



CADET

BASKETBALL RULEBOOK

'Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.'
Colossians 3:23

The Bible tells us that we are supposed to work at ALL we do with ALL of our hearts as if working for the Lord. At First Friends Church, we believe this truth can be applied to athletics as well. Just as with any gift or ability that God has given us, we should seek to use sports like basketball to glorify Him!



Sports Ministry Program
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Equipment

1. 28.5" size ball will be used for this league.
2. Players must wear a reversible red and black All Out Sports jersey. The home team will wear red and the visiting team will wear black. Jerseys must be tucked in at all times.
3. Players are not permitted to wear any jewelry.
4. Players shall not wear any equipment/objects that may cause injury to other players.
5. All equipment used by players must be appropriate for the game and not designed to give an unfair advantage.

Coaches/Bench Area/Sidelines

1. Only individuals that have met all the prerequisite requirements to be an All Out Sports Coach (background check, concussion training certification, Lindsey's Law training and submission of a signed "code of conduct" and signed "commitment to league rules" are permitted to participate in games and/or practice.
2. Only players and coaches are permitted in the team bench area during games.
3. During games, ONE coach is permitted to stand along the sideline closest to the curtain, but is only allowed to be on the team's offensive end of the floor during play. All other coaches must be seated in the team's bench area.

Game

1. Games will consist of four 10-minute quarters. The clock will run continuously except for the last 30 seconds of the first half and the last 2 minutes of the game during which the clock will stop for all dead-ball situations.
2. The clock will stop for 20 seconds between mandatory rotation substitutions and quarters.
3. Halftime shall be 2 minutes in length between the 2nd and 3rd quarters.

Rotation/Substitutions

1. Mandatory rotation substitutions will be made at each 5-minute increment.
2. A copy of the team's rotation sheet must be turned in to the scorekeeper and opposing coach by the end of the 1st 5-minute rotation. If the rotation sheet has not been turned in at that time, a 2- point administrative technical foul will be assessed. This is an administrative technical foul and is not charged to any individual player or coach.
3. There will be no free substitutions during a game except for the mandatory rotation substitutions, foul trouble, or injury.
 - A). Foul trouble is defined as a player being charged with 3 fouls in the 1st half, or 4 fouls in the 2nd half. Scorekeepers will notify coaches on 3rd and 4th fouls.
 - B). In the event of an injury to a player, the officials may stop the clock. If the injured player cannot continue to play immediately (within approximately 20 seconds) s/he must be substituted for and must sit until their next turn in the rotation.
4. If a player is in foul trouble, is injured, or fouls out, the coach must replace that player with the next numbered player in the rotation. For example: If plyers 1, 2, 3, 4 and 5 are in the game



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and player 3 gets injured, player 3 must be replaced with the next player in the rotation which is player 6. No exceptions. This is to protect you as the coach, as well as the integrity of the league and the game.

Fouls/Technical Fouls

1. Foul shots will not be shot until the final 2-minute of the 4th quarter. A foul called on an attempted two-point shot will be 1 point awarded and maintain possession of the ball. A foul called on an attempted three-point shot will be 2 points awarded and maintain possession of the ball. Made shots on respective fouls will be 3 points for a made two-point shot and 4 points for a made three-point shot and change of possession.
2. During the last 2 minutes of the 4th quarter, standard OHSAA foul shooting rules will apply. If the offending team has committed 7 to 9 team fouls, a foul will result in the shooter shooting a one-and-one free throw. If the offending team has committed 10 or more team fouls, a foul will result in two free throws being shot.
3. All common (non-shooting) fouls committed after a team has accumulated 6 total team fouls in a half will result in 1 point awarded and maintain possession of the ball. This rule does not apply during the final 2 minutes of the 4th quarter or overtime.
4. A player will be disqualified after 5 personal fouls. Any technical foul will also be counted as a personal foul.
5. Any player receiving a technical foul must be substituted immediately.
6. A technical foul will result in 2 points awarded and possession of the ball to the other team.
7. If a technical foul is committed in the first half of a game, that player is ineligible for the remainder of the game. If a technical foul is committed in the second half of the game that player is ineligible for the remainder of that game and the first half of the next game.
8. A second technical foul in a season will result in an automatic one game suspension. A third technical foul in a season will result in an automatic expulsion from the league.
9. A technical foul on a coach will result in 2 points awarded and possession of the ball to the other team. A second technical foul on a coach in the same game will result in an automatic ejection as well as 2 points awarded and possession of the ball to the other team.
10. Any coach receiving 3 technical fouls in a season is subject to expulsion from the league at the discretion of the league director.

Timeouts

1. Each team will be given 3 full timeouts (1 minute) per game including overtime.

Defense

1. Teams are not permitted to play zone defenses.
2. A man-to-man defense must be used during the game. The only time that double-teams are permitted is when a player is advancing toward the basket and help defense is needed.



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3. Double-teaming is permitted in the base area.
4. The defense cannot extend beyond the half court line except during the last 2 minutes of the game as explained below.
5. A full court man-to-man defense can be used during the last 2 minutes of a game. If a team is winning by 10 or more points they are not permitted to press full court.
6. An illegal defense is any of the following:
 - a. A player playing an area of the court rather than paying attention to a specific offensive player;
 - b. Double-teaming except as permitted in number 2 and 3 above
 - c. Back-court defense prior to the final 2 minutes. This also includes attempting to intercept a pass before the ball crosses half-court.
7. The penalty for an illegal defense is an initial warning and then any subsequent violation will result in a technical foul. Illegal defense is a judgement call by the official.

Overtime

1. If the score is tied at the end of regulation, teams will move to a “sudden death” overtime period. The first score in any manner will win the game.
2. Overtime is an extension of the 4th quarter so no substitutions are permitted. The rotation on the floor at the end of regulation must remain on the floor for the overtime.

League Champions

- The league champion will be determined based on the following criteria (in order):
 - a. Overall league record
 - b. Head-to-head record (first tie-breaker)
 - c. Fewest total point allowed in season (second tie-breaker)
- The P3 Devotional Champion will be the team that completes and turns in the highest total percentage of P3 booklets. Teams will only receive credit for a booklet that is completed 100% (including both the drills and devotional portion for each week). Teams will only receive credit for booklets turned in by the designated due date set forth by the league.

*All other rules not specifically outlined here are governed by standard OHSAA rules.



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Special Shootout Tournament Rules

1. Shootout games will be 12 minutes (game length can be adjusted at the discretion of the league director). The clock will run continuously except for the last 30 second of the games during which the clock will stop for all dead-ball situations.
2. A mandatory rotation substitution will be made at the 8-minute mark. The clock will stop for 20 seconds for this substitution.
3. The clock will be stopped again at the 4-minute mark for 20 seconds to allow for substitutions. There is no mandatory rotation requirement for the final 4-minute period. Coaches have free discretion as to who plays.
4. Free substitution is permitted during the final 4 minutes. The clock Does Not Stop for substitutions.
5. Each team will be given one 30-second timeout per game.
6. No free throws will be shot. The regular league free throw rules for shooting fouls are in effect for the entire game. All common fouls are awarded possession of the ball.
7. If the score is tied at the end of regulation, teams will move to a “sudden death” overtime period. The first score in any manner will win the game.
8. Shootout tournament pairings are randomly drawn and are not based on teams’ win-loss records.