

Interfaith Basketball League Rules Matrix

BOLDED ITEMS REFLECT CHANGES BETWEEN LEVELS

Junior Division 3rd - 5th Grades	
RULE	
Player Eligibility	There will be a Girls Conference and a Boys Conference for each grade
Must Play (Excluding injury Substitutions)	No Substitutions is allowed for a player until that player has played a full continuous quarter. Teams with 9 or less players will sit each player out 1 full qtr. Teams of 10+ players should balance playing time equally among all players. Teams of 10+ players may sub players in 2nd half, while remaining players play their quarter.
Official Roster	Coaches will have their official roster listed in a scorebook and present it to the official scorekeeper prior to game time. Roster must include Last Name, First Name and #.
Less than 5 players	Each team must have 5 Eligible players to start a game
Official Ball	28.5" Ball for Boys and Girls Conferences
Goal Height	10 Feet
Free Throw Line	Shortened Foul line marker (13') 3rd & 4th Grades only.
Time	Four eight-minute quarters with running clock. At all times, the clock will stop on shooting fouls, time-outs and injury time-outs. In the last minute of the first 3 quarters and the last 2 minutes of the 4th quarter, (as well as the last minute of any overtime period), the running clock rules revert back to high school rules with the clock stopping on all dead ball situations.
Time Outs	Three (3) full time-outs and two (2) 30 second time-outs allotted for each team per game.
Overtime	Three minute overtime periods will be played until there is a winner (2 minutes running time and 1 minute high school rules). Teams will be allotted one additional time-out per overtime period. There is an exception to the above rule for the 3rd grade only, these ties will be decided by a shoot out. Each team will shoot at opposite ends until one team makes a basket. The first team to make a basket will be the winning team.
Team Seating	Team benches will be on either side of scorer's table.
Bench Personnel	Head Coach, 1 Asst. Coach, 1 Scorekeeper. One must be at least 21 years of age.
Stealing	Allowed
Pressing	Not allowed in the first 3 quarters but is allowed in the 4th quarter. A team can no longer press when it is ahead by 20 points or more. Violations will result in a technical foul after 1st warning.
Fast Breaks	Allowed
Three Pointers	The three point shot will NOT be in effect.
Dunking	Not allowed in any division at any time. A technical foul may be assessed upon occurrence.
+20 point Lead Rule Changes	Clock will run continuously, except time outs, until the game is completed or the score returns to a ≤ 20 point differential. No Pressing is allowed. Violation will result in technical foul after 1st warning.
Team Fouls	There will be a 1+1 free throw situation on the seventh team foul (per half).
Personal Fouls	A player is disqualified upon committing their fifth personal foul.
Suspensions	A player or coach will be suspended for the next game if ejected from a game for any reason.
Technical Fouls	Any coach or bench personnel who receive a technical foul for behavior, attitude, disrespect & fighting (but not limited to) will be suspended from their next game. This will occur for every technical foul for the entire season.

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RULE	Junior Division	
	6th Grade	7th & 8th Grade
Player Eligibility	There will be a Girls Conference and a Boys Conference for each grade	
Must Play (Excluding injury Substitutions)	No Substitutions is allowed for a player until that player has played a full continuous quarter. Teams with 9 or less players will sit each player out 1 full qtr. Teams of 10+ players should balance playing time equally among all players. Teams of 10+ players may sub players in 2nd half, while remaining players play their quarter.	
Official Roster	Coaches will have their official roster listed in a scorebook and present it to the official scorekeeper prior to game time. Roster must include Last Name, First Name and #.	
Less than 5 players	Each team must have 5 Eligible players to start a game	
Official Ball	28.5" Ball for Boys and Girls	28.5" for Girls, 29.5" for Boys
Goal Height	10 Feet	
Free Throw Line	Official Foul line marker (15')	
Time	Four eight-minute quarters with running clock. At all times, the clock will stop on shooting fouls, time-outs and injury time-outs. In the last minute of the first 3 quarters and the last 2 minutes of the 4th quarter, (as well as the last minute of any overtime period), the running clock rules revert back to high school rules with the clock stopping on all dead ball situations.	
Time Outs	Three (3) full time-outs and two (2) 30 second time-outs allotted for each team per game.	
Overtime	Three minute overtime periods will be played until there is a winner (2 minutes running time and 1 minute high school rules). Teams will be allotted one additional time-out per overtime period.	
Team Seating	Team benches will be on either side of scorer's table.	
Bench Personnel	Head Coach, 1 Asst. Coach, Scorekeeper. One must be at least 21 years of age.	
Stealing	Allowed	
Pressing	Pressing is allowed. A team can no longer press when it is ahead by 20 points or more. Violations will result in a technical foul after 1st warning.	
Fast Breaks	Allowed	
Three Pointers	The three point shot will be in effect.	
Dunking	Not allowed in any division at any time. A technical foul may be assessed upon occurrence.	
+20 point Lead Rule Changes	Clock will run continuously, except time outs, until the game is completed or the score is a 20 point differential. No Pressing is allowed. Violation will result in technical foul after 1st warning.	
Team Fouls	There will be a 1+1 free throw situation on the seventh team foul (per half).	
Personal Fouls	A player is disqualified upon committing their fifth personal foul.	
Suspensions	A player or coach will be suspended for the next game if ejected from a game for any reason.	
Technical Fouls	Any coach or bench personnel who receive a technical foul for behavior, attitude, disrespect & fighting (but not limited to) will be suspended from their next game. This will occur for every technical foul for the entire season.	

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BOLDDED ITEMS REFLECT CHANGES BETWEEN LEVELS

	Senior/CYO (Grades 9-12)	
RULE	Girls	Boys
Player Eligibility	Junior Conf: 9th & 10th Grade Combined Senior Conf: 11th & 12th Grade Combined	Junior Conf: One each for 9th & 10th Grade Senior Conf: One each for 11th & 12th Grade
Must Play (Excludes injury Substitutions)	Each player must play a minimum of 9 minutes per game. The minutes can be spread throughout the game.	
Official Roster	Coaches will have their official roster listed in a scorebook and present it to the official scorekeeper	
Less than 5 players	Each team must have 5 Eligible players to start a game	
Official Ball	28.5" for Girls	29.5" for Boys
Goal Height	10 Feet	
Free Throw Line	Foul line marker (15')	
Time	Four nine-minute quarters with running clock. At all times, the clock will stop on shooting fouls, time-outs and injury time-outs. In the last minute of the first 3 quarters and the last 2 minutes of the 4th quarter, (as well as the last minute of any overtime period), the running clock rules revert back to high school rules with the clock stopping on all dead ball situations.	
Time Outs	Three (3) full time-outs and two (2) 30 second time-outs allotted for each team per game.	
Overtime	Three minute overtime periods will be played until there is a winner (2 minutes running time and 1 minute high school rules). Teams will be allotted one additional time-out per overtime period.	
Team Seating	Team benches will be on either side of scorer's table. No more than 3 non players allowed on team bench.	
Bench Personnel	Head Coach, 1 Asst. Coach, Scorekeeper. ALL must be at least 25 years of age.	
Stealing	Allowed	
Pressing	A team can no longer press when it is ahead by 20 points or more. Violations will result in a technical foul after 1st warning.	
Fast Breaks	Allowed	
Three Pointers	The three point shot will be in effect.	
Dunking	Not allowed in any division at any time. A technical foul may be assessed upon occurrence.	
+20 point Lead Rule	Clock will run continuously, except time outs, until the game is completed or the score is a 20 point No Pressing is allowed. Violation will result in technical foul after 1st warning.	
Team Fouls	There will be a 1+1 free throw situation on the seventh team foul (per half).	
Personal Fouls	A player is disqualified upon committing their fifth personal foul.	
Suspensions	A player or coach will be suspended for the next game if ejected from a game for any reason.	
Technical Fouls	Any player, coach, bench personnel or others who receive a technical foul for behavior, attitude, disrespect & flagrant intentional fouls (but not limited to) will be suspended from their next game. If the same player, coach, bench personnel at anytime during the season gets a 2nd technical fouls, that player, coach, bench personnel will be suspended from the next 2 games. If the same player, coach, or bench personnel receives a 3rd technical foul, then they will be removed from the team. This rule will carry over to the next season if the player is not a 12th grader. The IFBL Board will reserve the right to suspend a team if that team receives multiple technical fouls.	