

FREEDOM
BASKETBALL

The logo for Freedom Basketball features the word "FREEDOM" in a blue, sans-serif font above the word "BASKETBALL" in a larger, blue-outlined, sans-serif font. Below the text is a central graphic consisting of a red triangle with a white number "3" and a basketball. The basketball is white with blue and red stripes and a yellow shadow. The triangle is flanked by two blue ribbons with red and white patterns.

Foundational Rules

Section I
Line-Up Exchange Procedure

Section II
Game Play / Playing Time Rules

Section III
Rules for Defense

Section IV
Coach Conduct and Bench Decorum

Section V
Player Technical Fouls & Penalties

Per Carroll County Recreation & Parks, any spectator ejected from a gym or school facility at the discretion of the referee and/or board official will be barred from attending any County sponsored games for one year.



Line-Up Exchange Procedures

Prerequisites

Head Coaches

- Are required to prepare a line-up for a roster of 10, 9, 8 and 7 players, and provide the appropriate one at the start of the game for approval. The line-up provided is what is expected to be followed during the game.
- Are responsible for confirming expected attendance for each game prior to the event. It is understood that you cannot predict WHO might miss, but you can use the league provided templates and create a plug and play variation for each.

Score Table

- Will carry a copy of the line-up rules and examples as needed to support the approvals but are not instrumental in making any necessary changes.
- They will be witness to the decision made regarding the continuation of play.
- They will use the line-up provided by coaches if approved by both sides.

Players

- Are required to check in at the start of the game, each substitution and start of each new quarter.
-

Process

Meeting at Score table (less than 3 minutes in length)

Head Coaches meet at the scorer's table with the game officials and bookkeeper.

Line-Up cards are shared between coaches to review for accuracy, and that no violation of playing time is visible.

After the meeting, there are 2 possible outcomes:

Outcome A

Both coaches agree that the line-ups do not violate rules. The game will be played. The outcome will be void of any protest of PT violation.

Both teams and spectators will be made aware of this decision before tip-off, simply stating that... *'Both teams have agreed the line-ups are valid'*

There can be no forfeit, UNLESS a completely egregious violation takes place that alters the result... *IE.' losing team played their best kid in all 4 quarters and they scored 10 points in Q4 when the team was previously losing'... 'And the team has 7 or more players available'*. This CAN be a forfeit, as it would prevent a losing team from violating to win, simply because they think they can, based upon the pregame agreement. and us stating NO FORFEITS

- At the end of the game, a photo of lineup card used AND the resulting scoresheet is taken by each coach, who sends their photo separately via Google form, using the division specific link provided on the FABL Website. [\(Click here to access the submittal page\)](#)
- This should be only 1 picture that contains both images (*sample on next page*)

Situations with players fouling out or being injured shall be resolved at the table and communicated to the opposing coach, with officials to witness, and the game will resume. The coaches do not HAVE to agree on this for the game to continue, the coach making the change assumes the risk. *If the outcome changes as a direct result of an error in PT, a forfeit will then apply.*

- The assumption is that the necessary change will still satisfy the PT rules.
- An injured player must return for the player who replaced them.
- If an injured player cannot return in the same quarter the injury occurred, they are ruled out for the remainder of the game.
- An injury CANNOT be leveraged as a reason for a player to compete in all 4 quarters. Only if a team is reduced to 4 players, may the injured player attempt to return.

Outcome B

If, within the 3-minute meeting, coaches **cannot** agree that both line-ups are valid, and *the at-risk Coach is unwilling to modify the lineup in violation:*

- The officials will direct the score keeper to make necessary adjustments for a valid line up.
- **The offending coach will be removed as Head Coach for the game.**
 - They will not be permitted in the vicinity of the team bench but may watch the game from the top row of bleachers at ORMS or SCSC, or on the wall opposite the benches at SMS.
- The officials will designate an assistant coach or parent as the acting Head Coach for that game.
- The officials will make clear to both teams the action being taken.
- After the game, the officials will notify their assignor of the action.

The second violation of the same coach results in dismissal from coaching.

One photo only.

The photo must contain both the scoresheet and the lineup card

Freedom Area Basketball League

Division _____ Coach _____ Date/Time _____ Gym _____

Possession V H V H V H V H V H V H V H V H

Running Score	
1	2
3	4
5	6
7	8
9	10
11	12
13	14
15	16
17	18
19	20
21	22
23	24
25	26
27	28
29	30
31	32
33	34
35	36
37	38
39	40
41	42
43	44
45	46
47	48
49	50
51	52
53	54
55	56
57	58
59	60
61	62
63	64
65	66
67	68
69	70
71	72
73	74
75	76
77	78
79	80
81	82
83	84
85	86
87	88
89	90
91	92
93	94
95	96
97	98
99	100
101	102

Q1 Tm Fls 1 2 3 4 5 Q2 Tm Fls 1 2 3 4 5 Q3 Tm Fls 1 2 3 4 5 Q4 Tm Fls 1 2 3 4 5

No.	Qtr.	Player Name	Bench Fouls					Time Outs				Total
			Personal Fouls					1	2	3	4	
1	1		1	2	3	4	5	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	
	2		T1	T2								
2	1		1	2	3	4	5					
	2		T1	T2								
3	1		1	2	3	4	5					
	2		T1	T2								
4	1		1	2	3	4	5					
	2		T1	T2								
5	1		1	2	3	4	5					
	2		T1	T2								
10	1		1	2	3	4	5					
	2		T1	T2								
11	1		1	2	3	4	5					
	2		T1	T2								
12	1		1	2	3	4	5					
	2		T1	T2								
13	1		1	2	3	4	5					
	2		T1	T2								
14	1		1	2	3	4	5					
	2		T1	T2								
15	1		1	2	3	4	5					
	2		T1	T2								

Officials _____ Timekeeper _____
ScoreKeeper _____

Division _____ Coach _____ Date _____

10 Players
Each player receives 2 Full Quarters

Player	Total Qtrs.	Q1		Q2		Q3		Q4	
		Start	Sub	Start	Sub	Start	Sub	Start	Sub
P1			NA		NA		NA		NA
P2			NA		NA		NA		NA
P3			NA		NA		NA		NA
P4			NA		NA		NA		NA
P5			NA		NA		NA		NA
P6			NA		NA		NA		NA
P7			NA		NA		NA		NA
P8			NA		NA		NA		NA
P9			NA		NA		NA		NA
P10			NA		NA		NA		NA

Player	Total Qtrs.	Q1	Q2	Q3	Q4
P1	2	Kernit 1	Besker 1	Kernit 1	Besker 1
P2	2	Peggy 1	Animal 1	Peggy 1	Animal 1
P3	2	Scooter 1	Chef 1	Scooter 1	Chef 1
P4	2	Ganno 1	Stetler 1	Ganno 1	Stetler 1
P5	2	Fozzie 1	Waldorf 1	Fozzie 1	Waldorf 1

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Game Play / Playing Time Rules

Each role shall be filled by **different individuals**. Failure to do so will result in a no-contest, with no game being played. If a league provided volunteer is not available, the expectation is that one adult from each team shall occupy one each of the Time Clock or Scorebook.

Start of Game

- Regulation games will consist of 4 'running clock' quarters of nine (9) minutes each.
- **Line-Up exchange Procedure to be followed (grades 3-8).**
- A forfeit will be declared if a team is unable to field 5 eligible players within 5 minutes after the scheduled start of the game.
- **We no longer use the pre-quarter mid-court match-up process for grades 5-8**

Timeouts

- Each team will be allowed **4 timeouts (with huddle)**, 60 seconds in length, during regulation time.
- Each team will be allowed **1 opportunity per game to 'Stop the clock' (no huddle). Only during a Free Throw.**

The clock stops ONLY:

- For Injuries
- In the timeout scenarios mentioned above
- When the 4:30 substitutions are excessively long
- When a ball exits the court to a location where rapid retrieval is not possible (*Hallway or under bleachers*)
- **On each whistle in the last :60 seconds of each quarter**

Overtime

Clinic Divisions (B34/G34)

- No overtime is necessary as win/loss records are not counted.

(G56) / (B56) / (B78) / (G78) / (G912)

- One 'sudden death' period. The first team to score wins the game. **3-minute time limit.**
- Overtime shall start with a jump ball.
- **No timeouts permitted.**

Senior Boys (B912)

- Visit www.fablshowtime.com for Senior Boys Division Rules

Playing Time and Substitutions

Pre-K/Kindergarten & Instructional Divisions ONLY

Playing Time has flexibility in K-2. Players are not always interested in participating. The goal is to play your roster evenly based on who is available to participate. Avoid having the tallest or 'best' player in the entire time. This is counterproductive.

All other divisions (Clinic – Senior)

**Playing time is applied evenly based on the number of players available.
Violation of this rule will result in forfeiture of a game.**

10 Players Each player receives 2 Full Quarters

- Playing $\frac{1}{2}$ of each quarter **does not meet** the 2-quarter requirement.
 - It **MUST** be **uninterrupted**, meaning the entire 9-minute period.
- The uninterrupted quarters do not need to be consecutive.

A player cannot appear/compete in all 4 quarters, unless only 5 or 6 players are available

When there are fewer than 10 players available, time shall be allocated as follows:

9 Players Each player receives 2 Full Quarters; 4 players receive an extra 4:30

8 Players Each player receives 2 Full Quarters, AND an extra 4:30

7 Players 5 players receive 3 Full Quarters, 2 players receive 2.5 quarters

6 Players Once all players have 2 complete quarters, you can sub at-will
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Injured Player Removal:

- An injured player must return for the player who replaced them.
 - If an injured player cannot return in the same quarter the injury occurred, they are ruled out for the remainder of the game.
 - An injury CANNOT be leveraged as a reason for a player to compete in all 4 quarters. Only if a team is reduced to 4 players, may the injured player attempt to return.
-

When there are fewer than 10 players on either team there will be a mandatory stop clock at the 4:30 mark of each quarter for substitutions.

If a player arrives late, the following rules apply:

- If arriving before the end of period 1 = required to play 2 full uninterrupted quarters.
 - If arriving after the start of period 2 = required to play in 1 full quarter in the second half.
 - If arriving after the start of period 3 = required to play the entire 4th quarter.
 - If arriving after the start of period 4 = no playing time requirement.
-

Player	Qtr.	10 Players								
P1	Kermit	2	Each Receives 2 Full Quarters							
P2	Piggy	2								
P3	Scooter	2								
P4	Gonzo	2	Q1	Q2		Q3		Q4		
P5	Fozzie	2								
P6	Beaker	2	P1	1	P6	1	P1	1	P6	1
P7	Animal	2	P2	1	P7	1	P2	1	P7	1
P8	Chef	2	P3	1	P8	1	P3	1	P8	1
P9	Statler	2	P4	1	P9	1	P4	1	P9	1
P10	Waldorf	2	P5	1	P10	1	P5	1	P10	1

Player	Total Qtrs.	9 Players										
P1	Kermit	2.5	Each Receives 2 Full Quarters, 4 receive extra 4:30									
P2	Piggy	2.5										
P3	Scooter	2										
P4	Gonzo	2	Q1	Q2		Q3		Q4				
P5	Fozzie	2	Sub									
P6	Beaker	2.5	Kermit	1	Beaker	1	Kermit	1	Beaker	0.5	Animal	0.5
P7	Animal	2.5	Piggy	1	Animal	1	Piggy	1	Chef	1		
P8	Chef	2	Scooter	1	Chef	1	Scooter	1	Statler	1		
P9	Statler	2	Gonzo	1	Statler	1	Beaker	1	Gonzo	1		
P10	Waldorf	Out	Fozzie	1	Kermit	0.5	Piggy	0.5	Animal	1	Fozzie	1

Player	Total Qtrs.	8 Players										
P1	Kermit	2.5	Each Receives 2 Full Quarters, AND an extra 4:30									
P2	Piggy	2.5										
P3	Scooter	2.5										
P4	Gonzo	2.5	Q1	Q2		Q3		Q4				
P5	Fozzie	2.5	Sub									
P6	Beaker	2.5	Kermit	1	Kermit	0.5	Piggy	0.5	Piggy	1	Kermit	1
P7	Animal	2.5	Scooter	1	Scooter	0.5	Gonzo	0.5	Scooter	1	Piggy	1
P8	Chef	2.5	Beaker	1	Beaker	1	Gonzo	1	Gonzo	1	Gonzo	1
P9	Statler	Out	Animal	1	Chef	1	Animal	0.5	Beaker	0.5	Animal	1
P10	Waldorf	Out	Chef	1	Fozzie	1	Fozzie	0.5	Chef	0.5	Fozzie	1

Player	Qtr.	7 Players										
P1	Kermit	3	5 players receive 3 Full Quarters, 2 players receive 2.5 quarters									
P2	Piggy	3										
P3	Scooter	2.5										
P4	Gonzo	2.5	Q1	Q2		Q3		Q4				
P5	Fozzie	3	Sub									
P6	Beaker	3	P1	1	P2	1	P1	1	P1	1		
P7	Animal	3	P2	1	P3	0.5	P4	0.5	P4	1	P2	1
P8	Chef	Out	P3	1	P5	1	P3	1	P3	1	P4	1
P9	Statler	Out	P5	1	P6	1	P5	1	P5	1	P6	1
P10	Waldorf	Out	P6	1	P7	1	P7	1	P7	1	P7	1

Player	Total Qtrs.	6 Players								
P1	Kermit	2	Once all players have 2 complete quarters, you can sub at-will							
P2	Piggy	2	In this scenario, Players 5 & 6 CANNOT be subbed in Q3							
P3	Scooter	2								
P4	Gonzo	2	Q1	Q2		Q3		Q4		
P5	Fozzie	2								
P6	Beaker	2	Kermit	1	Beaker	1	Piggy	1		
P7	Animal	Out	Piggy	1	Kermit	1	Scooter	1		
P8	Chef	Out	Scooter	1	Piggy	1	Gonzo	1		
P9	Statler	Out	Gonzo	1	Scooter	1	Fozzie	1		
P10	Waldorf	Out	Fozzie	1	Gonzo	1	Beaker	1		

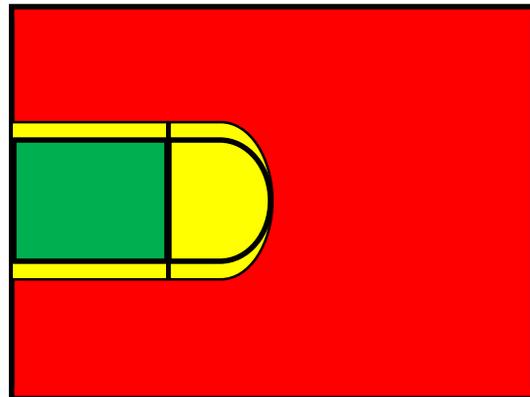
FREEDOM
BASKETBALL

The logo consists of a central graphic element. It features a basketball with a white and blue striped pattern, positioned over a red and white sunburst. To the left of the basketball is a white number '3'. The entire graphic is set against a red triangular background. This central element is flanked by two blue ribbons with white and red patterns, extending outwards.

Rules for Defense

Front Court Defense / Trapping / Double Teaming

- All teams are required to play Man-to-Man defense in the front court in every quarter.
 - Man to Man defense DOES NOT MEAN a defender MUST chase their player.
 - FABL recognizes Help-Side man to man defense rules, which follow the relationship between the ball location and the player a defender is assigned to.
- Trapping/Double Teaming should only occur during normal rotations of help-side man defense, normally in areas near the foul lane.
 - Once the ball enters the lane, it is expected that multiple defenders will attack the ball.
- Attempts to intentionally trap or double-team in areas outside of the lane are not permitted. ((i.e., the 4 corners of the front court))
 - 1st Violation results in a verbal warning to the offending coach.
 - Each subsequent violation results in a technical foul charged to the Team.
 - No Ejections for multiple infractions.



Press Defense – *Intermediate (B56/G56) / Junior (B78/G78) / Senior Girls (G912)*

- Full Court Press may **ONLY** be man to man.
- Zone presses are no longer permitted

Press Defense – Senior Boys (B912)

- Please visit www.fablshowtime.com for Senior Boys' division rules.



Coach Conduct and Bench Decorum

FABL follows a ZERO tolerance policy on inappropriate behavior.

The conduct of a coach facilitates the conduct of the parents and players. We will not permit coaches, players, or spectators to inappropriately address our officials, or score table personnel.

Coaches Box

- **Only the Head Coach is permitted to stand during game play. Assistant coaches must remain seated on the bench. Officials will only confer with Head Coaches. Assistant Coaches are not permitted to call time-outs.**
- Head Coaches are permitted to stand and move in their 'bench area' for the purpose of instructing players. Bench Area is defined as the 10' stretch directly in front of the team bench.
- Head Coaches are not permitted to be on the baseline nor behind or in front of the score table, unless conferring with an official after permission is granted, or the time and score team during an approved dead ball period.

Coach Communication

- ONLY the Head Coach is permitted to communicate with an official. This includes requesting a timeout.
- Coaches are NOT permitted to yell at nor berate an official.
- A Head Coach may **request** a conversation with an official regarding a rule interpretation during a timeout, but these are for informational purposes only and will not result in a change of any call.
- Repeated outward complaints from a Head Coach will be penalized.
- Any negative communication to an official from an Assistant Coach will be immediately penalized.
- Coaches are NOT to follow officials off the floor at half-time or end of game.

Penalties

All Technical Fouls are DIRECT Technical Fouls. Officials are not 'required' to give a warning prior to assessing a Technical Foul.

An Official may also bypass the Technical Foul provisions and immediately eject a Coach or assistant if necessary.

- First Technical Foul – Head Coach must remain seated the remainder of the game. Assistants are not permitted to be off the bench.
- Second Technical Foul – Head Coach is disqualified from the game and must leave the area of the gymnasium.

Any REC (Intramural) Coach who is Disqualified (2 Technical Fouls), or ejected, will be suspended from coaching the team's next game.

(Depending on the severity, a coach is permitted to watch their child participate but cannot be in the vicinity of the team bench nor on the floor around the court. They may watch from the top bleacher row or similar distance depending on the facility)

Any future ejection /disqualification by the same coach over an FABL coaching career will result in a permanent ban from coaching for FABL.

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Player Technical Fouls & Penalties

Officials are **NOT** required to give a warning before administering an Unsporting Technical Foul
These are different from fouls for incorrect number or violating the inbounds plane

For the purposes of this rule addendum, these unsporting technical fouls, and those of similar action shall qualify...

bad language slamming the ball mocking an official repeated questioning of calls
taunting/hazing an opposing player delay in providing the official with the ball
any action deemed unsporting by game officials

All players involved in a fight, and/or who throw punches are disqualified for the current contest AND automatically suspended for the team's next game.

A second offense of the same will result in dismissal for the remainder of the season

Two Technical Fouls not resulting in ejection...

(Disqualification and ejection are different penalties)

Two technical fouls charged to the same player in the same game shall result in a DQ of that player for the remainder of that game.

The player receiving the 2 technical fouls will also be suspended for that team's next game.

Any player who receives more than 3 Technical Fouls in a season shall be disqualified from participation for the remainder of the season.

Any **Flagrant Technical Foul** will result in immediate ejection of the offending player. The ejection requires the player not be in the vicinity of the bench.

Ejection for ANY reason

A player ejected from a game will be suspended from participating in the next game for that team.

- 1st ejection** - Offending player is suspended from the next game.
- 2nd ejection** - Offending player is suspended from the next 2 games.
- 3rd ejection** - The offending player is suspended for the remainder of the calendar season.

An ejection is non-reviewable, and the resulting penalty shall be enforced.
The league supports its officials and will not make efforts to question their judgement or rulings.
Criteria such as 'severity or intent' of the incident are not considerations.
The officials' ruling is final.
