



## **BMDB RULES & REGULATIONS 2023/2024**



### **GENERAL POINTS OF EMPHASIS: ALL DIVISIONS**

1. NFHS (NATIONAL FEDERATION OF HIGH SCHOOL) RULES APPLY EXCEPT WHERE NOTED.
2. Teams must have FIVE (5) roster players each to start a game and can have as few as TWO (2) to finish.
3. The forfeit wait time is 15 minutes after scheduled game start. If a forfeit is decided, BOTH teams must exit the facility, as the contest is considered over. There will be NO SCRIMMAGING, or practice time allotted, due to insurance regulations.
4. Substitutions must report to scorer's table and may not enter game until beckoned by an official.
5. Players on each team must be in uniform, with LEAGUE SHIRTS TUCKED IN.
6. NO jewelry of any kind is permitted for any reason, EXCEPT medical alerts. The referee MUST be made aware of this exception PRIOR to start of game. Taping over earrings or studs is not permitted.
7. HOME TEAM WEARS WHITE JERSEY – NO EXCEPTIONS. REMINDER - One team technical foul is charged at the beginning of the game if any player is out of uniform.
8. ONLY the Head Coach and the Assistant Coach are allowed on the bench with players.
9. A player who is bleeding must leave the court, only to re-enter once bleeding is stopped and wound is covered to the satisfaction of the referee. A player who is knocked unconscious may not return to the game without medical clearance from a doctor.
10. Each coach is to be equipped with a first-aid kit and ice packs for all games and practices. Notify the division commissioner in the event that refills are needed.
11. Each team must have a scorekeeper at the scorer's table as assigned by the coach.. Scorer's are responsible for keeping score, tracking fouls, time-outs, and keeping time...NOTHING ELSE!!! Coaching, cheering, yelling at players and referees will not be permitted or tolerated and is subject to ejection from gym The referee shall remove any scorer who is doing anything else other than this function with no warning required. Clock operators will be provided by BMDB.
12. It is required that scorekeepers from each team confer between each quarter to true up score and fouls. If any discrepancy cannot be resolved, the **HOME BOOK** prevails.
13. Coaches are responsible for the conduct of their players, scorers, and attending parents. The referee has the jurisdiction to eject from the gym any person who, in his/her judgment, is acting inappropriately and not within the spirit of the league.
14. School hallways, corridors, etc. are to be kept clear of player siblings, etc. so as to avoid any damage to school property. No pets permitted in any gyms except service animals.
15. Coaches are responsible for maintaining the facility. This includes leftover garbage, water bottles, etc.
16. Coaches are responsible for keeping everyone in the gym. The Bellmore Merrick School district has mandated that the school hallways are not for BMDB use. This also includes ANY school equipment present in the gym at the time of the contest.

17. NO game shall proceed until ANY/ALL ejected players or spectators leave the gym.
18. Coaches must wear league-provided coach's shirt and ID or be subject to a mandatory technical foul.
19. Baiting, trash-talking, talking back to referees or any form of disrespect deemed as such by the referee(s) will not be tolerated. A technical foul for such infraction will be administered without warning.
20. Fighting, whether punches land or not, said player(s) will be expelled from the league for the season, including playoffs.
21. Coaches may not come onto the court for any reason, except when beckoned by an official.
22. Players are allowed to bring ONLY water as refreshment to games, due to an inordinate amount of court spills last year, no other types of refreshments are permitted. The Bellmore Merrick School District has mandated that this rule be followed.
23. After each game ALL attendees are responsible for cleanliness of gym—failure to adhere to this policy could result in forfeiture of gym permits. The Bellmore Merrick School district has asked for this extra help from us.
24. All protests must be submitted in writing to the league within FORTY- EIGHT(48) hours to be considered by the BMBB Disciplinary Committee. The referee(s) handling the game must be told of the existence of expected protest at the time of the incident. All game documentation should be forwarded to the BMBB Disciplinary Committee. The decision handed down is final and binding.
25. In accordance with the BMBB's ZERO TOLERANCE POLICY, if a coach or player is assessed TWO (2) unsportsmanlike technical fouls in ONE (1) game, that person is ejected from the game and MUST leave the premises. This ejection also carries with it a minimum one game suspension or more (at the discretion of the BMBB Disciplinary Committee). Two ejections automatically invoke a season- ending suspension, which also includes the playoffs.
26. A cumulative total of THREE (3) technical fouls by a player or coach during the season, carries with it a mandatory one game suspension for the next scheduled game - INCLUDING PLAYOFFS.
27. FIVE (5) personal fouls per game per player—upon drawing the 5th foul, said player is disqualified, including overtime. The player may NOT re-enter the contest.
28. **NEW FOR 2023/2024: IF A PARENT IS EJECTED FROM THE GYM, HIS OR HER SON/ DAUGHTER(THE PLAYER) WILL BE ASKED TO LEAVE THE GYM WITH THE PARENT. FURTHER DISCIPLINE OF THE PARENT WILL BE DETERMINED BY BMBB; THE PLAYER IS PERMITTED TO RETURN FOR HIS/HER NEXT GAME.**
29. Five timeouts per game broken down as: THREE (3) full-time/ TWO (2) 30-second
30. A violation of any of the Codes of Conduct (Coaches, Parents, Players) and Social Media Policy may result in immediate suspension or expulsion from the league, at the discretion of the BMBB Disciplinary Committee.

30. SUBSTITUTION RULE – applies to all divisions - Each player must play at least FOUR (4) periods unless as noted in table below. NO player shall play more than ONE (1) period more than any other player on their team except for situations resulting from injury or ejection, in which case any player may enter the game for the injured or ejected player. The “inserted player” shall not have that period in which the substitution took place count toward the number of periods played by the player entering the game. No mid-period substitutions allowed except for injury or ejection. It is up to the coaches to adhere to this policy and not for the referees to police. Nonconformity to this rule should be taken up with the appropriate division commissioner. Coaches are reminded as to the "spirit of the league" .... if they cannot adhere to this policy, they will be asked to relinquish their position.

It is up to the coaches to track player’s time on the court, as the referees are NOT responsible for any tallying of player substitutions. Any dispute MUST be cleared before play can resume.

Special Note: If a team has more than ten players available to play, the minimum playing time shall be lowered to three periods but no player shall be allowed to play more than one period more than any other player on their team. Examples of playing grid allowed based on suited players for the game:

NUMBER OF PLAYERS	NUMBER PERIODS	QUANTITY 1	QUANTITY 2
7	8	TWO PLAYERS PLAY FIVE PERIODS	FIVE PLAYERS PLAY SIX PERIODS
8	8	EACH PLAYER PLAYS FIVE PERIODS	
9	8	FIVE PLAYERS PLAY FOUR PERIODS	FOUR PLAYERS PLAY FIVE PERIODS
10	8	EACH PLAYER PLAYS FOUR PERIODS	
11	8	SEVEN PLAYERS PLAY FOUR PERIODS	FOUR PLAYERS PLAY THREE PERIODS
12	8	FOUR PLAYERS PLAY FOUR PERIODS	EIGHT PLAYERS PLAY THREE PERIODS

Overtime Substitution Rule: No player can play a second overtime period unless all other players on their team have played or is playing their first overtime period.

31. Team Fouls - **Once a team reaches FIVE(5) team fouls PER QUARTER, their opponent shoots 2 SHOTS. The one-and-one scenario has been eliminated starting in the 2023/24 season.** If there is overtime, all team fouls carry over from the FINAL QUARTER. Player control (offensive) fouls are non-shooting fouls, regardless of the number of team fouls. Team foul totals are reset at AFTER EACH QUARTER. For purposes on BMBB, a quarter consists of two periods, Periods 1 and 2, then 3 and 4, then 5 and 6, and then 7 and 8.

32. The referee is the ultimate controller of the facility and has sole ownership of the facility. The referee's decision is binding and will be respected, as the referee has final say in all related matters.
33. Coaches are responsible for knowing the rules and are required to carry the rules for all games.
34. COVID protocol will be adhered to as dictated by the CDC and the Town of Hempstead.
35. **GRADES 4 & UP: WINNING COACH MUST EMAIL SCORE TO BMBB WITHIN 24 HOURS**

## **DIVISION SPECIFIC RULES SECTION**

### **BOYS 7th / 8TH GRADE DIVISION**

1. All types of defenses, zones, double-teaming schemes, and back-court pressing are permitted throughout the game. Team winning by FIFTEEN (15) or more points may not press in the backcourt. The referees have the jurisdiction to call off the back-court press any time if the situation is warranted.
2. No player line-ups permitted at the start of any period.
3. Playing time is EIGHT (8) periods of FOUR (4) minutes each. Half-time after period FOUR (4) periods of play. Overtime Period(s) are to be TWO (2) minutes.
4. Clock stops on every whistle.
5. **THREE-point shots are in effect (updated 2022/23).**

### **BOYS 6th GRADE DIVISION**

1. Man-to-man frontcourt defense ONLY. No zones, double-teaming, or back-court press permitted at any time. See last page for violation of this rule.
2. No player line-ups permitted at the start of any period.
3. Playing time is EIGHT (8) periods of FOUR (4) minutes each. Half-time after period FOUR (4) periods of play. Overtime Period(s) are to be TWO (2) minutes.
4. Clock stops on every whistle.
5. Anytime that play stops in the last minute of the game, after a basket, a time-out or an official's whistle, the clock will NOT re-start until the ball has crossed the center court line. The ten-second rule is still in effect. This rule applies to both teams and prevents intentional killing of the clock.

### **BOYS 4TH GRADE DIVISION**

### **BOYS 5TH GRADE DIVISION**

1. Foul Line is TWELVE (12) feet from basket.
2. Player line-ups are permitted at the start of each period.
3. Three (3)-Second violation rules expanded to FIVE (5) seconds.
4. In these divisions, man-to-man front court defense only — no zones and no double-teaming. Back- court pressing is not permitted at any time. See last page for violation of this rule.
5. 4th Grade Boys division only!!!! A coach may free substitute for a player once he has committed his fourth personal foul. Upon re-entering the game, the player with four fouls is still disqualified when and if he commits his 5th personal foul.
6. Clock stops for shooting fouls, injuries and timeouts only, except as noted below in Rule
7. Anytime that play stops in the last minute of the game, after a basket, a time-out or an official's whistle, the clock will NOT re-start until the ball has crossed the center court line. The ten- second rule is still in effect. This rule applies to both teams and prevents intentional killing of the clock.

### **GIRLS 4TH/5TH/6TH GRADE DIVISION**

1. Foul Line is TWELVE (12) feet from basket; shooter may step over line once shot is released.
2. Player line-ups are permitted at the start of each period.
3. "Three (3)-Second" violation rules expanded to FIVE (5) seconds.
4. Front court man-to man defense only.....no double-teaming, no zone defense. Coaches have been instructed to manage their teams as it pertains to no double-teaming...burden of enforcement will not lie with the game official. Backcourt pressing is not permitted at any time. See last page for violation of this rule. Defense is to pick up her player the top of the key extended, no sooner. One warning will be given for failure to do so, second violation and subsequent violations result in a technical foul.
5. RUNNING GAME CLOCK...Clock stops for shooting fouls, injuries and timeouts only, except as noted in Rule 6 below.
  6. Anytime that play stops in the last minute of the game, after a basket, a time-out or an official's whistle, the clock will NOT re-start until the ball has crossed the center court line. The ten- second rule is still in effect. This rule applies to both teams and prevents intentional killing of the clock.

### **GIRLS 7TH/8TH GRADE DIVISION**

1. Regular foul line used. Player line-ups are NOT permitted at the start of each period.
2. "Three (3)-Second" violation rule in effect.
3. Front court man-to man defense only. Double-teaming and zone defense not permitted.  
Coaches have been instructed to manage their teams as it pertains to no double-teaming...burden of enforcement will not lie with the game official. Backcourt pressing is not permitted at any time. See last page for violation of this rule. Defense is to pick up her player the top of the key extended, no sooner. One warning will be given for failure to do so, second violation and subsequent violations result in a technical foul.
4. Clock stops on every whistle.
5. Anytime that play stops in the last minute of the game, after a basket, a time-out or an official's whistle, the clock will NOT re-start until the ball has crossed the center court line. The ten- second rule is still in effect. This rule applies to both teams and prevents intentional killing of the clock.

### **BOYS& GIRLS 2nd/3rd GRADE DIVISION FORMAT**

1 hour time frame broken down as follows:

- 5 minutes warm up
- Four 5 minute periods
- 5 minute half time
- Four 5 minute periods
- 5 minutes to clear court for next game
- All players rotate every 5 mins

One coach from each team allowed on the offensive & defensive baselines. No coaches allowed on the playing area.

Clock runs during time outs or for injured player(s)

Man to man defense only

No defense or stealing allowed until ball passes the top of the key – violation gives ball back to player at point of steal. First half of the season all traveling, double dribble violations, etc. are teaching moments. The official will explain the violation and give that player another chance with the ball.

Offense drops back on defensive rebound or turnover. All jump balls result in a free pass to the block for a layup for a player chosen by the official for an uncontested shot. This is designed for the player who will never get a chance to score on his/her own

### **THE ISSUE OF "DOUBLE-TEAMING" - WHERE NOT PERMITTED**

During the times of a game that mandate man-to-man defense exclusively, the issue of what constitutes illegal double-teaming is always subject to interpretation and

discussion. The following will attempt to put the issue to rest:

1. Double-teaming implies "ganging up" on the ball by two or more defensive players, a defender who is "roaming" and not guarding anyone in particular - illegal zone defense.
2. If an offensive player gets by his/her defender, another defensive player in close proximity can switch off his/her man to pick up the offensive player. That is, switching and help defense are permissible and not considered "double-teaming."
3. When an offensive player is in the "paint" or drives past the defender into the key, the defensive team can play any type of defense on that offensive player.

\*\*\*\*\***IMPORTANT POINT OF EMPHASIS**\*\*\*\*\*

**PROHIBITED, THE PENALTY FOR NON-CONFORMANCE IS AS FOLLOWS:**

**1. 1ST INFRACTION: TEAM WARNING**

**2. 2ND INFRACTION: TEAM TECHNICAL FOUL**

**3. EACH IN ALL DIVISIONS WHERE ZONES/DOUBLE-TEAMING AND BACK COURT PRESS ARE SUBSEQUENT INFRACTION: TEAM TECHNICAL FOUL**

**REMINDER: A TECHNICAL FOUL RESULTS IN A PENALTY OF TWO FOUL SHOTS FOR THE OPPONENT PLUS POSSESSION OF THE BASKETBALL!!!!**

### **TIEBREAKER RULES**

In the event of a division having 2 teams ending the season with the same records, the following rules will apply:

1. Head-to-Head – in this scenario, the two teams will put their records up against each other in how they played each other. The better record will prevail to decide this outcome.
2. Best Defense – In other words, the team that has let up the FEWEST points to the division, which is determined by the WEBSITE totals in the standings section which is based on the division scores.
- 3- Coin Flip – If the teams are still even to this point, a coin flip will be performed by a league Board member.













