



St. Albans Basketball League (SABL) Rules 2026-2027

Please read and share the information with players and parents so that everyone is clear on SABL rules and regulations and, most importantly, expectations.

COACHES RULES

1. K/1 – one coach per team is allowed on the floor but should be on either side of the floor and not in the middle of the floor. As the season progresses, the coaches should move to the box. End of season must be in box.
2. All other divisions - Coaches are not permitted to coach on the floor and should remain in the coach's box.
3. Only one coach is permitted to stand. A maximum of two (2) coaches are allowed on the bench and should be the head coach and the assistant coach. A parent may be used if one coach cannot be present with SABL board approval.
4. No parents may be present at the bench, behind the bench, or in the bench area without consent from the SABL board.

DIVISION RULES

K/1st DIVISION:

1. Games will be four (4) 10-minute quarters with a continuous clock (stops for timeouts and referees' discretion). The final two (2) minutes of the game are regulation clock unless significant score difference or time constraints. Halftime will be three (3) minutes. Pregame warmup will be three (3) minutes.
2. Every player should play a minimum of ten (10) minutes per game.
3. At halftime, each player on both teams will shoot one (1) free throw which will count towards the overall score. If an uneven number of players, the team with less players can have a player shoot one (1) additional free throw, but the same player can only shoot two (2) free throws max. Players can move halfway forward in front of the free throw line.
4. 27.5" basketball. Rim height is eight (8) feet.
5. Each team receives three (3) timeouts – two (2) full time outs and one (1) 30-second time out.
6. Defense – begins at half court unless team has a ten (10) point lead, then team must remain inside the 3-point arc.
7. Lane violation is five (5) seconds.
8. Officiating will get tighter as the season goes on. The goal is to teach the fundamentals of basketball throughout season. The playoffs should be called very close to by the book.

9. Overtime in K/1 will be a free throw shootout in the format of the halftime shots, with the exception of the playoffs, which will be three (3) minute overtime periods with the last two (2) minutes being regulation clock.
10. K/1 and 2/3 Wrong-Basket Rule: To promote player confidence and learning at the developmental levels, any shot attempt directed toward a team's own basket will be immediately whistled dead. No points will be awarded, and possession will be awarded to the opposing team as a turnover.

2nd/3rd DIVISION:

1. Games will be four (4) 10-minute quarters with a continuous clock (stops for timeouts and referees' discretion). The final two (2) minutes of the game are regulation clock unless significant score difference or time constraints. Halftime will be three (3) minutes. Pregame warmup will be three (3) minutes.
2. Every player should play a minimum of ten (10) minutes per game.
3. 28.5" basketball. Rim height is eight and a half (8.5) feet for girls. Rim height is ten (10) feet for boys.
4. Each team receives five (5) timeouts – three (3) full timeouts and two (2) 30-second timeouts.
5. Defense – begins at half court unless a team has a ten (10) point lead, then team must remain inside the 3-point arc.
6. 4th Quarter only – pressing is allowed unless a team has a ten (10) point lead. Any team with a ten (10) point lead must start press at half court.
7. Lane violation is five (5) seconds.
8. Free throws – Players can move two (2) feet forward in front of the free throw line, however they cannot advance towards the ball until it hits the rim.
9. Overtime will be 3 minutes, with the last 2 minutes being regulation clock. Each coach will receive 1 additional timeout.
10. K/1 and 2/3 Wrong-Basket Rule: To promote player confidence and learning at the developmental levels, any shot attempt directed toward a team's own basket will be immediately whistled dead. No points will be awarded, and possession will be awarded to the opposing team as a turnover.

4th/5th DIVISION:

1. Games will be four (4) 6-minute quarters with a regulation clock. Halftime will be three (3) minutes. Pregame warmup will be three (3) minutes.
2. Every player should play a minimum of six (6) minutes per game.
3. 28.5" basketball. Rim height is ten (10) feet.
4. Defense – pressing is allowed unless team has a twenty (20) point lead. Any team with a twenty (20) point lead must start press at half court.
5. Lane violation is three (3) seconds.
6. Each team receives five (5) timeouts – three (3) full timeouts and two (2) 30-second timeouts.
7. Free throw line – Players must start behind the line and may not jump over when shooting the ball. They cannot advance towards the ball until it hits the rim.
8. Overtime will be 3 minutes, with the last 2 minutes being regulation clock. Each coach will receive 1 additional timeout.

All players must play a **MINIMUM** of ten (10) minutes per game, with the exception of the 4th/5th grade division where players must play a minimum of six (6) game minutes per game. If a player misses excessive practice time, the coach has the discretion to cut the minimum play time to five (5) minutes or three (3) minutes for 4th/5th grade. If doubts arise about playing time, the league will implement the time to be one continuous quarter. Coaches on the bench should be aware of players' times and rotate players in and out.

Clock Operator: Each visiting team will be responsible for a clock operator during its game. The visiting team will be the first team listed on the schedule.

Scorebook: Each home team will be responsible for keeping the scorebook and sitting at the scorer's table. The home team will be the second team listed on the schedule.

NOTE: Parents working the scorer's table must remain neutral and not cheer or coach from the scorer's table. The referees will issue a warning for the first offense. For the second offense and thereafter, a technical foul will be assessed to the bench of the offending team.