

THE SOUTH SUBURBAN BASKETBALL LEAGUE

Partnership between the communities/organizations of: Brecksville, Broadview Heights, Brooklyn Heights, Cuyahoga Heights, Independence, Nardonía Basketball Association, Nardonía Youth Basketball, Seven Hills, Twinsburg Youth Basketball, and Valley View

3rd through 6th Grade Boys and Girls Eligibility & Rules 2025-26 Season

Safety – Safety is each community’s – and our league’s – number one priority. The State of Ohio’s has two laws that aid in this mission. The Return to Play Law deals with concussions (<http://www.odh.ohio.gov/health/vipp/child/returntoplay/concussion.aspx>), while Lindsay’s Law pertains to Sudden Cardiac Arrest (<http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>).

Player Eligibility Guidelines

Seven Hills guidelines are available on the website: www.leaguelineup.com/sevenhillsbasketballleague

Grade and Age Requirements

- (1) Players must be registered in school in the appropriate grade for their division (3, 4, 5, 6 grades). This is documented on the player registration form
- (2) 3rd-4th grade players may play up in the 5th-6th grade with approval of their community commissioner/director.
- (3) A player can only be listed on 1 roster for the season, and play for only one team.
- (4) Each city is responsible for making sure their players are legitimate under these guidelines. Rosters are mandatory and once submitted will be reviewed to be approved as the official record for that team.
- (5) Teams cannot add players after they submit their final roster without the consent and approval of their city. All approved players must be from the city and/or school district of that team unless approved by the board.

General League Rules

Equipment / Uniform and Gym Usage

- (6) It is highly recommended for the teams from Seven Hills to wear protective kneepads.
- (7) Players are asked to CARRY IN their court/game shoes in an effort to keep the playing areas clean and dry. The facilities utilized by the league are provided courtesy of the Parma School Board, The Cities of Brecksville, Broadview Heights, Independence, Macedonia, Seven Hills, and The Village of Valley View, and need to be cared for and cleaned up after we use them.

Drafting Procedure and Processes

- (8) The Seven Hills team drafts will be conducted according to the Seven Hills Basketball Federation’s Draft Procedures” adopted and approved by the board on 8/30/11.
- (9) Other participating cities may hold their own drafts according to their city’s rules and procedures. However, these drafts are required to be conducted in the same spirit of balancing the teams.

Team/Player/Player Call Up Eligibility

- (10) Parents (legal guardians), league/community representatives, coaches, or referees may decide if a player can or cannot play due to an injury sustained. In extreme cases, a note from a doctor may be required to resume participation in team activities. **NOTE: Ohio’s “Return-to-Play Law” takes precedence for a player resuming or returning to play when dealing with any head injuries.**
- (11) **Player Call Up Eligibility** – The 5th-6th grade division can call up players from the 3rd-4th grade division ONLY in cases when the team will be “short” on players due to illness, players out of town, etc., and pending approval of the community’s commissioner or director. If a team has six (6) or more players, the team CANNOT call up a player.
- (12) All call ups must play, even if the original player being substituted for happens to show up for that game

Team/Player/Player Call Up Eligibility (continued)

- (13) Coaches must inform the community's commissioner/director of who they are calling up. Commissioners/directors **will approve when a player is to be called up or not. (This is based on circumstances that coach/team face).**
- (14) Commissioners/directors will work with coaches that different players get the chance to be called up and not always the same few select players.
- (15) ONE CALL UP PER WEEK is permitted per team unless the Commissioner/Director approves more than that due to special circumstances, (sickness, travel, poor grades, grounding from parents, etc.)
- (16) Call ups should not play more in a game than a regular 5th-6th grade team member.
- (17) The player called up can only play for one other team per day in addition to playing with their own team.
- (18) Teams can only call up players from their own city or league. There is NO CROSS TEAM play within the Division.

Player Max/Min Playing Time Requirements and Player Substitutions

- (19) **Minimum Playing Time:** Each player is required to play one half of **EVERY** quarter, which will amount to playing a minimum of half of the game.
- (20) **Player Substitutions:** at approximately four (4) minutes into each quarter, or as close as possible, the referee or scorer will call a fifteen (15) second timeout to allow coaches to substitute players from the bench. **ALL PLAYERS THAT WERE ON THE BENCH AT THIS BREAK IN PLAY MUST ENTER THE GAME.** This is not a team timeout and NO COACH should be on the floor strategizing play. This is a SUBSTITUTION TIMEOUT. The 1st warning = Referee warning, no penalty. The 2nd warning and beyond may result in a team technical foul, with the awarding of one free throw.
- (21) **Maximum Playing Time:** If a team has six (6) or more players, **ALL PLAYERS MUST SIT OUT AT LEAST ONE HALF OF ONE QUARTER PER GAME**, which means the maximum each player can play in a regulation game is 3-½ quarters. The exceptions to this rule would be if a team has five (5) or fewer players at the game, or an injury or illness occurs during the game that then limits the team to five (5) or fewer healthy and eligible players. *Fouling out is not an exception to a child not sitting out his/her required half of a quarter*, so, a team with only six (6) players could potentially have to play with four (4) players if one player fouls out and another player has not sat out one half of a quarter at some point during the game. A coach is not required to sit a player more than the one-half quarter minimum; however, they should attempt to equalize playing time for their team as much as possible – especially if the game is a blow out.
- (22) If a player shows up after a game has started, he/she must play at least one four-minute segment of each possible quarter remaining. The coach may elect to play him/her MORE than one four-minute segment per quarter, but NOT less. A player arriving after the game has started will be counted as having already sat out a segment. All substitution rules (rules #19-24) must still be followed, so coaches should understand the rules and ask questions of a league/community director or representative at the game location if needed to assure compliance.
- (23) There are NO substitutions outside of the planned four (4) minute mark timeouts. The only exceptions are due to an injury, replacing a player who has been disqualified, or during overtime. **Note: The consequence for not meeting maximum and minimum playing time requirements can lead to the forfeiture of the game. Ignorance of the rule or the misunderstanding/misapplication of the rule by the coach is not an excuse for violation. Check with the scorer's table throughout the game if needed to verify your team's compliance. It is NOT the responsibility of the scorer to "save" the coach from violating the rule. What the scorer's table has noted for playing time is OFFICIAL.**
- (24) **Playing time for overtime:** If the game goes into overtime, there are **NO** requirements for playing time during the extra period, so the coach can play whomever they want and substitute freely. However, it is strongly encouraged that coaches work to get every player some playing time during overtime.

Game Rules

Game Logistics and In-Game Rules

- (25) Any rule not outlined in this document will be the referee's call by following the Ohio High School Athletic Association (OHSAA) Basketball Rules
- (26) Games will consist of four (4), eight (8) minute quarters with a running clock.
- (27) Referees/site managers reserve the right to limit benches to two (2) coaches per team if needed.
- (28) ALL DIVISIONS will use a 28.5" basketball
- (29) The last minute of only the second and fourth quarters will be STOP CLOCK on all fouls and dead ball situations. However, there will be no clock stop in the 4th quarter ONLY if one team has a lead of ten (10) points or more.
- (30) The clock will stop temporarily for the lining up of players for free throws. The clock will start again when the ball is handed to the shooter for his/her final attempt; or, if the first part of rule 29 is in effect, when the ball is touched in play
- (31) Half time will last three (3) minutes with a running clock
- (32) Each team will be permitted three (3) timeouts per game. All timeouts are sixty (60) second timeouts and timeouts do NOT carryover. An illegal timeout request will result in a technical foul on the team calling a time out. ONLY the OFFENSE can call timeout when the ball is in play. ONLY COACHES will be granted timeouts, as players cannot call timeouts.

Player Fouls

- (33) Players with five (5) fouls shall be disqualified from further participation in the game
- (34) If a team has only four (4) eligible players remaining, any player that commits his/her 5th foul shall remain in the game. However, all subsequent fouls by the player(s) will result in the opposing team being awarded two (2) points plus possession of the ball.
- (35) Two (2) free throws are awarded beginning with a team's fifth (5th) foul in each quarter. Team fouls will be reset to zero (0) at the end of each quarter.

Ejections

- (36) Any coach, player, or spectator ejected from a game for ANY REASON will be automatically suspended from their team's next game. This ejection and suspension applies to ALL teams the coach/spectator/player is affiliated with, meaning he or she is barred from attending any other game on the day of ejection, as well as the next game date for ALL teams he or she is affiliated with as a coach, spectator, or player.
- (37) If any coach (head or assistant) is called for a technical foul during the course of a game, all of the team's coaches must be SEATED for the remainder of the game.

Three Point Shots

- (38) 3-point shots are allowed in all grade groups and divisions, IF marked by the appropriate lines in the respective gyms in which we play.

Forfeit of a Game

- (39) Teams must have a minimum of four (4) players to start a game. If a team does not have four (4) players to start a game, a forfeit will be declared. There will be a five (5) minute grace period from the scheduled start time prior to declaring a forfeit.
- (40) If a team with five (5) or more players chooses to "play down" with four (4) players to match an opponent with only four (4) players, the team playing down must wait until halftime to add the 5th player back into the game. If the team that started the game with only four (4) players present has the 5th player show up in the first half, then both teams will be allowed to substitute a 5th player **at the next scheduled substitution break or charged timeout.**
- (41) A forfeit may be declared due to misconduct or rules violations by a team's coach, spectator, or player. The referee or a league official has the right to call a forfeit under these circumstances.

Overtime

- (42) Games that are tied at the end of the 4th quarter will have a two (2) minute stop time period added at the end of regulation play. **A game that is tied at the end of the overtime period will be declared a tie.**
- (43) One (1) timeout will be permitted per team in overtime (timeouts do NOT carry over).

Foul Line Distances/Alignment

- (44) 3rd-4th Grade Leagues: the foul line will be eleven (11) feet.
- (45) 5th-6th Grade Girls League: the foul line will be thirteen (13) feet.
- (46) 5th-6th Grade Boys League: the foul line will be fifteen (15) feet.
- (47) In all leagues, the position below the block shall remain vacant and players can enter the lane on release of the shot.
- (48) A violation of the free throw line by the shooter will result in one (1) warning per team per game (the result of the shot stands); all subsequent violations shall be enforced

Half Court Defense/Full Court Pressing/Alternating Possessions

- (49) **In all leagues**, there will be a restricted area extending approximately six (6) feet from midcourt into the front court. The defense cannot cross into this restricted area while the offense is advancing the ball from the backcourt. Once the offense advances the ball across midcourt, the defense is no longer restricted. The aim of this rule is to allow a team to attempt to initiate an offense.
- (50) **In the 3rd-4th Grade Leagues**, there is no pressing permitted. Also, defenders cannot steal the ball off of a controlled dribble. Defensive players also cannot force a tie up/jump ball when the offensive player has clear, controlled possession of the ball. These calls will be made at the discretion of the referees.
- (51) **In the 5th-6th Grade Leagues**, full court pressing is allowed only in the last two (2) minutes of the fourth quarter and the duration of overtime. The press starts EXACTLY at the 2-minute mark of the 4th quarter. A team leading by ten (10) or more points CANNOT press.
- (52) If repeated pressing occurs during a non-press situation, referees can issue a warning on the first offense, and a two (2) shot foul and possession after each additional violation. The shooting team selects the foul shooter from the players who were on the court when the infraction was called.
- (53) All teams have ten (10) seconds to bring the ball across the half court line
- (54) A jump ball will start all games and any overtime period. The possession arrow will then determine all other possessions following tie ups, at the beginning of quarters, or for other circumstances as dictated by OHSAA rules. **However, if a team is down by ten (10) or more points to start a quarter, the losing team will be awarded possession.**
- (55) Lane violations are five (5) seconds for 3rd-4th Grade and three (3) seconds for 5th-6th Grade

Clock Operator/Scorekeepers/Referees:

- (56) Host sites provide the clock operator and scorekeeper. Clock operators ARE NOT referees or rule interpreters, but must be treated respectfully at all times and should not be subjected to arguing.
- (57) Many clock operators/scorekeepers are teenagers, and are learning as our players are learning. They are doing a job and should be left undistracted.
- (58) If there is a suspected scoring conflict regarding points, fouls, etc., the referee will stop the game to resolve the dispute. The officials may confer with each other, the head coaches, and the league reps in addition to the scorers in an effort to arrive at a conclusion. If there is not a consensus on resolving the discrepancy, what is recorded in the **scorebook** (NOT on the scoreboard) will stand. The game will resume with the ball going to the team who had possession at the time of the stoppage.
- (59) All league participants, coaches, and spectators are to be respectful of scorekeepers and referees at all times. There is a growing shortage of game officials in all sports, with parent/coach behavior cited as the overwhelming reason why officials no longer work games. There will likely be times when only one official is available to work league games, and spectators, coaches, and players will need to be understanding of that reality.

Photo/Video Policy

Spectators taking photographs or videos may not interfere with the view of the game by other spectators, nor interfere with the game itself. In addition, all photographs and videos taken by spectators at this event are for **personal use only**. The use of photographs or videos for commercial, scouting, or coaching purposes is strictly prohibited. The league reserves the right to remove offenders from the facility and invoke additional penalties.

Violations of Rules and Guidelines/Sportsmanship – Coaches/Referees/Parents/Guests

This league promotes learning the key essentials of the game of basketball, good sportsmanship, fair play, and parity between players and teams; a program that serves as a beginning, in all facets possible, to city, school(s), and regionally-organized basketball programs as the players age and grow in their basketball skill development.

Any behavior that is ruled to be inappropriate, out of line, harmful in any way to the youth basketball players, coaches, families or friends of the league, will be subject to a League committee review that may lead up to suspension/expulsion of the offending person(s). This includes following all league rules, managing roster eligibility, and general guidelines, in addition to treating all league facilities, participants, coaches, officials, and referees with decency and respect at all times.

Spectators, players, or coaches who are deemed unruly or verbally abusive to the players, spectators, coaches, referees or league officials may be asked to leave the gym or even the facility. The game will not resume until they leave and if they refuse to leave the gym or facility, the game could be forfeited by the team they represent.

Suspension/Expulsion Appeal

Any coach, player, or spectator who has been suspended or expelled may file an appeal. The request for an appeal hearing must be submitted **in writing** to the Director of the community which the individual represents, within 24 hours of being notified of the suspension/expulsion.