

CBC League Rules

Each team must supply a scorekeeper or clock keeper for each of their games.

Absolutely NO sports drinks, soda or food in the gym----this will be strictly enforced! Only water and popcorn can be brought into the gym.

- Games will consist of two 20-minute halves with a continuous clock
- The clock will stop for time outs. The clock will also stop on whistles in the last minute of each half, unless one team is winning by 15 or more points.
- There will be 5-minute warm-ups between games, a 5-minute grace period for tardiness (if, however, 5 players on a team are present at game time, no grace period applies), and a 3-minute half time.
- Except for shooting fouls, no free throws until the 10th team foul, which will qualify for double-bonus.
- No press is allowed by a team that is winning by 15 points or more.
- One 3-minute overtime (if needed) with clock stopping last two minutes. Subsequent overtimes (if needed) will be the best of five free throws (5 players from each team, one free throw per player).
- Jump ball at beginning of game and first overtime. All others will be alternating possessions.
- A technical foul is an automatic 2 points and the ball for the other team. Technical fouls on players count as personal fouls.
- Two technical fouls by the same person, results in an automatic ejection from the game and SUBSEQUENT GAME. Three technical fouls by the same person over the course of the league will result in ejection from the league and field house for the remainder of the season.
- Two 1-minute time-outs per half. One time out is awarded for overtime. Unused time-outs cannot be carried into overtime.
- All other rules will follow WIAA guidelines.