

Next Level Sports Basketball Rules and Regulations

PLAYING RULES AND PROCEDURES

The *Official High School Basketball Rules* published by the National Federation of State High School Associations govern the youth basketball program, unless otherwise stated.

(1) GENERAL RULES

- 1.1 Each new games for DIV 3 and 4 starts with a jump ball at the beginning of the game.
 - 1.1.1.1 The Home team receives the ball at half court for DIV 1 and 2
- 1.2 The possession arrow determines all other possessions.
- 1.3 The game consists of two 20-minute halves (running clock).
- 1.4 During the last two minutes of the second half, the clock stops on the whistle.
- 1.5 Timeouts (DIV 1 – 1, DIV 2 – 2, DIV 2 and 4 – 3)
- 1.6 Each team can commit six 6 fouls per half, on the 7th team foul, the player fouled shall shoot one free throw + the bonus (each half). Double bonus (two free throws) is awarded on the 10th team foul per half.
- 1.7 The free-throw line is 12 inches closer to the basket for the Division 1

(2) TECHNICAL FOULS

- 2.1 Technical fouls can be assessed against a team by the game's official for any number of reasons, including unsportsmanlike conduct by players and/or coaches.
- 2.2 Any technical foul assessed against one team will result in the other team awarded two 2 free throws and a subsequent inbounding of the ball.
- 2.3 Coaches and/or players receiving two technical fouls in a game are automatically ejected from the remainder of the game and further suspended from participating in the next scheduled game.
- 2.4 Any team receiving three 3 technical fouls will automatically forfeit the game regardless of the score.

(3) TIE GAMES (REGULAR SEASON)

- 3.1 The overtime game will consist of a 2 minute period with a stopped clock.
- 3.2 Each team is awarded 1 time out.
- 3.3 If the game is still tied, a shoot-out is conducted involving the last five players on the floor. Each player is given one free throw. If the game remains tied, players shoot free throws until the other team misses.

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3.4 A full-court press is allowed during the overtime period if applicable.

(4) TIE GAMES (PLAYOFFS)

4.1 Overtime periods consists of a 3 minute period with a stopped clock.

4.2 The 2-minute overtime period is continued until one team wins.

4.3 A full-court press is allowed during each overtime period if applicable.

(5) PLAYER SUBSTITUTION

5.1 In every game, each player must participate no less than 15 minutes.

5.2 All players are required to sit out five consecutive minutes before the 10-minute mark of the second half.

5.3 Coaches select and report to the scorekeeper the names of the starting players ("S") and the non-starting players ("NS")

5.4 Coaches must comply with the following substitution pattern:

15 — 10 — 5 (1st half) / 20 — 15 — 10 (2nd half)

5.5 Free substitution is allowed after the 9-minute mark of the second half.

5.6 Substitutions are allowed anytime a player is ill, injured, or in foul trouble (three fouls).

5.7 Special restriction **with 4 players available**:

5.8 A team must have at least four 4 players in order to start a game.

5.9 Any team may finish the game with less than five players if players have fouled out. The league permits the last player that fouled out to play the remainder of the game. However, a foul committed by that player automatically results in the opposing team player shooting two 2 free throws and possession of the ball.

(6) DEFENSE

6.1 Zone defense is permitted in all divisions.

6.2 Full-Court Press is allowed for Division 2 - 4:

6.3 Division 2 – last 5 minutes of the second half.

6.4 Division 3 – last 10 minutes of the second half.

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6.5 Division 4 – during the entire game.

6.6 The team leading by more than 15 points is not allowed to implement a full court press. (20 points for Division 4). The first violation results in a warning and the second violation results in a technical foul and two free throws awarded to the opposing team.

6.7 Time permitted in the key:

6.8 Division 1 is allowed 4 seconds in the key. NOTE: This is a judgment call by the referee.

6.9 Division 2 – 4 is allowed (3) seconds in the key.

(7) SPECIAL RULES FOR DIVISION 1 (INSTRUCTIONAL LEAGUE)

7.1 Division 1 uses a 28.5 inch basketball in the game and practices.

7.2 The basketball rims are adjusted to 8 foot.

7.3 A defensive player may not defend an offensive player until the offensive player crosses the 3-point arc.

7.4 A player may only steal the ball on a pass or loose ball situation. “Hands up” defense when the offensive player is dribbling the basketball. Defensive players cannot grab the ball when the offensive player is in the key.

7.5 A full court press is not permitted at any time.

7.6 The free throw line is established by the referee approximately 1 foot in front of the regulation free throw line.

7.7 Division 1 is allowed 4 seconds in the key. NOTE: This is a judgment call by the referee.

7.8 Team and individual scores are not kept.

7.9 The playing time is two twenty 20 minute halves with a running clock.

7.10 The head coach is allowed on the court for the first three weeks of the season. He/she must stay on their defensive side of the court and clearly out of the way of the players and officials. The coach should not touch the players to put them in position. Starting on game four, coaches are not allowed on the court and must coach from the sidelines or bench.