



2012 Seaboard USY & Kadima Basketball League Rules

1. All players must be Jewish, members of USY and in grades 9-12, or members of Kadima and in grades 6-8.
2. All players must participate in the team for their age-group, with high school students playing only on USY teams and middle school students playing only on Kadima teams.
3. USY teams will play games against other USY teams; Kadima teams will play games against other Kadima teams.
4. All games will be played at Richard Montgomery High School (see directions below).
5. Each team is required to have an **adult** coach present at every game who is responsible for organizing the team, holding all members of the team to the league's rules, and ensuring that the team uses the proper decorum at all times before, during, and following games. If this adult is someone other than the coach listed on the team registration form, he/she must be approved by Shayna Kritz or Bonnie Prissman (the Basketball League Commissioner).
6. No food or beverage will be allowed in the gym other than water bottles.
7. Bouncing of balls by non-participating players or those on the sidelines is prohibited and will result in a warning. Bouncing of balls and/or practicing in the hallways of the school or in the smaller gym not rented by USY/Kadima will also result in a warning. If the warning is not acknowledged, the person will be asked to leave.
8. Any player not presenting a fully completed registration and medical release form, including all signatures is ineligible to play. There will be **NO EXCEPTIONS** to this rule!
9. Players may not participate without rubber-soled shoes. No bare feet, street shoes, dark soled shoes, or stocking feet will be permitted.
10. Decisions by the referee are FINAL and non-negotiable. Unsportsmanlike conduct by players, parents, or team staff will result in a warning. A second offense will result in an ejection from the gymnasium.
11. The USY and Kadima Basketball Commissioner (or his/her designee) shall have the authority to determine sanctions to be applied against individuals and/or chapters/teams for infractions of the above or for any behavior deemed inappropriate by the USY and Kadima Basketball Commissioner.
12. **Cancellation Policy**: If a team needs to cancel a game, they must contact Shayna Kritz at least 24 hours in advance. If the team fails to comply with this rule more than once the team will be expelled for the season. All cancellations should be made by BOTH calling and emailing Shayna at (301) 230-0801 ext. 3 and kritz@uscj.org.

NOTE: In addition, the subsequent National Federation (high school) basketball rules will be adhered to with emphasis on the following points:

13. Timing of the game will be two twenty-minute halves with an intermission of five minutes. The clock will run continuously, except during the final two minutes of each half. At this point, the clock will be stopped for all dead-ball situations. In the last two minutes of the game if there are 15 or more points separating the two teams, the clock will not stop.
14. The game is played between two teams of five players each. Both teams must be ready to play at the scheduled time. **TEN MINUTES AFTER THE START OF THE GAME IS FORFEIT TIME.** Any team not fully prepared to play (having 5 players and a coach present) by ten minutes after the official starting time will forfeit that game.
15. Overtime: There will be 2 overtime periods during regular season games. If the score is tied after this it will be considered a tie game. During playoffs, there will be as many overtime periods as necessary to determine a winner. Overtime will be two minutes in length. The clock will stop during all overtime periods, during both regular season and playoff games.

16. Each team is allowed one one-minute timeout per half. Timeouts do not carry over. Each team receives one timeout each overtime period. The clock will be stopped for all timeouts.
17. Substitutions may take place only during a dead-ball situation. Penalty: Technical foul. During multiple free-throw personal fouls, substitutions may be made only before the final attempt has been converted.
18. The bonus will be in effect on the 7th team foul. The offended team will be awarded a one plus one free throw attempt. On and after the 10th team foul the offended team will be awarded 2 free throw attempts.
19. All technical fouls will count toward a player's total personal fouls. All technical fouls are two shots and ball possession.

Note: TWO UNSPORTSMANLIKE technical fouls on the same person is an AUTOMATIC EJECTION.

20. All team members must wear the designated uniform or colored t-shirt.
21. On free throws, players may enter the lane once the shooter has released the ball. Exception: The shooter and players behind the free-throw line extended and behind the three-point line may not enter until the ball touches the ring or backboard.
22. Players may not participate with equipment that the USCJ staff judges to be dangerous to the participants. Hard casts, metal or plastic braces, headwear (including bandanas) and jewelry are examples of illegal equipment. Placing tape over jewelry is also illegal.
23. Scorekeepers will be volunteers taken from the stands on the day of the game.
24. All participants must wear numbered team jerseys of a similar or matching color (assigned by the USY Basketball Commissioner).
25. USCJ will provide the game ball. If both teams agree to use a ball other than the CRS ball, this will be allowed.
26. IF NEEDED, A SPORTSMANSHIP RATING SYSTEM WILL BE IMPLEMENTED. A 4.0 scale is used and each team is required to earn a 3.0 rating in order to move on. During the playoffs, any team receiving a 1.0 rating or less will be eliminated. Any team receiving a 2.0 must have their team captain or coach speak with the USY Basketball Commissioner prior to their next game. Failure to do so will lead to their dismissal from the tournament. Game officials will decide the sportsmanship rating for both teams in the game. The rating will be available to coaches and players upon request.

Sportsmanship scale:

- 4.0 – Team was exceptional. No problems at all with players, coaches or fans.
- 3.0 – Some small problems, but overall not bad sports. Team received an unsportsmanlike technical foul.
- 2.0 – Team showed unsportsmanlike actions. Several problems with players, coaches or fans. Player on team was ejected, or team received two unsportsmanlike technical fouls.
- 1.0 – Team, coach, and/or fans were out of control. Showed extremely bad sportsmanship throughout entire game. Player was ejected, or team received two or more unsportsmanlike technical fouls.
- 0.0 – Game could not be finished do to poor sportsmanship.

If you have any questions, please contact:

Shayna Kritz, Assistant Regional Youth Director, (301) 230-0801 ext. 3 or kritz@uscj.org

All games will be played at Richard Montgomery High School

Richard Montgomery High School is located at 250 Richard Montgomery Dr, Rockville, MD. From I-495, take I-270 north to exit 6A – W. Montgomery Ave/MD-28 East toward Rockville.

Follow MD-28, turning right as it becomes East Jefferson St. Veer right into Jefferson Plaza, directly before the junction of Routes 355 & MD-28. Turn right onto Richard Montgomery Drive and enter the school through the back visitor's parking lot.