

WESTERN LOUDOUN BASKETBALL LEAGUE



2024-2025 Season

GAME RULES

Last Updated:

December 6th, 2024

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1. League Schedule

The number of games to be played, including location, times and dates will be determined by the WLBL Board of Directors for the House league each season. All house teams will play a regular season schedule consisting of no fewer than 8 and no more than 10 regular season games.

At the conclusion of the regular season, teams will play within a post-season "Playoff" tournament within their division to declare the Division Champions.

In the event of postponement of games due to Weather or other unforeseen Circumstances the league will make every attempt to re-schedule up to the minimum number of regular season games so long as they fit within the league calendar for a given season.

Games where a team has to forfeit due to not having enough players will not be rescheduled.

2. House League Rules of Play

Unless otherwise stated Western Loudoun Basketball League will follow NFHS Rules.

Playing Time Rules

This league is set-up for the enjoyment of the game of basketball for all players, not just the few that excel at the game.

Minimum Playing Time:

- All players must start, play through and finish one (1) quarter in both the first and second half of each game. Please make sure all team members play accordingly, unless sickness or injury prevents.

Maximum Playing Time:

- All players must SIT through an entire (1) quarter at any point during the game.

Violation of these minimum or maximum playing time rules will result in a warning for the first offense, any subsequent violation will result in immediate suspension of the coach and forfeit of the game.

NOTE: Depending on the severity of the violation or circumstances, the Board may elect to provide an immediate suspension, or Coach removal from the League.

Playing Time Exceptions

- If either team has fewer than 7 players at the start of the game then the Maximum Playing time rule does not apply for either team for that game.
- Overtime periods do not count towards playing time restrictions
- If a player is injured or sick during play and needs to come out of the game then that will not count against their minimum playing time rule.

Defense Rules

All teams at all age levels are required to play man to man defense during the first two quarters of each game.

Man to Man Defense

- When playing man to man defense, playing “help” defense is acceptable, but the player is expected to guard a man, not an area – an attempt to guard the player must be made when players move (ie – cutting, rotating, etc).
- This rule is in effect when the possession of the ball has been established across the half court line.

Zone and Junk Defenses

- Basic zone defenses (2-1-2, 2-3, 1-3-1, 3-2, etc.) are acceptable in the second half and overtime of games.
- No Triangle & 2 or Box & 1 defenses are allowed at any level. This will be in the judgment of the officials of that game. If playing Man-2-Man you must stay within 5 feet of the person you are playing. Officials will give one warning and after that technical fouls will be administered to the bench.

Full Court & Press Defense

Grades 1 through 4

- Full Court Press is considered to be anytime the defensive team attempts to play defense in the back-court.
- The only exception to this is when the offensive team is attempting to advance the ball via a fast break, in which case the defensive team is allowed to defend in the back court. This is a judgment call that is made by the officials.
- Teams may establish a full court press during the last 3 minutes of the 4th period starting with Game #4 of the regular season. Otherwise if the team with possession

chooses to “walk” the ball up the court, the defensive team must go back into half-court defense.

- There is no press during Games #1 through #3 of the regular season. Both teams must have played and finished three full games for the game to be considered the 4th game of the season. No team may press if they are ahead by 10 or more points.

Grades 5 through 6

- Full Court Press is considered to be when the defensive team attempts to play defense in the back-court on any in-bounds play originating in the back-court.
- Teams may establish a full court press during the entire final (4th) quarter and overtime unless the pressing team is winning by 10 or more points.
- Teams are allowed to play defense in the back-court at any time unless the ball is being in-bounded in the back-court, in which case they must play half-court defense per the half court defensive rules unless it is within the Full Court Press Time period.

Grades 7 through 8

- Full Court Press is considered to be when the defensive team attempts to play defense in the back-court on any in-bounds play originating in the back-court.
- 7th & 8th grade leagues can press at any time in the 2nd half (3rd and 4th periods) unless the team is winning by **20 or more points**.
- Teams are allowed to play defense in the back-court at any time unless the ball is being in-bounded in the back-court, in which case they must play half-court defense per the half court defensive rules unless it is within the Full Court Press Time period.

Half Court Defense

Grades 1 through 4

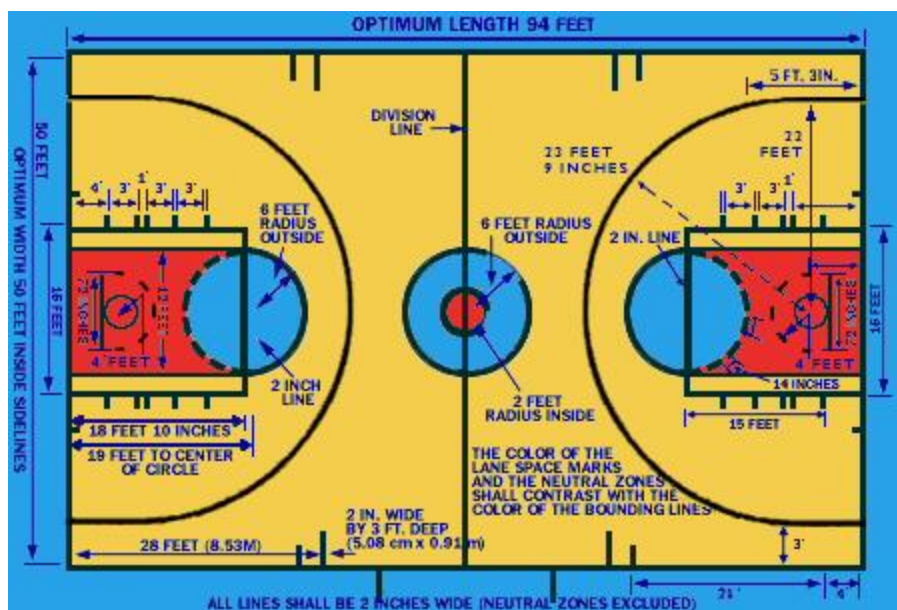
- Trapping in the half court is NOT ALLOWED for grades 1 through 4 UNTIL THE BALL AND/OR PLAYER CROSS THE THREE POINT LINE OR BELOW. This is to allow teams to establish an offensive set-up.
- During the first three games of the season the defense shall not initiate on ball defense beyond the top of the key/three point line in an attempt to apply pressure. If the players are determined to be applying defense above the top of the key, the officials reserve the judgement to blow the play dead and instruct the defense to remain inside the top of the key until the offense initiates
 - Exception: If the offense is attempting to fast break and turns the ball over then the defense may react to the loose ball at any point. However, if the offense chooses to “walk it up” and not fast break then the defense MUST get back behind the top of the key.

Grades 5 through 8

- Trapping in the half court IS ALLOWED for GRADES 5 through 8. A player may not trap until the ball is established in the half court or the player dribbling the ball is established (See above).

*** Exception – during anytime a full court press is allowed, trapping may occur anywhere on the court

First violation of any defensive rules will result in a warning, any violation after that may result in a technical foul against the bench.



Pre-Game & Score Table Assignments

Teams should not be on the court until the game prior has completed and the officials have started the warm-up clock for pre-game warmups.

Each team is responsible for providing a volunteer to work at the scoring table during the game. One volunteer representative is responsible for keeping the official scorers book and the other is responsible for operating the game clock. If the volunteers cannot agree on assignments the home team volunteer is to be the scorekeeper and the visitor is the timekeeper.

No volunteers under the age of 18 shall be allowed to serve as the official scorebook keeper unless approved, in advance, by the League Commissioner or Officials at the game.

The scorebook at the table is considered the official record of the game.

Basket Height & Court Adjustments

Division (Grade)	Basket Height	Free Throw Line	Ball Size
Boys 1st/2nd Girls 1st/2nd	8.5'	12'	27"
Boys 3rd Boys 4th Girls 3rd/4th	9'	13.5'	28.5"
Boys 5th Girls 5th/6th	10'	13.5'	28.5"
Boys 6th	10'	15'	28.5"
Girls 7th/8th	10'	15'	28.5"
Boys 7th Boys 8th	10'	15'	29.5"
High School	10'	15'	29.5"

Additional Game Rules

1. The lane used for calling 3 second calls is inside the league adjusted free throw line.
2. 3 pointers are counted for Grades 6th and up where the games are played on a Middle School Gym that has 3 point lines clearly defined.
3. Absolutely no personal balls are permitted into gyms for games.
4. Each team will have 2 balls used for warm ups during games.
5. During games teams will be allowed 3 coaches on the bench (Head Coach & 2 assistants)
6. If a player is ejected from a game, the player will serve an additional game suspension.
7. Any coach ejected from a game will serve an additional game suspension pending review by the Division Commissioner.
8. Excessive technical fouls during the season, will be reviewed by the board and appropriate action will be administered including possible suspension of player or coach.

Time and Scoring

1st and 2nd Grades

- Four (4) 9 minute "RUNNING CLOCK" quarters
- Clock stops in final minute of the 2nd and 4th quarters.
- Clock stops for free-throws and stops during all timeouts.
- Each team is permitted four 60-second timeouts per game.
- *There is no overtime for 1st and 2nd Grades in the regular season.*

3rd through 8th Grade House

- Four (4) 6 minute quarters
- Clock stops on all whistles & dead ball situations
- Each team is permitted four 60-second timeouts per game.

9th through 12th Grade High School

- Four (4) 7 minute quarters
- Clock stops on all whistles & dead ball situations
- Each team is permitted four 60-second timeouts per game.

For all house divisions the officials may reduce the warm-up time or time in between quarters in the event that games are running beyond their designated start time. This is to ensure that all games scheduled at a game location for a day may get completed while the facility is available.

Overtime

In the event of a tie at the end of regulation there will be a two minute overtime period.

Regular Season:

- If the game remains tied after the overtime period in the regular season then a sudden death period will be played where the first team to score 2 points in sudden death is the winner.

Playoffs:

- In the playoffs additional 2 minute overtime periods will be played until a winner is declared.

UNIFORMS & JEWELRY

- Teams are assigned uniforms by WLBL. Players may wear an undershirt so long as it is black, white or matches the shirt color of the uniform assigned.
- No earrings of any type are allowed, even if they are taped over.
- Players cannot wear shoes which leave marks on the gym floors.
- A player wearing glasses must have shatterproof lenses or an eyeglass protector (e.g., goggles)

3. Scoring, Standings and Playoff Seedings

REPORTING SCORES

Each coach is responsible for reporting the accurate score(s) after the game through the assigned procedure for score reporting.

STANDINGS

Standings are determined using the following tie-breaking procedure

Two teams tied:

1. Win percentage
2. Head-to-head record (* See below for two way tie)
3. Points Against (Fewest is higher seed)
4. Coin toss

Three or more teams tied:

In the event that 3 or more teams are tied the following procedure should be used to settle the tie until the # of teams in the tie-breaker is reduced to 2 teams..

1. Head-to-head record (* Applicable if all teams involved have played each other the same amount of times *)
2. Points Against (Fewest is higher seed)
3. Coin toss

PLAYOFFS

Playoff seeding is determined following the conclusion of the regular season. The official standings are presented by the League Commissioner as some tie-breakers might require manual resolution beyond what the website can present.

Once playoff seedings and brackets are posted there is no re-seeding or tracking of team standings.

Unless otherwise designated all playoff tournaments are single-elimination.

4. Officiating

Each game will have game officials assigned by WLBL Head of Officiating.

In the event that no referee appears within 10 minutes after the scheduled game time a volunteer referee agreed by the opposing coaches should be assigned in an attempt to play the game in such circumstances.