

Interfaith Basketball League Rules Matrix

BOLDED ITEMS REFLECT CHANGES BETWEEN LEVELS

Elementary Division 3rd - 5th Grades	
RULE	
Player Eligibility	There will be a Girls Conference and a Boys Conference for each grade
Must Play (Excluding injury Substitutions)	No Substitutions is allowed for a player until that player has met the Must Play/Must Sit Rule. Teams with 9 or less players will sit each player out 1 full (continuous) qtr. Teams of 10+ players should balance playing time equally among all players after must Teams of 10+ players may sub players in 2nd half, while remaining players play their quarter. If a player fouls out before the must play-must sit rule there is no substitution allowed for that quarter and team can either play with 4 players or forfeit.
Official Roster	Coaches will present an official roster at the conclusion of the prior game. Failure to do so will result in a technical foul for delay of game. Rosters will include last name, initial of first name and jersey number.
Less than 5 players	Each team must have 5 Eligible players to start a game
Official Ball	28.5" Ball for Boys and Girls Conferences
Goal Height	10 Feet
Free Throw Line	Shortened Foul line marker (13'). Official Foul line marker (15') for 5th grade
Time	Four eight-minute quarters with running clock. At all times, the clock will stop on shooting fouls, time-outs and injury time-outs. In the last minute of the first 3 quarters and the last 2 minutes of the 4th quarter, (as well as the last minute of any overtime period), the running clock rules revert back to high school rules with the clock stopping on all dead ball situations.
Time Outs	Three (3) full time-outs and two (2) 30 second time-outs allotted for each team per game.
Overtime	Three minute overtime periods will be played until there is a winner (2 minutes running time and 1 minute high school rules). Teams will be allotted one additional time-out per overtime period. Max of 2 OT periods. There is an exception to the above rule for the 3rd grade only, these ties will be decided by a free-throw shoot out. Each team will shoot at opposite ends until one team makes a basket. The first team to make a basket will be the winning team. Shooters will rotate turns.
Bench Personnel	Head Coach, 1 Asst. Coach/Scorekeeper. One must be at least 21 years of age.
Stealing	Allowed
Pressing	Not allowed in the first 3 quarters but is allowed during the last 2 minutes of the 4th quarter. A team can no longer press when it is ahead by 20 points or more. The leading team is required to pull their defense inside the 3 Point Line. Violations will result in a technical foul after 1st warning.
Fast Breaks	Allowed. Not allowed if up by 20 points
Three Pointers	The three point shot is allowed for 5th grade only.
Dunking	Not allowed in any division at any time. A technical foul may be assessed upon occurrence.
+20 point Lead Rule Changes	Clock will run continuously, except time outs, until the game is completed or the score returns to a ≤ 20 point differential. No Pressing is allowed. The leading team is required to pull their defense inside the 3 Point Line. Violation will result in technical foul after 1st warning.
Team Fouls	At the 5th foul of a quarter, there will be a 2 shot free throw. For each additional foul in the quarter, the 2 shot free throw will still be in effect. The foul count will reset at the start of each quarter.
Personal Fouls	A player is disqualified upon committing their fifth personal foul.
Suspensions	A player or coach will be suspended for the next game if ejected from a game for any reason.

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Technical Fouls	Any player, coach, bench personnel or others who receive a technical foul for behavior, attitude, disrespect & flagrant intentional fouls (but not limited to) will be suspended from their next game. If the same player, coach, bench personnel at anytime during the season gets a 2nd technical fouls, that player, coach, bench personnel will be suspended from the next 2 games. If the same player, coach, or bench personnel receives a 3rd technical foul, then they will be removed from the team. This rule will carry over to the next season if the player is not a 12th grader. The IFBL Board will reserve the right to suspend a team if that team receives multiple technical fouls.
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RULE	Junior Division	
	6th Grade	7th & 8th Grade
Player Eligibility	There will be a Girls Conference and a Boys Conference for each grade	
Must Play (Excluding injury Substitutions)	<p>No Substitutions is allowed for a player until that player has met the Must Play/Must Sit Rule.</p> <p>Teams with 9 or less players will sit each player out 1 full (continuous) qtr.</p> <p>Teams of 10+ players should balance playing time equally among all players after must play/must sit has been met.</p> <p>Teams of 10+ players may sub players in 2nd half, while remaining players play their quarter. If a player fouls out before the must play-must sit rule there is no substitution allowed for that quarter and team can either play with 4 players or forfeit.</p>	
Official Roster	Coaches will present an official roster at the conclusion of the prior game. Failure to do so will result in a technical foul for delay of game. Rosters will include last name, initial of first name and jersey number.	
Less than 5 players	Each team must have 5 Eligible players to start a game	
Official Ball	28.5" Ball for Boys and Girls	28.5" for Girls, 29.5" for Boys
Goal Height	10 Feet	
Free Throw Line	Official Foul line marker (15')	
Time	Four eight-minute quarters with running clock. At all times, the clock will stop on shooting fouls, time-outs and injury time-outs. In the last minute of the first 3 quarters and the last 2 minutes of the 4th quarter, (as well as the last minute of any overtime period), the running clock rules revert back to high school rules with the clock stopping on all dead ball situations.	
Time Outs	Three (3) full time-outs and two (2) 30 second time-outs allotted for each team per game.	
Overtime	Three minute overtime periods will be played until there is a winner (2 minutes running time and 1 minute high school rules). Teams will be allotted one additional time-out per overtime period. Max of 2 OT periods	
Bench Personnel	Head Coach, 1 Asst. Coach/Scorekeeper. One must be at least 21 years of age.	
Stealing	Allowed	
Pressing	Pressing is allowed. A team can no longer press when it is ahead by 20 points or more. The leading team is required to pull their defense inside the 3 Point Line. Violations will result in a technical foul after 1st warning.	
Fast Breaks	Allowed. Not allowed if up by 20 points	
Three Pointers	The three point shot will be in effect.	
Dunking	Not allowed in any division at any time. A technical foul may be assessed upon occurrence.	
+20 point Lead Rule Changes	<p>Clock will run continuously, except time outs, until the game is completed or the score is a 20 point differential.</p> <p>No Pressing is allowed. The leading team is required to pull their defense inside the 3 Point Line. Violation will result in technical foul after 1st warning.</p>	
Team Fouls	At the 5th foul of a quarter, there will be a 2 shot free throw. For each additional foul in the quarter, the 2 shot free throw will still be in effect. The foul count will reset at the start of each quarter.	
Personal Fouls	A player is disqualified upon committing their fifth personal foul.	
Suspensions	A player or coach will be suspended for the next game if ejected from a game for any reason.	
Technical Fouls	Any player, coach, bench personnel or others who receive a technical foul for behavior, attitude, disrespect & flagrant intentional fouls (but not limited to) will be suspended from their next game. If the same player, coach, bench personnel at anytime during the season gets a 2nd technical fouls, that player, coach, bench personnel will be suspended from the next 2 games. If the same player, coach, or bench personnel receives a 3rd technical foul, then they will be removed from the team. This rule will carry over to the next season if the player is not a 12th grader. The IFBL Board will reserve the right to suspend a team if that team receives multiple technical fouls.	

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	Senior/CYO (Grades 9-12)	
RULE	Girls	Boys
Player Eligibility	Junior Conf: 9th & 10th Grade Combined Senior Conf: 11th & 12th Grade Combined	Junior Conf: One each for 9th & 10th Grade Senior Conf: One each for 11th & 12th Grade
Must Play (Excludes injury Substitutions)	Each player must play a minimum of 9 minutes per game. The minutes can be spread throughout the game. Blatant disregard for this rule may be subject to review and suspension of game(s).	
Official Roster	Coaches will present an official roster at the conclusion of the prior game. Failure to do so will result	
Less than 5 players	Each team must have 5 Eligible players to start a game	
Official Ball	28.5" for Girls	29.5" for Boys
Goal Height	10 Feet	
Free Throw Line	Foul line marker (15')	
Time	Four nine-minute quarters with running clock. At all times, the clock will stop on shooting fouls, time-outs and injury time-outs. In the last minute of the first 3 quarters and the last 2 minutes of the 4th quarter, (as well as the last minute of any overtime period), the running clock rules revert back to high school rules with the clock stopping on all dead ball situations.	
Time Outs	Three (3) full time-outs and two (2) 30 second time-outs allotted for each team per game.	
Overtime	Three minute overtime periods will be played until there is a winner (2 minutes running time and 1 minute high school rules). Teams will be allotted one additional time-out per overtime period. Max of 2 OT periods.	
Bench Personnel	Head Coach, 1 Asst. Coach/Scorekeeper. ALL must be at least 25 years of age.	
Stealing	Allowed	
Pressing	A team can no longer press when it is ahead by 20 points or more. The leading team is required to pull their defense inside the 3 Point Line. Violations will result in a technical foul after 1st warning.	
Fast Breaks	Allowed. Not allowed with a 20 point lead	
Three Pointers	The three point shot will be in effect.	
Dunking	Not allowed in any division at any time. A technical foul may be assessed upon occurrence.	
+20 point Lead Rule	Clock will run continuously, except time outs, until the game is completed or the score is a 20 point No Pressing is allowed. The leading team is required to pull their defense inside the 3 Point Line. Violation will result in technical foul after 1st warning.	
Team Fouls	At the 5th foul of a quarter, there will be a 2 shot free throw. For each additional foul in the quarter, the 2 shot free throw will still be in effect. The foul count will reset at the start of each quarter.	
Personal Fouls	A player is disqualified upon committing their fifth personal foul.	
Suspensions	A player or coach will be suspended for the next game if ejected from a game for any reason.	
Technical Fouls	Any player, coach, bench personnel or others who receive a technical foul for behavior, attitude, disrespect & flagrant intentional fouls (but not limited to) will be suspended from their next game. If the same player, coach, bench personnel at anytime during the season gets a 2nd technical fouls, that player, coach, bench personnel will be suspended from the next 2 games. If the same player, coach, or bench personnel receives a 3rd technical foul, then they will be removed from the team. This rule will carry over to the next season if the player is not a 12th grader. The IFBL Board will reserve the right to suspend a team if that team receives multiple technical fouls.	