



# VABA LEAGUE RULES

## Game Rules

1. HOME TEAM (all divisions): The first team listed on the schedule is designated as the Home Team.
2. PERIOD/GAME DURATION
  - a. JBL 1-2: eight (8) five-minute periods, running clock (no halftime)
    - i. One-minute interval between periods 2, 4, 6
  - b. JBL 3-4: four (4), eight-minute quarters, running time except for final minute of each quarter (3-minute halftime)
  - c. VDBL 5-6: four (4), six-minute quarters, stopped time (5-minute halftime)
  - d. VDBL 7-8: four (4), seven-minute quarters, stopped time (5-minute half-time)
3. TIME OUTS
  - a. JBL: three (3) full timeouts (one-minute long) – clock always stops
  - b. VDBL: three (3) full timeouts, two (2) 30-second timeouts
4. LANE AREA
  - a. JBL 1-2: Unlimited
  - b. JBL 3-4: five (5) seconds permitted
  - c. VDBL: three (3) seconds permitted
5. MID-LINE
  - a. JBL 1-2: 15 seconds to cross, no backcourt violation
  - b. JBL 3-4, VDBL: Regulation 10 second, backcourt violation
6. DEFENSE (REFER TO DEFENSIVE RULES DIAGRAMS for VDBL)
  - a. JBL & VDBL: Only man-to-man defense permitted; no half-court zone defenses of any kind
  - b. JBL: No double-teaming
    - i. A player may “help”/“help-out” on drives to the basket or passes into the lane area but must immediately return to their assigned person if the ball is passed or dribble outside the lane area
  - c. VDBL: Man defense and Double-teaming/Trapping rules. Players must either:
    - i. Be playing a man (i.e. “man principles”)
    - ii. Be in the process of running to trap or out of a trap
    - iii. Be in the trap
    - iv. A player can never be assigned to or in the position of guarding an area
    - v. Player can never be assigned to an area to pick a man who comes in that area (zone or match-up zone is illegal)
    - vi. “Zoning” a big-man (or anyone):
      1. Zoning a man in the middle of the paint after repeated passes have been made is a violation of the “man defense” rules. *Defensive players need to move in a manner consistent with man “help” defense principles.* GS/LO League Officials will be present to interpret all defense rules.

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## VABA League RULES (cont.)

### DEFENSE (cont).

7. PRESS (REFER TO DEFENSIVE RULES DIAGRAMS)
  - a. JBL 1-2: No press of any kind at any time
  - b. JBL 3-4: Full-court man press is permitted in the final two minutes of the fourth period
    - i. No zone press of any kind is allowed
  - c. VDBL 5-6: Full-court man press is permitted at any time. Players must either
    - i. Be playing a man (i.e. "man principles")
    - ii. Be in the process of running to trap or out of a trap
    - iii. Be in the trap or running to rotate to take the next pass
    - iv. A player can never be assigned to or in the position of guarding an area
    - v. A Player can never be assigned to an area to pick a man who comes in that area (zone or match-up zone is illegal)
  - d. VDBL 7-8: Full-court man or zone press is permitted until the ball crosses half-court
  - e. VIOLATION PROTOCOL: If a team is deemed to be playing an illegal defense, the GS/LO will inform/warn the coach who must "legalize" his/her defense immediately
    1. First Violation: Warning to the Head Coach (by GS/LO)
    2. Second Violation: Warning or Technical foul (GS/LO will stop game)
    3. Third Violation: Technical foul or grounds for game forfeiture (GS/LO will stop game)
8. ILLEGAL DEFENSE OR PRESS RULES/RULINGS:
  - i. Illegal defenses can only be ruled by Game Supervisor/League Official and his decision is final.
  - ii. Coaches should never "accuse" the opposing coach (to their players, parents, or to the opposing coach himself) of an illegal defense. Rather, the head coach should subtly ask the assistant coach or team manager to discretely find the GS/LO and have him make this determination.
  - iii. If there is a specific objection or complaint, it should be directed to the League Official who will then interpret the execution of the defense. His ruling will be accepted as final, and the League Official will contact the League Director to report the complaint/incident.
  - iv. VIOLATION PROTOCOL: If a team is deemed to be playing an illegal defense, the GS/LO will inform/warn the coach who must "legalize" his/her defense immediately
    1. First Violation: Warning to the Head Coach
    2. Second Violation: Technical foul
    3. Third Violation: Technical foul or grounds for game forfeiture
9. FOULING OUT
  - a. JBL 1-2: No foul-outs
  - b. JBL 3-4: Players foul out after 6 fouls (assistant coach keep track of fouls)
  - c. VDBL: Players foul out after 5 fouls (scorekeepers keep foul totals)

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## VABA League RULES (cont.)

### 10. FOULS & FOUL SHOTS (Shooting, Common, Bonus, etc.)

- a. JBL 1-2: Shoot only one FT when fouled in the act of shooting. All "common" fouls result in the offense inbounding ball.
- b. JBL 3-4:
  - i. During "running time"
    1. SHOOTING FOUL/FGA (two-pointer) = 1 pt + 1 FT
    2. SHOOTING FOUL/FGA (three-pointer) = 2 pts + 1 FT
    3. SHOOTING FOUL/FGM = Basket is good + 1 FT
    4. TECHNICAL/INTENTIONAL/FLAGRANT FOUL = 1 pt + 1 FT + possession
    5. COMMON FOUL = out of bounds (side/under)
  - ii. During "stopped time"
    1. SHOOTING FOUL/FGA (two-pointer) = 2 FTs
    2. SHOOTING FOUL/FGA (three-pointer) = 3 FTs
    3. SHOOTING FOUL/FGM = Basket is good + 1 FT
    4. TECHNICAL FOUL = 2 FTs + possession
    5. COMMON FOUL = 1 + 1 bonus FT
- c. VDBL: Regulation VHSL Rules

### 11. FREE THROW LINE DISTANCE

- a. JBL 1-2: 11' from backboard
- b. JBL 3-4: 13' from backboard
- c. VDBL-5th, VDBL 5/6 Girls: Regulation 15' line – may land over line after shot (cannot rebound own shot if shooter crosses the line)
- d. VDBL-6-8, VDBL-GIRLS 7/8: Regulation VHSL Rules

### 12. UNSPORTING WARNING and TECHNICAL FOULS

- a. Any player receiving an unsporting warning will be removed from the game for a minimum of one dead ball.
- b. Any player receiving an unsporting technical foul will be removed from the game for the remainder of the quarter. The coach has the prerogative to sit him/her out for an indefinite period of time.
- c. Any player or coach receiving two (2) unsporting technical fouls will be ejected from the game. A coach or player may face possible suspension from further league play and the coach may be replaced. In the event of an ejection of a coach, the assistant coach will take on the head coach position for the duration of that game.
- d. EXAMPLES OF UNSPORTING PLAYER CONDUCT (on court)
  - i. Disrespectfully addressing or contacting an official
  - ii. Any gesturing toward an official
  - iii. Using profanity or vulgarity
  - iv. Taunting, baiting, or ridiculing another player, bench personnel or crowd member
  - v. Purposely distracting a free throw shooter (clapping, waving hands, etc.)
  - vi. Inciting undesirable crowd reaction
- e. EXAMPLES OF UNSPORTING CONDUCT OF BENCH PERSONNEL (player or coach)
  - i. Objecting to an official's decision/call by rising from the bench or gesturing
  - ii. Disrespectfully addressing or reacting to an official's call
  - iii. Using profanity or language that is abusive, vulgar, or obscene



## VABA League RULES (cont.)

### 13. OVERTIME

- a. JBL 1-2: N/A
- b. JBL 3-4:
  - i. One 2-minute overtime will be played with "stopped time" rules. Coaches are allowed only one timeout during overtime (timeouts do not carry over from regulation)
  - ii. Coaches may choose line-ups and sub freely
- c. VDBL
  - i. One 2-minute overtime.
  - ii. Coaches may choose line-ups and sub freely.

### 14. SCORING

- a. JBL 1-2: No score is kept
- b. JBL 3-4, VDBL: Score is kept (FTs = 1, 2's & 3's)

### 15. COURT SIZE/DISTANCE

- a. JBL 1-2: Games are played "cross ways"
- b. JBL 3-4, VDBL: Games are played on regulation court

### 16. BASKET HEIGHT

- a. JBL 1-2: Basket height start at 8' (may be gradually raised during season as deemed by League Director with coaches feedback)
- b. JBL 3-4: Basket height start at 9' (may be gradually raised during season as deemed by League Director with coaches feedback)
- c. VDBL: Regulation height

### 17. BASKETBALL SIZE

- a. JBL 1-2: 27.5 oz (junior ball)
- b. JBL 3-4, VDBL 5-6, VDBL-Girls 7-8: 28.5 oz (regulation girls ball)
- c. VDBL 7-8: 29.5 oz (regulation boys ball)

### 18. PLAYING TIME RULES (REFER TO "PLAYING TIME RULES")

- a. Playing time rule Violation Protocol
  - 1. First Violation: Warning to the Head Coach or game forfeiture
  - 2. Second Violation: Grounds for game forfeiture
- b. All coaches must keep *accurate playing time records* (and keep throughout the season) and be able to produce at the request of the GS/LO or League Director at any time.

### 19. SAC CARDS

- a. JBL 1-2: Optional
- b. JBL 3-4 and VDBL: Required

All other game rules apply to JBL and VHSL rules apply to the VDBL.

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