

Lace Up Basketball League Rules and Regulations

Section 1 – Official Team

- A. Defined as a group of high school boys listed on the team roster registered with and approved by Lace Up, LLC.
- B. Any high school male student, under the age of 19, may participate.
- C. A Lace Up Basketball team that refuses to participate or forfeits a game for any reason will be subject to penalties, including but not limited to, expulsion from the league, suspension of players, and loss of playoff contention.
- D. Lace Up encourages teams to have 10 or more players, with the minimum requirement being 9 players.
- E. Players may only play for one team.
- F. Teams must start a game with 5 players. A team with less than 5 players will have a 5-minute grace period for the 5th player to arrive. If the team does not have 5 players after the grace period ends, the team will forfeit the game and be subject to penalties.
- G. Once the game begins, a team will forfeit when they are reduced to 1 eligible player, due to foul-outs, ejections, etc.
- H. Coaches must be 18 years or older and may not be a player in the league.
- I. 3 non-players are allowed in the bench area per team. This includes coaches.

Section 2 – Officials

- A. Officials that are approved by Lace Up, LLC will be assigned to each game.
- B. Officials have the power to disqualify or warn anyone who commits acts that intend to influence their decisions.

- C. Officials have the power to suspend or end a game if they deem it appropriate.
- D. 2 officials will be assigned to each game, but only 1 is required to start and finish the game.

Section 3 – Equipment and Uniforms

- A. Games will be played using a 29.5” ball made of leather material.
- B. The court dimensions will follow NFHS requirements.
- C. All players must wear league issued or approved jerseys.
- D. Players on the same team are to wear matching colored shorts.
- E. A coin flip will decide which team will wear pennies when jersey colors are difficult to distinguish, as determined by the game officials.
- F. All players must wear tennis shoes.
- G. Shorts are to be worn at or above the hip.
- H. Basketball accessories, such as headbands, arm sleeves, tights, etc., may be any appropriate color or design.
- I. Guards, casts, braces, etc. must comply with NFHS requirements.
- J. Chains, earrings, face paint, glitter, or other inappropriate items may not be worn during a game.
- K. Walkie-talkies, cell phones, or any other electronic communication systems are not permitted within the competition area.
- L. Teams may only videotape their own games. Teams, in this case, includes coaches and fans of the team.

Section 4 - Pregame Coach Responsibilities

- A. Coaches are responsible for the supervision of their team and spectators before, during, and after the game.
- B. Teams are responsible for scheduling their own practices.

Section 5 – Participation

- A. Normal high school substitution rules apply.
- B. All players must have all waivers turned in to Lace Up, LLC in order to play.
- C. There is no minimum playing time requirement. Playing time is the coaches' decision. This includes players who are late to a game.
- D. Teams may not use any players that are not on their roster, unless the team follows the Replacement Players Rule.
- E. Replacement Players Rule: Teams may request to use a player or players that are not on their roster for a game if the team will have 5 or less players available for the game. Replacement players may only fill the team's game roster to 6 total players for the game. Replacement players may not be on another Lace Up team. Replacement players will be required to fill out all required waivers before playing. There is a \$10 fee per player per game for replacement players. The replacement player(s) does not become a member of the team's official roster after playing in a Lace Up game. Replacement players are to wear a t-shirt that is the same color or an approved color (by Lace Up, LLC) as the team's jersey color. They will go in the scorebook as #0. There is a maximum of two replacement players allowed per team per game. Replacement players will not be allowed to participate in playoff games.

Section 6 – Game Style

- A. Each game will consist of four 8 minute quarters.
- B. Overtime periods will be 2 minutes in length.
- C. Overtimes will continue to be played until a winner is decided.
- D. The clock will only be stopped for: injuries, official timeouts, team timeouts, free throws, all whistles inside the last minute of the first 3 quarters, and all whistles inside the last 2 minutes of the 4th quarter. The clock will NOT stop after made baskets.
- E. Teams may full-court press the entire game, unless they are leading by 20 or more points, at which point they must drop behind half-court when the opposing team gains possession.
 - a. First violation of this rule will result in a warning. Second violation will result in a technical foul. All other violations will also result in technical fouls.
- F. Players may dunk the entire game, unless their team is leading by 30 or more points.
 - a. First violation will result in a warning. Any other violations will result in an unsportsmanlike technical foul.
- G. Hanging on the rim will not be allowed and may result in a technical foul.
- H. Each team will receive 3 full timeouts and 2 thirty-second timeouts per game.
- I. Players will be disqualified after their 5th personal foul or their 2nd technical foul.

Technical fouls will also count as personal fouls. Ejected players will be suspended one game.
- J. In the event of a discrepancy between the scoresheet and the scoreboard, the official score will be determined by the scoresheet.

LACE UP, LLC STAFF AND GAME OFFICIALS HAVE THE ABILITY TO MAKE EXCEPTIONS OR
CHANGE THESE RULES IF DEEMED NECESSARY AT ANY POINT DURING THE SEASON.