



Altamonte Basketball League
Instructional and Developmental League
2013-2014

1. All games will consist of two (2) eighteen (18) minute halves. The game clock will stop on all whistles in the last two (2) minutes of each half. The game clock will continue to run if a team is ahead by fifteen (15) points or more and will resume stopping when the team cuts the lead to ten (10) points in the last two (2) minutes of each half.
2. Free throws will be shot by a designated line.
3. Teams will be allotted a maximum of two (2) full timeouts of one (1) minute per length per half, however, no carry-over will be permitted.
4. Halftime will consist of five (5) minutes
5. Overtime periods will be four (4) minutes in length with each team having one (1) full timeout. Timeouts will not carry-over into the overtime period. Clock will stop on all whistle in the last minute of play.
6. Full court press is **NOT** permitted at **anytime** during the game. Each offense of this program policy will result in an initial warning followed by (1) technical foul for each occurrence.
7. Defensive team must retreat behind designated red line before defending the offensive team. Should a player shoot beyond the line one defensive player may cross the line to defend.

8. When an offensive player is holding the ball the defender MAY NOT steal the ball, should that be, it will be a violation and the offensive team will get the ball out-of-bounds. Should the event take place in the last ten (10) seconds of the game, the ball will be rewarded to the offensive team and ten (10) seconds will be added to the clock.
9. The offensive team will have a maximum of ten (10) seconds before they must cross the ball over the defensive red line. Failure to do so will result in turning the ball over to the other team.
10. On the 7th team foul, the offensive team will shoot one and one. The player fouled will be the shooter. On the 10th team foul, the offensive team will shoot two (2) free throws. The player fouled will be the shooter.
11. Free throws-possession will be given to the opposing team regardless of the outcome of the free throw.

