may interpret and, if necessary, modify any playing rule if s/he deems it appropriate in the interest of fair play and advancement of the goals of RPB.

SPECIAL DIVISIONAL RULES

The following pages describe in detail the special rules applicable within specific divisions of the Boys and Girls Leagues. The chart below contains a summary of those rules. Note: As needed on a yearly basis there will be an addendum superseding this table and the following pages to account for combining divisions.

RPB Special Division Rules Summary								
Division	Defense	Press	Player Point Limit*	Ball Size (Circum.)	Basket Height	Minutes per Qtr	Foul Line	Seconds in Key
G 3-4	M/M	No	12	Youth 27.5"	8 ½ ft (approx.)	7	10 ft	5
G 5	M/M	4 th Q M/M	16	Intermediate 28.5"	10 ft	7	12 ft	3
G 6	M/M 1 st Half	4 th Q	16	Intermediate 28.5"		8	12 ft	
G 7	No restriction	No restriction	No restriction	Intermediate 28.5"		8	15 ft	
G Sr				Intermediate 28.5"		8		
B 3	M/M	No	12	Youth 27.5"	8 ½ ft (approx.)	7	12 ft	5
B 4	M/M	No	12	Youth 27.5"	10 ft	7	12 ft	5
B 5	M/M	4 th Q M/M	16	Intermediate 28.5"		7	12 ft	3
B 6	M/M 1 st Half	4 th Q	16	Official		8	12 ft	
B 7	No restriction	No restriction	No restriction	Official		8	15 ft	
B 8				Official		8		
B 9-10				Official		8		
B 11-12				Official		8		
<p>A blank square indicates applicability of official high school rules modified only by the RPB Rules and Procedures described on pages 8 through 14 of this manual.</p> <p>* The scoring ban on that player would be lifted in any overtime period(s).</p>								

Special Rules for those Divisions which require man-to-man defense.

Unless otherwise indicated, the officials will enforce these special divisional rules by issuing a warning for the first offense and a technical foul for each subsequent violation.

- * Must play man-to-man defense. Man-to-man defense is defined as requiring the defensive player to remain within six (6) feet of the assigned offensive player.
- * Double-teaming is not allowed.
- * The use of any defensive tactic that takes unfair defensive advantage of the offensive team is not allowed.

Example A An offensive ball handler has not dribbled past his/her defender and a second defensive player leaves his/her assigned offensive player and moves over to defend the ball handler. This is considered an illegal double-teaming of the ball handler.

Example B A defensive player leaves his/her assigned offensive player to guard another player who does not have the ball for the purpose of preventing the latter from receiving the ball. This is considered double-teaming and is prohibited.

- * Helpside defense is allowed to stop offensive penetration with the provision that when the offensive penetration is stopped and the original defender has recovered his/her player, the helpside defender must immediately return to his/her original offensive player.
- * The use of an offensive tactic which takes unfair advantage of the defensive team is not allowed.

Example A A player formation that continuously isolates one or more specific offensive player(s) in a one-on-one, two-on-two, etc., situation.

Example B A player formation that continually isolates any offensive player against the same defensive player in a one-on-one situation.

Example C A player formation that keeps one or more offensive players so far away from the key that the defensive players assigned to guard them are taken completely out of the defensive game.

Special Rules for those Divisions which limit backcourt pressure.

Unless otherwise indicated, the officials will enforce these special divisional rules by issuing a warning for the first offense and a technical foul for each subsequent violation.

- * No backcourt defense is allowed in any aspect of the game (i.e. after a basket has been made, shot rebounded, steal made, or in-bound pass made into the back court).

Example A A defensive player may not intercept any pass while in the backcourt even if there is little or no chance that the ball would be caught by an offensive player before going either out of bounds or into the forecourt.

Example B If an offensive player causes a loose ball in the backcourt (e.g., by mishandling the ball or dribbling off another player's heel), an opposing player may not pick up the ball unless it crosses mid-court.

Special Rules for those Divisions with a player point limit.

- * Except as specified below, no player shall be permitted to score after the shot by which his point limit is reached. For the following examples, we will assume that the point limit is sixteen. Immediately upon a player's scoring his sixteenth point, the scorekeeper shall call an official's time out for the purpose of notifying the referees and the coaches of each team of the scoring limit's having been reached. When a player is fouled in the act of scoring his sixteenth point or is fouled in a bonus situation after having scored his sixteenth point, he may score on the ensuing free-throw(s). In the event a player who has already scored his sixteenth point completes a field goal, no points will be awarded, and possession shall be given to the other team. Pre-tip-off free-throws do not count toward the point limit described in this rule.

Example A player who has already scored fifteen points completes a two-point field goal without being fouled. The player is awarded two points, but cannot thereafter score unless he is fouled in a bonus situation. The scoring ban on that player would be lifted in any overtime period(s).