**INSTRUCTIONAL PLAYING RULES**

**2022-2023**

1. Home teams are responsible for assigning officials (regular referees, high school students) and having someone to operate scoreboard
2. Please inform officials this is an instructional program, try to help players with some instructions after infractions are called
3. Two – twenty minute halves (five – four minute quarters per half) running clock except last two minutes of each half which will be stop clock
4. Substitutions – at 4 minute intervals – full substitutions will take place – 5 new players must enter game (try to split team into equal groups) individual substitutions, only can be made if there is an injury, no player can play in two consecutive quarters, if team has exactly 10 players it is allowed to switch the rotation of players at the half time break. If a team has more than 10 players – no player is allowed to play in two consecutive quarters. If a team has 8 or 9 players – no player is allowed to play in three consecutive quarters.
5. Score will be kept for teams, but no individual stats will be kept (points, fouls, etc.). Scoreboard will be set to zero at halftime.
6. There is a 10-point scoreboard regulation, once a team reaches a 10-point lead; the scorer will not put points on the scoreboard until the lead falls below 10 points.
7. If you are up by 10 points the leading team cannot come out further than the 3 point line.
8. No full court pressing – must fall back to half court – once opposing team gains control of ball
9. No trapping the basketball outside the three point line.
10. Modified three-second rule – players will be allowed five to six seconds in lane.
11. Foul shooting will only take place in the last two minutes of each half; free throw line will be at 12 feet instead of 15 feet. Shooting fouls will be two shots; all others will be one-n-one.
12. Players will be allowed to commit six fouls, and then must be removed from the game. Coaches must help scorekeepers identify players with excessive fouls.
13. Players only allowed playing in one game per day, unless the director of the league has been notified.
14. (2) Time-outs per half.
15. Home teams will supply basketballs for warm-ups.
16. Man 2 Man ----Teams should play man to man defense throughout the entire season.
17. No admission is charged for Instructional games.

**Remember this is an instructional program – coaches should do their best to keep scores within reason.**