

**WBAL ATHLETIC LEAGUE
BASKETBALL RULES
2013/2014**

WBAL league, tournament and playoff games follow official high school rules published by the National Federation of State High School Associations with the exceptions noted below.

LENGTH OF GAME

A. In all junior varsity games the quarters shall be six (6) minutes with one (1) minute intermission between quarters and five (5) minutes intermission at halftime.

B. In all varsity games the quarters shall be seven (7) minutes with one (1) minutes intermission between quarters and five (5) minutes intermission at halftime.

C. Teams will be allowed five (5) minutes for pre-game warm-up.

D. If necessary each contest will be allowed three (3) three minute Overtime periods. Possession determined by the jump. Third and final Overtime determines the contest with the first team scoring garners the win.

EQUIPMENT

A. Participants must wear gym shoes. Black soled shoes are prohibited.

B. Officials will select best ball available as the game ball. Varsity "A" and Varsity "B" games use an official sized ball. All JV Boys and Girls division use an intermediate (28.5) sized ball.

C. Team uniform tops shall be of uniform color and style with marching number on front and back for easy identification. Duplicate numbers are illegal. It is good practice to have a set of mesh pullovers in case both opponents have the same color tops. If both teams have the same color top then the designated home team will provide pinnies. A coin flip will occur to decide on who wears the pinnies.

D. The free throw line in WBAL Boys and Girls JVB and JVC games is moved closer to the basket by means of a piece of tape on the floor or other designation made by the referee.

E. No jewelry may be worn. Casts and metal splints are prohibited. Players should take great care to see that their fingernails are not too long in order to prevent accidents.

GENERAL RULES

A. WBAL games are governed by the “press Rule” which prohibits a team with a 15 point lead to press-defense the opposing team. The “no-press” area extends from the inbound line behinds the “leaders” basket to a predetermined line in the opposite court. Once the trailing team secures a rebound or is handed the ball by the referee for the purpose of in bounding, the “leaders” must retreat to normal non-press defensive positions at the other end of the court. Officials determining violations in the press rule will **use their discretion in “warning” offending players and coaches and utilize the “technical foul” (one free throw and possession of ball) only when, at the officials discretion it is absolutely necessary.** Once a team secures a rebound, loose ball or an intercepted ball, if the press is not allowed, the defensive team must return to their court behind the defensive hash mark. **The offensive team has ten (10) seconds to get the ball across the half court line.** They must penetrate beyond the hash mark before five (5) seconds or the defensive team is allowed to “go out” and play defense.

WBAL Varsity A level teams are allowed to press throughout the game under the above rules. WBAL Varsity B level teams are restricted to only the last three (3) minutes of the first and second halves, while all Junior Varsity teams are limited to the last two (2) minutes of both halves until the press rule point total (15) goes into effect. JVC teams are not allowed to press at any time.

B. If at the beginning of the 4th period of play, one team has a 20 point differential over its opponent, the timekeeper will maintain a running clock for the balance of the game.

C. *Each participating team must provide either a clock operator or official book for each contest.*

POST SEASON TOURNAMENTS

At the conclusion of the regular season, a post season tournament is held for each division. All teams are guaranteed at least two games if gym space is NOT an issue. If the WBAL cannot collectively garner enough gym space for the pos season tourney the allowable teams will be determined by the League Scheduler. This three-round event places losers of games in the first round into a consolation bracket for the second round. Winners advance in a “winners” bracket. Games are continued until tournament places are determined. A team losing both its first and second game is eliminated.

