



BUILT 2 WIN ACADEMY

League Rules & Expectations

GENERAL RULES (ALL GRADES)

- **Game Clock:** Four (4) eight-minute quarters. Clock stops for shooting fouls and restarts once the referee hands the ball to the shooter for the final foul shot. Clock stops in the final 1 minute of the 1st half and 2nd half, unless a team is ahead by 15 or more points.
- **Halftime:** 3 minutes (may be shortened by the director if needed).
- **Jump Ball:** All games begin with a jump ball.
- **Overtime:** One 2 minute overtime during league play. Playoffs: 2-minute overtime, one (1) timeout per team. Second OT is sudden death.
- **Team Fouls:** Beginning with the 5th foul in a quarter, the opponent shoots 'one-and-one' for the rest of the quarter.
- **Personal Fouls:** 2nd Grade – Can't foul out. 3rd & 4th Grade – 6 fouls per player. Technical fouls count as personal fouls. The scorer's table record of fouls and score is official and final.
- **Defense:** Only Man-to-Man Defense is allowed. No Zone Defense at any grade level. Players may leave their man only to defend a player driving to the basket (must recover or switch) or to stop a fast break. If an offense isolates a player a defender or two is allowed in the paint.
- **Timeouts:** Two (2) per half, 30 seconds each (no carryover).
- **Substitutions:** 2nd Grade – Subs at 4-minute intervals (not mandatory, but teams will match up). 3rd & 4th Grade – Subs allowed at any stoppage of play. Player must be at scorer's table
- **Ball Size:** 28.5" ball for all grades.
- **Uniforms:** Each team must provide their own uniforms. If a team cannot provide uniforms, a Built 2 Win pinnie will be issued, though we prefer not to distribute pinnies if possible.

- Coaches: Rosters must be emailed to admin@built2winacademy.org before the first game. Only two (2) coaches are permitted on the bench. Only one (1) coach may stand during the game.

- Sportsmanship: This league is designed to teach fundamentals, teamwork, and sportsmanship. Zero Tolerance Policy: Coaches, players, and fans must display respect at all times. Negative behavior = immediate ejection. Fans may only cheer positively for their team. Any fan stepping on the court = automatic ejection.

- Playoff Tiebreakers: 1. Head-to-Head Result 2. Total Points Allowed 3. Point Differential.

2ND GRADE

- Free Throws: No free throws. Shooting foul = 1 point awarded + ball out of bounds. Made basket while fouled = counts as normal (2 or 3 points) + 1 bonus point.

- Stealing: No stealing the dribble. Passes may be stolen. Stealing allowed in the last 2 minutes of the 4th quarter, after half court.

- Substitutions: Stoppage every 4 minutes (not mandatory, but teams will match up).

- Defense: Strictly man-to-man; no pressing or trapping.

- 8.5ft hoops

3RD GRADE

- Free Throws: Shoot from 12 ft line (may cross the line on release).

- Fouls: 6 fouls per player before disqualification.

- Stealing: No stealing off the dribble until the last two minutes of each half. Passes may be stolen.

- Pressing: Man-to-man full-court press allowed in the last 2 minutes of the game. No pressing if leading by 15+.

- 10ft hoops

4TH GRADE

- Free Throws: Shoot from 12 ft line (may cross the line on release).

- Fouls: 6 fouls per player before disqualification.

- Stealing: Allowed once the offense crosses half court.

- Pressing: Man-to-man full-court press allowed in the last 2 minutes of the game. No pressing if leading by 15+.

- 10ft hoops