

D Summary

1. Man to Man defense only. No full court defense is allowed.
2. Double teaming is discouraged. One definition of double teaming is leaving your man to double the ball
3. No half time breaks for at least the first two weeks. (This may occur on any rainy day).
4. ***Both the C and D Divisions will shoot free throws from Twelve feet from the backboard***

Substitution Sheets:

Substitution rotation is rule for regular season and all playoff and championship games. If you wish to sub by their names, you must be able to produce a list of names with the appropriate numbers assigned. The league recommends the use of the approved green sheets.

Timing

- Eight minute running quarters. Clock is stopped at the four-minute mark of the first three-quarters for substitutions.
- Times out: Two per half and they do not carry over.
- The clock is stopped for times out, injuries, the organization of free throw shooting and the last minute of the 4th quarter.
- Each team has two 30-second times out in the each half and they do not carry over.

Free throws

- If a player is fouled in the act of shooting he/she shall be awarded one point and must shoot the second.
- If a team has committed seven or more fouls, one point will be awarded on a common foul and she/he must shoot the second.
- THIS APPLIES UNTIL THE LAST MINUTE OF THE GAME OR OVERTIME. DURING THE LAST MINUTE OF THE GAME, THE PLAYER MUST SHOOT ALL OF THE FREE THROW ATTEMPTS.

No player is disqualified for five fouls. If a player with five fouls commits additional fouls it's considered a technical foul. This results in two free throws and the ball.

Overtime period- The first overtime period will be two minutes in length. If a second OT is necessary, it will be one minute in length. The third and any subsequent OT period will be sudden victory. The overtime period is the extension of the fourth quarter.

Playoffs Overtime period- The first overtime period will be two minutes in length. If additional overtimes are necessary, it will be one minute in length. T. The overtime period is the extension of the fourth quarter.

Week day practice is only allowed the week of the playoffs and championship.