



YOUTH BASKETBALL COMPETITIVE DIVISION RULES AND REGULATIONS

National Federation of High School (NFHS) rules and regulations will govern any rules and regulations not covered in these rules.

A: UNIFORMS and EQUIPMENT

1. Jerseys will be distributed to each registered player.
 - A. Everyone (including head coaches) should wear their uniform to all games.
2. Athletic/basketball shoes are required. NO black hard-soled shoes are allowed.
3. All boys divisions will play with an official size ball (29.5cm)
4. All girls divisions will play with an intermediate size ball (28.5cm).
5. The height of the basket will be 10 feet (regulation) for all competitive divisions.

B: TIME, TIME OUTS, and OVERTIME

1. There will be two (2) twenty (20) minute halves, with the clock running throughout.
 - A. The clock will only stop during the last two (2) minutes of the game and for timeouts.
 - i. Exception: If a team is leading by twenty (20) points at any time during the last 2 minutes the clock will continue to run.
2. Each team will receive two (2) time outs per half. Time outs do not carry over.
 - A. During the final two (2) minutes of the game and overtime, if the score is within twenty (20) points, a team may call timeout after a made basket.
 - B. The offensive team may choose to in-bound the ball from half court following a time.
3. Half time will be five (5) minutes length.
 - A. If the game has been delayed, the officials/supervisor may shorten half-time at their discretion.
4. Tie Game (end of regulation)
 - A. Regular Season
 - i. The game will end in a tie.
 - B. Playoffs
 - i. A two (2) minute overtime will be played in when the score is tied at the end of regulation.
 - a. The same rules will be used as during the last two (2) minutes of the game.
 - b. Each team will receive one timeout per overtime.
 - I. A timeout will NOT carry over to an additional overtime.
 - C. The overtime will begin with a jump ball, and teams will alternate possession from that point on.

C: THE GAME

1. The start of each game, and overtime, will be with a jump ball.
 - A. All other jump ball situations will be an alternate possession with the team holding the possession arrow taking the ball out-of-bounds at the spot nearest the situation causing the stoppage in play.
2. Any shot made with both feet behind the three point line will count as three (3) points.
 - A. The officials' judgment on three point shots will be final.
3. There are no defensive guidelines for the competitive league. Teams can chose to play any form of man or zone defense and may press throughout the game.
 - A. If a team is up by twenty (20) or more points, at anytime during the game, they will not be allowed to full court press.
 - i. The team that is down by twenty (20) points will still be allowed to press.
4. There are no requirements on the amount of a time an individual player must participate in a game.
 - A. All players should have the opportunity to play during the game at some point.

D: FOULS

1. Upon committing a fifth personal foul a player will be disqualified for the remainder of the game.
 - A. Technical and Intentional fouls will be counted as personal fouls.
2. A player/coach who receives two technical fouls during a single game will be ejected and will be suspended for a minimum of one additional game.
 - A. Any additional technical fouls during the remainder of the season by coach/player may subject them to immediate dismissal from a game or the season.
 - B. Player technical fouls regarding conduct will also be assessed to the coach, adding to there daily/season total.
 - C. An intentional fouls will be defined as there being no attempt to play the ball.
 - D. A flagrant fouls will be defined as a foul with intent to commit harm.
 - E. Any incident will go to the Recreation Coordinator for Youth Sports and Camps for further review.



E: FREE THROWS

- I. During the first half and the first 18 minutes of the second half:
 - A. No Free Throws will be taken.
 - B. On all common fouls, the offended team will be awarded the ball out-of bounds at the spot nearest to where the foul occurred.
 - i. On the SEVENTH team foul of the half, one (1) point will be awarded for every common foul with the team being fouled retaining possession of the ball.
 - a. Exception: Player Control / Offensive Fouls
 - i. On the TENTH foul, two points will automatically be awarded for every common foul with the team being fouled retaining possession of the ball.
 - a. Exception: Player Control / Offensive Fouls
 - C. When a player is fouled in the act of shooting:
 - i. If the shot is missed his/her team is automatically be awarded one point and the ball out-of-bounds at the nearest point of infraction.
 - ii. If the shot is made the basket will count plus one additional point will be added. The opposing team will then receive the ball out-of-bounds under the basket.
 - D. When a player is fouled in the act of shooting a three (3) point shot:
 - i. If the shot is missed his/her team is automatically awarded two points and the ball out-of-bounds at the point nearest the infraction.
 - ii. If the shot is made the basket will count and one additional point will be added. The opposing team will then receive the ball out-of-bounds under the basket.
 - E. If an intentional foul is called, two points will automatically be awarded, plus ball out-of bounds.
2. During the final two (2) minutes of the game and overtime:
 - A. On all common fouls, the offended team will be awarded the ball out-of bounds at the spot nearest to where the foul occurred.
 - i. On the SEVENTH team foul of the half, the player being fouled be awarded a one-and-one foul shot situation.
 - a. Exception: Player Control / Offensive Fouls
 - i. On the TENTH foul, the player being fouled will be awarded the foul shots.
 - a. Exception: Player Control / Offensive Fouls
 - B. When a player is fouled in the act of shooting:
 - i. If the shot is missed, common foul rules will be observed.
 - ii. If the shot is made the basket will count and the player fouled will shoot one additional free throw.
 - C. When a player is fouled in the act of shooting a three (3) point shot:
 - i. If the shot is missed the player fouled will receive three (3) free throws.
 - ii. If the shot is made the basket will count and player fouled will shoot one additional free throw.
 - D. If an intentional foul is called, two (2) free throws will automatically be awarded, plus that team will receive the ball out-of bounds.

F: COMMUNICATION and BENCH CONDUCT

1. In order to best administer and to maintain better control of the game, we will ask that teams observe the following rules:
 - A. While ball is in play, no coach, player, or participant shall approach the scorer's table or interfere with the scorekeeper except to check into the game.
 - i. Penalty:
 - a. First offense – Warning
 - b. Second offense - Bench Technical
 - B. If a player does not check in at the table, even during a time out, the player will receive a technical foul and two points will be awarded to the opposite team.
 - i. In the final two minutes of the game or overtime two (2) free throws will be awarded.
 - ii. Substitutions will not be honored by yelling from the bench.
2. Participants may not shoot at the side baskets while another game is going on.
3. The only individuals allowed on the team bench are the head coach, one assistant coach and players officially listed on the team roster.
4. Any communication to the officials or the site supervisor must be through the team captain(s) or head coach only.
 - A. The captain or coach must identify him/herself to the game official(s) prior to starting the game.
5. Any communication with the officials or site supervisor must be done during a break in the game or at half time.
 - A. DO NOT approach the site supervisor during play.

G: DUNKING AND HANGING ON THE RIM

- I. No dunking or hanging on the rim at any time (before, during, or after the game).
 - A. First offense – Technical Foul and player must sit out of the game for 5:00 minutes
 - B. Second offense – Ejection from game and additional game suspension