

# Hoop Heaven Basketball League

## Rules & Regulations

---

### Governing Rules

1. All **NJSIAA rules** shall apply unless modified herein.

*Modified rules are shown in **bold italics**.*

---

### Game Format

2. Each game consists of two (20) minute **running-clock halves**.

- Clock stops in the **final 1 minute of the 1st half** and the **final 2 minutes of the 2nd half** on dead balls.

3. A **jump ball** starts each game. After that, the **alternate possession rule** applies.

#### 4. Overtime Rules:

- **1st Overtime:** 2 minutes (1.5 minutes running clock, last 30 seconds stop clock).
  - Each team gets **1 timeout** (no carryovers).
- **2nd Overtime:** 1 minute (last 30 seconds stop clock).
  - Each team gets **1 timeout** (no carryovers).
- **3rd Overtime: Sudden death** – first team to score wins.  
-No timeouts allowed.

5. Game Ball Size:

- **28.5"**: Boys up to 5th grade, and all girls divisions.
- **29.5"**: Boys 6th grade and older.
- Teams may agree otherwise.

6. No "Home" or "Away" designations.

7. Teams must provide their **own basketballs for warm-ups**. The league does not supply balls.

---

## Player & Team Eligibility

8. Players arriving **after halftime**: team receives a **technical foul**, but player may participate.

9. Roster & Waivers:

- Must be submitted **before the first game**.
- Players must play **at least 4 regular season games** to be playoff-eligible.
- No roster changes after **Game 5**.
- A player may not appear on **more than 2 teams** in any league/program.
  - Dual-team players must be **emailed to the league office**.
  - In playoffs, players **must choose one team** per division.

10. Team classification is based on the **oldest player's grade**.

- Exception: JV and Varsity teams don't require strict ages.
- **12th graders cannot play JV.**

11. Teams must have **at least 4 players** to start a game.

- If the team drops below 4 during the game: **automatic forfeit**.
- Teams may play using non-rostered players just to **play the game**, but the result will still be a **forfeit**.

12. There must be an **adult present on the bench** at all times.

- Cannot be a player or peer.

13. Each team is guaranteed a **minimum of 8 games** (7 regular season + playoffs).

---

## Game Play Rules

14. Timeouts:

- 2 per half, 45 seconds each.
- **No carryovers.**

15. A player fouls out after **5 personal fouls**.

16. Bonus Rules:

- **7th team foul:** One-and-one.
- **10th team foul:** Two free throws.

### 17. Substitutions:

- Only on dead balls.
- Substitutes must kneel by the scorer's table and wait to be buzzed in by the scorekeeper and acknowledged by the referee.

18. The **league scorekeeper** is the **official scorekeeper and timer**.

### 19. Uniforms:

- Must have **numbers on the back**.
  - Missing uniform/number = **technical foul**.
    - **Not enforced during first 3 weeks** of the season.
- 

## Technicals, Ejections & Conduct

### 20. Technical Fouls:

- 2 free throws **plus possession** to the other team.
- 2 technicals = **ejection** and **1-game suspension** (includes playoff games).
- **Disrupting free-throw shooters** (coaches or players making noise or giving instructions) = **technical foul + 1 additional free throw**.

### 21. Flagrant Fouls:

- 1st = **ejection** from the game.
- 2nd (at any time) = **removal from league**.

22. Any team with **3 ejections** due to misconduct is removed from the league.

23. **No taunting, fighting, harassment of referees**, or unsportsmanlike behavior.

- Referee rulings are **final**.
- Ejections will be noted in the scorebook for league tracking.

24. Coaches are responsible for reviewing and explaining league rules to their players.

25. No jewelry, watches, hats, or similar items may be worn during games.

---

## Forfeits & Scheduling

26. **Forfeit time** is **10 minutes** after the scheduled game start.

27. **Forfeits:**

- 1 forfeit: game recorded as **15–0 loss**.
- 2 forfeits: **ineligible for playoffs**.
- 3 forfeits: **removed from the league** without refund.
- **Forfeits within 24 hours** (without valid reason): **team removed after second occurrence**, no refund.

28. Games **cannot be rescheduled**. Teams must play as scheduled or forfeit.

29. All complaints must be submitted **in writing** to the League Director.

30. All **games are final** – no protests will be accepted.

---

## Grade-Specific Rules (2nd–4th Grades)

These apply **only** to 2nd–4th grade divisions (not pure 5th or older teams).

Mixed 4th/5th grade teams follow **these rules**, not the older group rules.

### 31. Pressing:

- **No full-court press** except:
  - **Final 2 minutes** of the second half.
  - All overtime periods.

### 32. First-Half Defense:

- **Man-to-man required.**
- **No intentional double-teaming or trapping.**
- Help defense is allowed but:
  - Help defenders must **return quickly** to their assigned player.
  - Occasional weak-side help is okay as long as it does not turn into trapping.

### 33. Second-Half Defense:

- Zone defense is **allowed**.
- Man-to-man defense still recommended for development.

#### 34. Violations:

- 1st & 2nd violations = **coach warning**.
- Repeated violations = possible **technical foul**.
- Arguing about these calls = **technical foul**.

#### 35. Free Throws (2nd–4th grade):

- Players may **cross the line** during the shooting motion.
- May **not be the first to touch the ball** for rebounding advantage.

#### 36. 4th Grade Teams Playing “Up”:

- Must follow **5th grade & up rules**.
- 

## Mercy Rule & Sportsmanship

#### 37. Pressing Limitations (Based on Score):

- Grades 5–6: No pressing or trapping if up by **15+ points**.
- Grades 7+: No pressing or trapping if up by **20+ points**.
- 3rd–4th grades: Pressing only allowed in **final 2 minutes** of the game.

#### 38. Sportsmanship:

- Coaches must enforce **respectful behavior** if winning by **20+ points**.
-