

REBA League Rules and Guidelines

NOTE: A copy of these Rules and Guidelines must be kept at the scorer's table during every contest.

Playing Time

1. **Playing time is required for every dressed player.**
2. Principals, coaches, or the league office may limit an individual's playing time based on poor conduct, sportsmanship, attitude or behavior during practice or games. Playing time may also be reduced if a player fails to meet all eligibility requirements as outlined by their coach or school.
3. Players may participate on only one team when their name appears on the original team rosters. Rosters must be submitted to the league office for each team.

Game Information

1. The host school will provide the basketballs for use in the games and warm-up on game day. The size of the basketball is as follows: **28.5" (inches in diameter) is the women's size and will be used by all teams.**
2. When entering in to and playing in a game:
 - a. no game will commence without a minimum of 5 players to start a game. A 10-minute grace period will be enforced from the originally scheduled start time.
 - b. players must have their jerseys tucked into their shorts.
 - c. players must not be wearing jewelry
 - i. Hair barrettes or beads must be tightly secured to head (they must not move when player shakes head)
 - d. players must check in at the scorer's table and await the referee's signal to enter the game.
3. Games will consist of:
 - a. **4 – 8-minute quarters** with a running clock.
 - b. a **1-minute** break between quarters.
 - c. a **5-minute** break at half time.
4. The clock will run continuously except in the **final 1 -minute** of each quarter or if an injury has occurred.
5. If **overtime** is required:
 - a. it will consist of a **2-minute** period.
 - b. there will be maximum of **2 overtime** periods.
 - c. the clock will stop on all shooting fouls and the referee's whistle during the overtime period.
 - d. if the game is still **tied** after two overtime periods then the game remains a tie, except in the season ending tournament.
6. **NO THREE POINT BASKETS WILL BE AWARDED.**
7. The "home" team is responsible for providing scorekeepers for the game. The "visiting" team is responsible for providing timekeepers.
8. The score will be removed from the scoreboard if a team gains more than a 20 point lead.
9. **Teams who are consistently reported to league office for running up the score will be subject to possible penalties.**
10. Seeding for the playoffs will be based on overall record/head-to-head record/ alphabetical order.
11. **Pressing**
 - a. Pressing (defensive pressure applied before an offensive player has crossed the half court line) is prohibited outside of **the last minute of each half and overtime periods.**
 - b. **Teams that have a 20-point lead or larger are not permitted to press.**
 - c. Outside of the allowed pressing period, a team may double team or trap the ball **ONLY** after it has crossed the top of the free-throw circle extended.

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12. Fouls:

- a. Individual players are allowed 5 fouls in a game before disqualification.
- b. Teams will shoot the "bonus" at the point when the opposing team has accumulated 7 fouls in the half.
- c. Teams will shoot the super "bonus" at the point when the opposing team has accumulated 10 fouls in the half.
- d. Team fouls will reset at halftime only.
- e. A player or coach receiving 2 technical fouls will be removed from the bench and will be asked to leave the court / play area. If no assistant coach is available to replace the ejected coach, then that team shall forfeit the game. * Coaches ejected must complete online PCA course before returning.
- f. Technical fouls will result in an automatic 2 points and subsequent ball possession awarded to the non-offending team (no foul shots are required).
- g. Players shooting free throws must start the shot with both feet behind the free throw line and may not cross until the ball reaches the rim.

13. Timeouts:

- a. Each team will receive 3 full [1-minute] timeouts per game and 1 [30 -second] timeout per half.
- c. Each team will receive one 1 full [1-minute] timeout per overtime period.

14. Uniforms:

- a. Teams shall have uniform numbers that are a minimum of 4 inches in height and no less than ½ inch width located on either the front or back of the uniform.
- b. Uniforms may consist of t - shirts and shorts.

Compliance with the Rules

1. All students wishing to participate in REBA sponsored practices and games must have the following documentation on file:
 - a. Voluntary Programs Waiver
 - b. Medical Emergency Form
 - c. Code of Conduct

Each of the forms must be completed and must have the appropriate signatures as indicated on the document prior to participation in any practices or games.

2. Coaches must maintain a completed and signed copy of the "Medical Emergency Form" for each participant in their possession while the participant is actively engaged in practice and games.

NOTE:

1. All coaches must dress appropriately. The District #205 Dress Code is in force at every playing location and applies to coaches, coaching assistants, parents and guardians as well as students.
2. An administrator or an assigned certified staff member **must be provided at each contest for each team**. Coverage may be provided by coaches, teachers, or appointed school representatives.
3. Basic basketball mechanics and regulations will follow IHSA/ NFHS guidelines outside of the above REBA League Rules.