

East Brunswick Fast Break Basketball Rule Book



www.fastbreakbasketball.org

Except as otherwise set forth herein, High School Basketball Rules will apply.

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1.0 Fast Break Policies

- a) Players are NOT permitted to wear jewelry of any kind. This includes necklaces, bracelets, or earrings (even those that are newly pierced); you cannot put a band-aid over them.
- b) Basketball style sneakers must be worn.
- c) Your team shirt must be worn to all games - referees have the authority to not allow a child to play if they are not in the proper uniform shirt. During the regular season, players may wear a similar colored shirt and tape a number on their shirt. Only players wearing a proper Fast Break provided uniform shirt will be allowed to play in playoff games.
- d) Only basketball shorts or sweatpants can be worn; blue jeans are NOT allowed.
- e) Fast Break is only authorized to use the gym and bathrooms.
- f) No one is allowed in the classrooms for any reason, or to be found wandering the halls.
- g) Use of SAAC toys or consuming their snacks, are not permitted.
- h) Running around or playing outside the gym area is NOT permitted.
- i) Food or drinks are NOT permitted in the schools for any person or reason, especially any type of peanut product.
- j) Folding chairs must be put away after use.
- k) Fast Break will not risk losing any school, and we have ensured the School Administration that we will discipline anyone and everyone that violates their rules. As Fast Break has done in the past, we will suspend and/or expel any player/family/coach from the program that does not adhere to these rules (no refunds will be given).
- l) **Games CANNOT be played if a Site Director is not present.**
- m) Only FBBA players of the current game are allowed to practice during halftime and before the games.



2.0 Site Director

2.1 Instructions:

- a) A Site Director / Game Coordinator will be assigned for every game.
- b) The monitor will be designated per grade. Some grades will have more than one person filling this role.
- c) Site Directors / Game Coordinators are responsible for maintaining decorum at the facility. He/she will be in charge of mediating any discussion of rules interpretation.
- d) They follow the rules in our contract with the Township and School Administration.
- e) They are in charge of ensuring the gym is returned to its original condition, and all garbage is removed after the games, with the help of the coaches from both teams.
- f) They will enforce, with the help of the coaches, the policy that **food or drink is NOT allowed in the schools (especially the gyms)**.
- g) Besides using the basketball courts, no one is allowed to use anything that does not belong to FBBA.
- h) Parents must watch the siblings of the players or be reported to the Site Director.
- i) The Site Director must report the final score to the Webmaster within 48 hours of the completion of the game.
- j) The Site Director will write the referee(s)' name in the scorebook.

2.2 Scorer's Table:

- a) All players, coaches and especially parents (except those working the scorer's table) must keep away from the scorer's table / team sidelines while the game is in progress.
- b) Courts are marked; therefore players and coaches should not cross the line on the court, unless there is a stoppage of play.
- c) At a stoppage of play, a coach may approach the scorer's table to check the score or the number of personal or team fouls.
- d) The scorer's table will notify the referee when a team reaches the 11th team foul in a half for co-ed grade 5 and girls 5th, 6th and 7th.
- e) The scorer's table will notify the referee when a team reaches the 7th and 10th team foul in a half for co-ed grades 6 on up and girls 8th on up.
- f) The scorer's table should keep track of game score, personal and team fouls. If time permits, the scorer's table can also keep track of individual player scoring.
- g) The scorer's table will also be responsible for keeping track of the official game clock.
- h) The scorer's table will make sure all players play during the 4th quarter.

- i) The game book at the scorer's table is the official game book. Any discrepancy must be discussed and agreed upon by the site director.

3.0 Coaches

3.1 Instructions:

- a) **Only 2 coaches** per team are allowed in the team bench area. Only 1 (one) coach is permitted to stand during the games. This is a High School Rule that we leave up to the referees to enforce.
- b) All coaches must be Rutgers Certified and have gone thru our Background Check.
- c) Coaches are responsible for keeping track of their time-outs.
- d) Coaches are responsible for keeping track of their team's player rotation.
- e) Coaches are responsible for keeping track of all personal and team fouls.

3.2 Line-up:

- a) Each Team must submit their line-up to the scorer's table at least 2 minutes before the start of the game.
- b) Only players physically in the gym can be put in the official scorebook.
- c) All players **MUST BE** in a Fast Break uniform shirt or a shirt of the same team color, with a number that is not duplicated on the back, in order to be eligible to participate. In the playoffs, a Fast Break uniform shirt must be worn.
- d) A team is not allowed to make changes to their line-up after viewing the other team's line-up.
- e) A team must have a minimum of 5 players to begin the game.
- f) If a team loses a player during the course of the game, they will be permitted to continue the game with less than 5 players.
- g) Once the line-up is in the scorer's book, all other players arriving late to the game will be put at the bottom of the line-up.

3.3 Player Rotations:

- a) For each game, all players that attend will be assigned a rotation number.
- b) For the first three-quarters, all players will be rotated based on their assigned number (five minutes in / five minutes out). The fourth quarter is at the coach's discretion; **however, every player must play in the 4th quarter.**

- c) There will be no deviating from these proper rotations for the first three-quarters. It is the coach's responsibility to know their rotations, not the scorer's table. A delay of game can be issued if you don't have your rotations ready.
- d) If a player is injured, the next player in the rotation must replace him/her. If the injured player recovers during the period, he/she can report to the scorer's table and can re-enter the game at a stoppage upon the referee's instructions. If the injured player cannot re-enter to finish their rotation; the replacement player will finish that rotation and their own rotation. The injured player will have to wait until their next scheduled rotation.
- e) Any player arriving & reporting to the head coach after the game has begun will be assigned the last number in the rotation order and will have to wait until his/her turn comes up.
- f) It is each team's responsibility to follow both teams' rotations to monitor for violations. If you believe a violation has been committed, please compare your scorebook to that of the one kept at the scorer's table. If that comparison shows that you are correct, immediately bring it to the attention of the Site Director or the scorer's table, so that a clarification can be made. This is done by a stoppage of the game (and game clock) and a comparison of all scorebooks. The problem must be immediately corrected and a warning given to the team in violation. If a second violation occurs during that game, a Technical Foul will be called, and foul shots will be given.
- g) If a player fouls out of the game, the next player in the rotation must enter the game. That player will also play their own next scheduled rotation.
- h) A copy of managing player rotations can be downloaded from the website. The document explains all possible rotation scenarios.

3.4 Game Scorekeeping:

- a) A parent / coach / volunteer from **each** team must be positioned at the scorer's table. They will be responsible to keep track of the score, time, and player rotations.
- b) It is the coach's responsibility to get a volunteer from their team.
- c) If a team does not provide a scorekeeper, that team will forfeit the game.
- d) Scorekeepers must be at least 15 years of age.
- e) No children under 15 are allowed at the scorer's table.
- f) FBBA offers community service credits to individuals who volunteer their time as "Official Game Scorer's". The Administrator of that program will notify the respective Site Director when a volunteer will be there to work the table. Coaches cannot award community service to qualified students for game scoring. Community service credits can only be awarded by the community service administration.

4.0 Board of Director's

4.1 Board Action:

- a) The Board of Fast Break Basketball reserves the right to review any flagrant foul, fighting, vandalism, conduct non-compliant with the code of conduct, and any matters pertaining to any incident in a School. This includes any player, parent, sibling, relative, or friend. Possible further action will be taken by the Board of Trustees after investigation of the infraction.
- b) Fast Break **WILL** suspend players and ban families from entering a gym area, if we view these infractions are in violation of our contractual agreement and obligation with the Township of East Brunswick, or the East Brunswick School Administration.
- c) Refunds will not be given to any expelled player or family.
- d) PLEASE NOTE: FBBA only has use of the basketball courts, water fountains, and bathrooms. We are guests in all the schools we play in and must treat each building with respect or risk losing a particular school(s).



5.0 Player Rules

5.1 Playing Time:

- a) All games end at their posted time regardless of any time left on the clock. NO EXCEPTIONS, NO OVERTIME (except during the playoffs).
- b) There are to be four, 10-minute quarters, in all games. For the first three-quarters, all players are to be rotated on an equal basis every five minutes. Rotations must occur immediately in the 4th quarter.
- c) The fourth quarter is at the coach's discretion – however, **every player must be played**. The clock stops during the last 2 minutes of the game at each whistle.
- d) In the first 3 quarters and the first 8 minutes of the 4th quarter, the clock will stop when instructed by a referee due to an unusual circumstance (i.e.: injury, water on the court, other unexpected delay).
- e) The game clock will be stopped when one team calls a legal timeout.

5.2 Player no-shows:

- a) Please instruct all your players that it is their responsibility to notify the coach's if they will not be attending a game or practice.
- b) If a player does not notify the coach for THREE games, then you have the right to bench the player for the next game in which they play. Let your Division Director know that you will be benching a player.
- c) All players must play in at least 50% of the number of games played during the regular season in order to be eligible to participate in the playoffs, unless it was due to an excused injury, or other reasons approved by the trustees.

5.3 Defense:

- a) For the first three-quarters, once possession of the ball has changed, the defense must drop back behind the half court line so that the team with the ball can cross the half court line.
- b) A team will be warned once per half for backcourt defense. Additional infractions will result in a single technical foul shot being awarded. Possession of the ball remains with the offense.
- c) During the fourth quarter, full court defense is permitted.
- d) If a team is ahead by fifteen (15) points or more, **full court press is not permitted**.

5.4 Overtime: (Regular Season)

- a) During the regular season, overtime sessions will NOT be played.
- b) If the score is tied at the end of the 4th quarter, the game will end as a tie.
- c) If the defensive team commits a foul as time expires in the 4th quarter, the fouled player can shoot his fouls shots after the game clock has expired.

5.5 Time outs:

- a) Junior Division: Each team will be awarded **two**, 30-second time-outs per game. **Only 1 of these time-outs per team can be called prior to the 4th quarter.** If you do not use a time-out prior to the 4th quarter, your team will have two time-outs available for the 4th quarter.
- b) Senior Division: Each team will be awarded **one**, 30-second time-out in the 1st half and **two** time-outs in the 2nd half. Only one of the 2nd half time-outs can be taken before the 4th quarter. First half time-outs cannot be carried over to the 2nd half.
- c) If a team is out of time-outs and calls “time-out”, two (2) technical foul shots will be awarded, and possession of the ball.
- d) If a team calls both time-outs prior to the 4th quarter, two (2) technical foul shots will be awarded, and possession of the ball.
- e) Only the Head Coach or a player in the game can call a time-out. A time out can only be called while you have possession of the basketball or when a referee blows his whistle, thereby stopping the game.

5.6 Three point shots:

- a) There will be three-point shots in Grades 8th through 12th Co-ed Division.
- b) There will be three point shots in Grades 8th through 12th Girls Division.

5.7 Substitutions:

- a) All 4th Quarter (and Playoffs/Overtime) substitutions must report to the scorer’s table.
- b) Only the Scorer’s Table will alert the referee’s that a substitution is available to enter the game.
- c) Do not send a player to the scorer’s table to wait for a future substitution. If they report to the table, they will be sent in at the next whistle.
- d) In the event a player fouls out of the game, the coach has 20 seconds to replace that player only, (this is not a time out) and the rest of the team **MUST** stay on the court.

6.0 Conduct – Players / Coaches / Spectators

6.1 Sportsmanship:

- a) Good sportsmanship should be displayed at all times.
- b) Players, coaches, parents and other spectators are not permitted to argue or taunt a referee. If you are in disagreement with an official's call, only a coach may ask for clarification. When an official says discussion is over, it is over. If, in the official's judgment it gets loud or abusive, the official may call a Technical Foul with 2 technical foul shots will be awarded, and possession of the ball going to the opposing team.
- c) Players, coaches, parents, and other spectators are not permitted to argue, taunt or verbally assault a site director. The referees have the authority to assess a technical foul and eject the player or coach if witness to any abuse of the site director.
- d) The referee, a player's coach, or the site director have the authority to remove a player from the games for the remainder of that player's shift or the game, for verbal abuse of the site director or coach, and may result in a suspension for the next game.
- e) Site directors have the authority to enforce the Fast Break Code of Conduct, (See Exhibit A of this Rule Book).
- f) Any player or coach who receives 2 technical fouls in a single game will be ejected from the game, asked to leave the gym and suspended from the next game. The same penalty is in force if a referee ejects a player or coach from a game. Any player or coach, who refuses to adhere to this rule, will be removed from the program without a refund.
- g) All penalties will carry over into the playoffs.
- h) If the same parent or family is assessed two technical fouls, they will be asked to leave the gym. Refusal to leave will result in the offending team forfeiting that game.
- i) The Site Director must notify the Division Director & VP of Site Safety of any infraction so that the situation can be monitored.
- j) When a player shoots a foul shot, the ball must hit the rim before any player can enter the free throw lane (box).

6.2 Personal Fouls:

- a) The following "Personal Fouls" rules, within paragraph 6.2, apply to all fouls assessed, under paragraphs 6.3 through 6.6.
- b) Players will foul out of the game upon receiving their 5th personal foul.
- c) A player cannot be substituted or miss his/her rotation during the first three-quarters due to foul trouble (substitutions must be made if the player actually fouls out).

- d) When a player fouls out of the game, the next player in the rotation must replace him/her (the replacement player will also play their own scheduled rotation). If the rotation comes up again, the fouled out player will not be counted in the rotation, so the substituted player will not play two rotations.
- e) The clock will continue to run during foul shots, except for the last two minutes of the game, where it will be stopped for every foul (unless the referee feels that a player is deliberately wasting time on foul shots, he has the right to stop the clock).

6.3 Team Fouls: (Co-ed Grades 5 and Girls 5th, 6th & 7th)

- a) If a foul is committed in the act of shooting, it will be 1 point and 1 foul shot.
- b) Upon receiving the **11th team foul**, per half, a double penalty will occur.
 - 1. If the foul is committed **without** a shot being taken, then a two foul shot penalty will be given.
 - 2. If the foul is committed and a shot is taken **with** the basket being scored, the basket will count and one foul shot will be awarded.
- c) If the player that is fouled is not the player with the basketball, then any player already in the game may take the foul shots.

6.4 Team Fouls: (Co-ed Grades 6th-12th, and Girls 8th-12th)

- a) If a foul is committed in the act of shooting, 2 foul shots will be awarded.
- b) Upon reaching the **7th team foul**, per half, a team will be “over the limit” and a penalty will occur.
 - 1. If the foul is committed **without** a shot being taken, then a one-and-one penalty will be given. (If the first foul shot is made, the shooter is then permitted to take the 2nd shot)
 - 2. If the foul is committed and a shot is taken **with** the basket being scored, the basket will count and one foul shot will be awarded to the player that was fouled.
 - 3. If the foul is committed and a shot is taken **without** the basket being scored, two shots will be awarded.
- c) Upon receiving the **10th team foul**, per half, a double penalty will occur.
 - 1. If the foul is committed **without** a shot being taken, then a two foul shot penalty will be given.
 - 2. If the foul is committed & a shot is taken **with** the basket being scored, the basket will count & one foul shot will be awarded.
 - 3. If the player that is fouled is not the player with the basketball, then any player

already in the game may take the foul shots.

6.5 Technical Fouls:

- a) The referees have the authority to call a technical foul on any coach, player, or parent, as they deem necessary. It is therefore necessary for all coaches to keep the parents of their players in line during the game.
- b) Any player or coach that receives two technical fouls will be ejected from that game and suspended from the following game.
- c) Any player who is ejected from 2 games in a season due to flagrant or technical fouls (including playoffs) will be removed from the program without a refund.
- d) The following technical fouls will also be called after a warning and will not lead to ejection or suspension for:
 1. Defense in the backcourt
 2. Improper player rotation

6.6 Flagrant Fouls:

- a) The referee's have the right to call flagrant fouls as they deem necessary. The penalty will be the opposing team receives two technical foul shots and possession of the ball.
- b) Any player committing one (1) flagrant foul or two (2) technical fouls in a single game will be **ejected** from the game and **suspended** from the next game.
- c) The referee's have the right to eject any player from a game if they feel he/she poses a threat to another player, regardless of issuing a flagrant foul. That player will be **suspended** from the next game.
- d) Any player who is ejected from 2 games in a season due to flagrant or technical fouls (including playoffs) will be removed from the program, without a refund.

6.7 Fighting:

- a) Good sportsmanship should be displayed at all times.
- b) If a player throws a punch (connect or not), a flagrant slap, or a hard push into the wall or bleachers with the intent to injure, that player will be ejected from the game, a two-shot Technical "Flagrant" Foul will be issued, and possession of the ball will be awarded to the opposing team.
- c) Possible further action will be taken by the Board of Trustees after investigation of the infraction.
- d) If a repeat infraction occurs during the course of the season, the player will be removed

from the program without refund.

- e) All penalties will carry over into the playoffs.

6.8 Suspended Players/Coaches:

- a) Players may sit on the bench with their team in street clothes only.
- b) Coaches may sit in the bleachers, but have NO contact with their team once the game has started (this includes timeouts and halftime).
- c) If a coach has contact with their team, they will be asked to leave the gym immediately, and will face additional penalties (this will include additional suspensions).
- d) All penalties will carry over into the playoffs.

6.9 Problems / Issues / Injuries / Concerns:

- a) Any and all altercations or problems should be brought to the attention of your Division Director or VP for their assistance in solving it.
- b) If a coach steps on to the court to assist an injured player, the player must be removed from the game and replaced by the next player in the rotation, even if the player was not injured. The player may return to the game at the next whistle or during his /her next rotation.
- c) If any player hits his head on the floor or wall during play, he / she may not return to the game.



7.0 Playoffs

7.1 General Playoff Format:

- a) Every team qualifies for the playoffs, and it is a one game elimination format.
- b) During each round of the playoffs, the highest seeded team will play the lowest seeded team. Teams will be re-seeded after each round based on the remaining teams.
- c) Due to lack of court availability during the playoffs, there is no practice time.
- d) Playoff and Championship games may be played on days that are different from your regularly scheduled game days.
- e) During the playoffs, warnings will not be given for rotation violations; teams will be assessed one technical foul per occurrence.

7.2 Overtime: (Playoffs Only)

- a) The overtime session will be four (4) minutes; with the clock running until the last 2 minutes, and then will be stop time again.
- b) There is no limit to the number of overtimes, you play until there is a winner.
- c) Each team will receive one (1) extra timeout per overtime session, as well as carry-over any unused timeouts.
- d) Full court press is allowed in overtime
- e) All substitutions in Overtime must report to the scorer's table.
- f) Player's rotation is at the coach's discretion.

7.3 Tie Breaker Policy

- a) **1st Tie Breaker** – Best Won-Lost-Tie record within the division (teams get 2 points for a win and 1 point for a tie). Every team should have played the same number of games.
- b) **2nd Tie Breaker** – Best Won-Lost-Tie record between the teams (Head-to-head).
- c) **3rd Tie Breaker** - would be a coin-flip by the Division Director



EXHIBIT A

Fast Break Basketball - Code of Conduct for Players

It is the goal of our youth basketball program to represent the Fast Break Basketball Association (FBBA) and East Brunswick with pride, honor, and dignity by always displaying good sportsmanship and respect towards our opponents, coaches, players, site coordinators, and parents. In support of this goal, all student athletes involved with FBBA Basketball are required abide to the following code of conduct:

_____ I will attend every practice and game that I can, and will notify my coach if I cannot. I will be prepared and on time for practice and games.

_____ I will do my best to listen and learn from my coaches, and improve my knowledge and skills.

_____ I will treat the referee with respect and agree not to dispute calls nor criticize the referee during or after the game.

_____ I will not criticize a teammate or coach at any time, whether to that teammate, to other teammates, or to any other person, both on and off the court, and will treat my teammates and coaches with respect and encouragement at all times.

_____ I will be respectful of the program and will not use abusive or profane language or gestures nor induce physical violence towards any official, player, coach, site coordinator, parent, or board member at any time.

_____ I will encourage good sportsmanship, acknowledge good plays, and shake hands with officials and opposing players at the end of the game. I will express humility as a winner and be a gracious loser.

_____ I will not engage in unnecessary roughness and will treat fellow players with respect regardless of ability. I will not openly criticize the opponent's players or coaches.

_____ I will not engage in any behavior which would endanger the safety or well-being of a coach, parent, player, site coordinator or official.

_____ I will maintain a healthy body and will not use alcohol, tobacco, or drugs.

I have read, understand, and will abide by the Player Code of Conduct. I understand that if I break or ignore the rules as outlined above, I may be subject to disciplinary action up to and including expulsion from the team and Fast Break Basketball.

Player Name

Signature

Date

Fast Break Basketball - Code of Conduct for Parents

It is the goal of our youth basketball program to represent Fast Break Basketball and the East Brunswick with pride, honor, and dignity by always displaying good sportsmanship and respect towards our opponents, coaches, players, and parents. In support of this goal, all parents of student athletes involved with Fast Break Basketball are required abide to a code of conduct at any FBBA league/conference functions, including home or away games, and practices or events where student athletes are present:

_____ I will respect the officials and their authority during games, and will not protest a game official's decision in an aggressive manner. I will encourage my child to do the same.

_____ I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.

_____ I will not question or confront coaches during the game or immediately after the game about concerns I may have about game-time decisions related to my child; I will wait a reasonable amount of time before contacting a coach to discuss such concerns.

_____ I will be respectful of the program and will not use abusive or profane language or gestures nor induce physical violence towards any official, player, coach, site coordinator, parent, or board member at any time.

_____ I will support a sports environment that is free from alcohol, tobacco, and illegal substances and I will refrain from their use at FBBA events.

_____ I will not criticize my child's teammates or coaches at any time, whether to my child or to others, and will treat my child's teammates and coaches with respect and encouragement at all times.

_____ I will do my share of parental tasks that may be required for my child's team (e.g., keeping the scorebook and clock).

I have read, understand, and will abide by the Parent Code of Conduct. I understand that if I break or ignore the rules as outlined above, I may be subject to disciplinary action up to and including expulsion from FBBA events and notification to the police department. The Board of Fast Break Basketball has given full discretion to all board members to enforce this policy.

Print Name

Signature

Date

Fast Break Basketball - Code of Conduct for Coaches

Coaching a youth sport is a privilege that is not to be taken for granted. As a coach you have an important role in the development of your players to learn the positive values of good sportsmanship, fair play and teamwork – values they can use throughout their lives. You also have responsibility for representing FBBA with pride, honor, and dignity by always displaying respect towards our opponents, coaches, site coordinators, officials, players, and parents.

In support of these goals, all coaches involved with Fast Break Youth Basketball are required abide to a code of conduct at any FBBA league/conference functions, including home or away games, and practices or events where student athletes are present:

_____ At the beginning of the season, coaches are encouraged to establish and communicate rules of acceptable behavior to players and parents, and the consequences if not followed. Coaches have a variety of discipline measures at their disposal including restriction to the bench, dismissal from practice or games, and, with approval of the FBBA Board of Directors, dismissal from the team. At no time is physical discipline of a player acceptable.

_____ As a coach you are a mentor and should always be looking for opportunities to praise and encourage the players. At no time is abusive or profane language or actions acceptable.

_____ Coaches are expected to interact with officials and opposing coaches in a professional manner, and to address other coaches with the officials present. Protesting a game official’s decision in an aggressive manner is not acceptable.

_____ Coaches must not use abusive or profane language or gestures nor induce physical violence towards any official, player, coach, site coordinator, parent, or board member at any time.

_____ Coaches are expected to promote a sports environment that is free from alcohol, tobacco, and illegal substances and refrain from their use at FBBA events. A coach determined to be under the influence of drugs or alcohol will be asked to leave the game or practice immediately. An infraction of this type will (with approval from the FBBA Board of Directors) result in a termination of coaching privileges.

I have read, understand, and will abide by the Code of Conduct for Coaches. I understand that if I break or ignore the rules as outlined above, I may be subject to disciplinary action up to and including expulsion from FBBA events and notification to the police department. The Board of Fast Break Basketball has given full discretion to all board members to enforce this policy.

Print Name

Signature

Date