

Rules

CNR LEAGUE RULES – Except for the following exceptions, standard NFHS and MSHSAA rules will be followed and enforced in the CNR League.

FOULS

High school rules apply. A player is fouled out after 5 fouls. (*Summer League – a player is fouled out after 6 fouls*)

FREE THROWS

- There is a “1 for 2” rule in use during the first **38 minutes** of the game. (*See modification below effective in the last 2 minutes of the game and overtime.)
- 1 shot for 2 points – All one-and-one and two-shot fouls are shot as a single free throw – a successful free throw results in 2 points.
- **Modification – During the last two minutes, the game will be officiated per MSHSAA / NFHS rules. (Real Basketball Rules).*
- No Free throw violations on the shooter for 3rd-5th grade girls and 3rd-5th grade boys. 5th grade boys and girls must start behind the free throw line. 3rd and 4th grade boys and girls may start with their heels on the free throw line. (Officials have the right to call off a rebound where the shooter uses this to his/her advantage on a missed free throw.)
- A player occupying a marked lane space...may enter the lane on the release of the ball by the free throw shooter.
- All “traditional” three-pointers will be as normal – if the original shot is made and the player is fouled in the act of shooting, the shooter is given a single free throw – 1 point if made.
- A three-point shooter who is fouled in the act is given 2 free throws – the first shot counts as 2 points (if made) and the second shot counts as 1 point (if made). If the foul occurs during the last 2 minutes or overtime, it will result in three shots (each worth one point).
- Technical and intentional fouls result in a single free throw – **2 points if made.**

TIME

- Each half of play is 20 minutes in length – the clock will run non-stop until the last minute of the first half and the last 2 minutes of the second half.
- Each team gets a total of 3, one minute timeouts per game
- There are only **Two** overtimes.
- In overtime, each team is provided an additional single timeout to be used in all overtimes on top of what each team has already.
- In overtime 1: it will be 2 minutes in length – the clock runs for the first 1 ½ minutes.
- In overtime 2: it will be a sudden death; the first score of any kind wins. The 2nd overtime will be a maximum of 2 minutes in length – the clock runs for the first 1 1/2 minutes. If nobody scores after the 2 minutes of sudden death, the game will end as a tie.

PRESS RULE

- **3rd and 4th Grade** – Teams may press in the last 2 minutes of the game. No pressing will be allowed until the game has reached the final two minutes. Pressing will be allowed during Overtime. Until the last two minutes, once the ball has been secured, the defensive team must retreat to 1/2 court.
- **5th Grade** – Teams may press in the 2nd half of the game. No pressing will be allowed until the 2nd half. Pressing will be allowed during Overtime.
- Any team leading by 20 points or more is prevented from guarding in the backcourt – this applies in either half.

MERCY RULE

- If a team is leading by 20 points or more in the second half, the clock will continue running for the entire 2nd half.

MISC. NOTES

- Each game site will have a **Site Supervisor** present – this person can assist with any issues, questions, and to help with any unusual situations.
- Each team must provide 1 person for the score table – to run the board and to handle the score-sheet.
- 4-minute warm up and 3 minute half-time. The 4-minute warm up starts as soon as the previous game is completed, however no games will start before their scheduled start time unless both coaches agree.
- *Teams may have a maximum of 3 coaches (1 Head Coach, 2 Assistant Coaches) on the bench but only the head coach may address the officials. Only Head Coaches may stand during when the ball is in play during the game. Any team that breaks this rule will be warned the first time and the second consequence will result in only the head coach being allowed on the bench for the remainder of the season.*
- 3rd-5th grade boys will use a girls basketball. 6th-8th grade will use a boys basketball, unless 6th grade coaches agree prior to game starting to use a smaller basketball.
- No earrings, necklaces or wristbands. Hair must be clear of all metal and objects. Players must be basketball equipped with no metal showing. Referees will decide if equipment is appropriate using MSHSSA guidelines.
- A player from the same organization may be allowed to play up, from the B team to the A team. This usually happens when the A team does not have enough players to field a team on a particular day. However, an A player may NOT play on a B team, unless, prior to the start of the game, the opposing coach agrees to allow the A player to play. If an A player is found to have played in a B level game, and it was not approved by the opposing coach prior to the start of the game, then after the game, the opposing coach must bring this to the attention of the league official/s: Alison Todd at atodd@micds.org or Monica Tritz at monitaylor@yahoo.com or orcnrmonica@gmail.com. If the official/s find this to be true, the team that violated the policy will forfeit that game.