



**RARA Fall Basketball
Coaching Handbook and League
Rules for Junior and Rookie
Divisions (Grades K-2)**

The following information is provided to assist coaches in preparing their teams for competitive play in the RARA Basketball League. The League Director (LD) reserves the right to add or interpret the rules in a manner that is in the best interest of the league. Any questions or comments regarding the following rules should be addressed to the League Director before the first game of the season.

I: RULES OF THE GAME:

RULE 1: GAME TIME: Games are two 12:00 halves with a running clock.

RULE 2: GAME CLOCK: The clock is a running clock and will be stopped only on these occasions:

- a. The clock will stop at 6:00 of each half for substitutions
- b. The clock will stop on all time-outs called, including official time-outs for injuries.

RULE 3: TIME OUTS:

- a. Teams receive one time out per half. Time outs do not carry over into 2nd half.
- b. All time outs are full time outs.
- c. Coaches only may call time out.

RULE 4: PLAYING TIME: There is a guaranteed playing time rule for all players. Please note:

- a. The clock will stop at the 6:00 mark of each half for substitutions. All players on the bench must enter the game at this time. The game clock will restart in 30 seconds.
- b. All players must sit out a min. of one quarter per game (12:00-6:00 or 6:00-0:00).
- c. The LD reserves the right to change the rankings of players to better match up players in the second quarter. The LD will make all coaches aware of such changes.

RULE 5: SUBSTITUTIONS:

- a. To enter the game, players must check in at the table and be waved in by a referee. Players must be at the table before a whistle stops play. Teams with players entering the game from the bench will be charged a two point technical foul.
- b. Unless an injury occurs, you cannot sub a player out before the mandatory substitution times. All players on the bench must enter the game at 6:00

RULE 6: INJURIES:

- a. If a player is injured to the extent that a coach must come onto the court, that player must be removed from the game and sit for a minimum of 2 minutes.
- b. If a player is injured twice in one half, to the extent where the coach or parent needs to come onto the floor, that player must sit out the remainder of the game.
- c. The LD reserves the right to allow injured players to re-enter the game before the mandatory substitution period in cases of mild injury or illness.
- d. Any player sustaining a heady injury of any serious nature will not be allowed to return to the game and may need medical clearance before that player returns to future games.

RULE 7: TECHNICAL FOULS: Please read these guidelines for technical fouls:

- a. Points for technical fouls are automatic two points, except where outlined below (c, d and e)
- b. Players who receive two technical fouls in a season for unsportsmanlike conduct will be subject to dismissal from the league.

RULE 8: PRESSING: Teams cannot press at any point in the game.

RULE 9: DEFENSIVE RULES:

- a. Players cannot steal the dribble at any point in the game.
- b. Teams must play man-to-man all game long.
- c. In the event a player has picked up his dribble and the defender reaches in, it will be called as a delay of game warning on the first occurrence and a personal foul on the defender every time after the warning.
- d. Players can steal the pass and block shots at any time.

RULE 10: HOUSE RULES: Please note the following:

- a. Free-Throw line for this age will be 8-feet.
- b. Team benches are reserved for players of current game only. Players from other teams, parents or spectators are not allowed. Only two coaches per team may sit on the bench.
- c. Junior and Rookie Division uses size 27.5 ball.
- d. Teams will be given a minimum five minutes to warm up.
- e. Teams should warm up opposite their benches.
- f. Coaches are welcome to meet with their teams outside of scheduled league practices, however, by doing so you assume full liability for your meeting.
- g. All other MHSAA rules apply

1: League Philosophy:

It is RARA's intent to provide an opportunity for parents and players to experience basketball in an arena based on sportsmanship and competitive play. We will make every effort to provide an environment regarded as organized, competitive, professional and rewarding. We will not accept any parent, coach, player or person who places our intent at risk.

2: League Director

The League Director (LD) reserves the right to interpret, update and change the league rules for the best interest of the ABL and its players. It is the primary responsibility of the League Director to enforce the league philosophy.

3: Acceptance of Rules:

By coaching your first game of the season, you acknowledge that you have read the rules and guidelines included in this document. All questions regarding these rules should be addressed at least 24 before the start of your first game. A copy of these rules will be available at the scorer's table.

