

BASKETBALL RULES:

***Celina / Gunter /
Van Alstyne/
Pottsboro Interlock***

Winter 2023-2024

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BASKETBALL RULES

(All Ages & Leagues)

**All games are played under the National Federation of High School (NFHS) rules except where modified by the interlock basketball rules herein. **

TEAM RULES:

i). Coaches:

Each team is allowed a Head Coach and an Assistant Coach. They must be an adult, 18 years or older (unless approved by the Basketball Director). The Head Coach is responsible for the conduct of all persons connected with their team (Assistant Coach, players, parents and fans). In the event that neither coach is available, a parent may act as the stand-in Head Coach with approval of their town commissioner.

ii). Players:

Players must be on the team roster and have completed their town's registration form. In the event a team only has 4 players, a commissioner-approved guest player will be allowed to get the team up to 5 players. Guest player must be a registered player with the same town and must be from a grade below that of the team needing the player. If a rostered player shows up at any time, the guest player is still able to play. If two rostered players show, bringing the team to 6 rostered players, then the guest player is no longer eligible to play from that point forward in the game. Max of one guest player allowed.

Individual players may only play on **one** team per grade. They may play in the grade they are currently in and up a grade, but **NOT** on two teams in the same grade. It does not matter if the teams are in different divisions.

iii). Rosters:

Teams are limited to 12 players on their roster. Under special circumstances, teams may petition the league for an exemption to the 12-player limit. Additional players may be added to the official roster prior to the 3rd week of the season. After the 3rd week, coaches may petition their league for an exception to the rule. No player can play in two games simultaneously. Once the player has participated in a game, the game must be completed before participating in another game.

iv). Game Roster Forms:

League game Rosters will be provided at the game.

GENERAL GAME RULES:

i). Scorekeepers:

Both teams should be prepared to help with game clock, book, and scoreboard. Some sites will have people already ready, others may not.

ii). Forfeits:

A team must have a minimum of 4 players and 1 coach in order to start the game. If a team is unable to field a team (4 players and 1 coach) within 5 minutes of the scheduled game time the game will be forfeited. Forfeited games will not be rescheduled.

iii). Bench:

Only eligible players and coaches (limit 2) are permitted on the bench. During the game, coaches are not permitted on the court and must stay within the bench area. Referees may require that coaches remain seated. Failure to follow the referees' instructions may result in a technical foul. After the first technical, the coach must remain seated on the bench.

iv). Game Time:

*Refer to grade specific rules (pages 9-12) *

v). Ten Second Rule:

- (i) Teams have ten (10) seconds to get the ball over the half court line. Timeouts taken prior to crossing the half court line will reset the ten (10) second clock. When back court pressure is restricted the ten (10) second clock will not be reset.

(ii) Mandatory Playing Time Requirements:

1. Coaches are responsible to ensure that all players meet their grade-specific rules.
2. A coach who has a dispute over playing time must bring the infraction to the attention of the referees / site admin

vi). Jump Ball:

Games will start with a center jump ball. Thereafter, teams will alternate throw-ins on jump ball situations. The timekeeper will maintain the possession arrow. Overtime periods start with a center jump ball.

vii). Substitutions:

Prior to entering the game, all players must report to the scorer's table. Failure to do so may result in a technical foul.

viii). Time outs:

Each team is allowed two (2) timeouts per half, each being forty-five (45) seconds in length. For overtime, each team gets one (1) timeout per overtime period. Time outs do not carry over.

ix). Fouls:

1. Individual Fouls: A player must leave the game after receiving their 5th foul
2. Teams Fouls: Every foul counts as a team foul, including offensive and technical fouls. On the seventh (7th) foul, the team will be in the bonus (1 and 1) situation. On the tenth (10th) foul, the team will be in the double bonus (2 shots).
3. Fouls Shots: A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. Shooter and players behind free throw line may enter when the ball hits rim. If the ball does not hit the rim, it will be a change of possession with the ball taken out under the basket.
4. Technical Fouls: Result in two (2) free throw and loss of possession. Two (2) technical fouls against a player or coach will result in ejection from the game. Player must leave bench and go to their parents. (if only parent present is coach, will stay on the bench). If coach, they must immediately leave the playing area. Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the Head Coach.

5. Overtime:

If the game is tied at the end of regulation, a three (3) minute overtime period will be played. If the game remains tied at the end of the first overtime, the game ends in a tie. Playoff games that end in a tie will play another overtime period, and each team will have one timeout. Each overtime periods start with a center jump ball.

GENERAL BASKETBALL POLICIES:

i). Uniforms:

All uniforms shall have numbers on the back (6"). Numbers may be up to 2 digits (0-99). Reversible uniforms are recommended but not required. When possible, the Home Team should wear light colors. In a color conflict (two teams wearing a similar color shirt), the team in violation will need wear an alternate uniform (or cover mesh jerseys if available).

ii). Disciplinary Action:

1. Disciplinary action may be taken against a coach/player for violation of the Rules. Depending on the severity of the infractions, a recommendation may be made to suspend the coach/player for the remainder of the season or ban the coach/player from all league sponsored events.
2. Fighting will not be tolerated. Players or coaches who fight, start or attempt to instigate a fight will be expelled from further league play.
3. Violation of playing time rules is not tolerated. League coordinators will investigate all suspected playing time violations. If it is determined that a coach violated the playing time requirements then the coach will be counseled on the rules. Any further violation will result in an automatic one (1) week suspension for the violator. A coach, who continues to violate the playing time rules, may result in additional suspension or immediate replacement of the coach.
4. Two (2) technical fouls against a player or coach will result in ejection from the game. Any of ejection also carries an automatic one (1) week suspension. The suspension will be served in the next scheduled week. It is understood that "one week" means "the week of the next scheduled game" Town commissioners have the right to impose further punishment if they deem it necessary.
5. Any spectator who demonstrates rude or abusive behavior will be required to leave the game site immediately. They may cause their team to be assessed one or more technical fouls.

iii). Cancellations:

Cancellations should be made known to respective town commissioner as soon as possible to notify other teams and referees. Cancellations made less than 48 hours from game time will not be rescheduled and will be a forfeit loss for the cancelling team.

iv). **Protests:**

- 1.) The only protest heard by the League is for ineligible players. Coaches may not protest a
- 2.) referee's judgment call. During the regular season, all protests must be submitted to your town commissioner in writing within 48 hours of the game in question. During playoffs and tournaments, the time between games does not allow for the normal protest process.
- 3.) Roster Checks
- 4.) Roster checks can only be requested by coaches listed on team roster
- 5.) Roster checks can only be performed at the following times:
- 6.) Prior to start of game
- 7.) End of 1st or 2nd quarter
- 8.) If a roster check is requested, both teams' rosters will be verified by a League Commissioner or authorized person on-site.
- 9.) After rosters have been checked and all players are found to be eligible to play, the requesting team's coach will receive a direct technical foul (delay of game technical) and all coaches must remain seated for the remainder of the game. Opposing team will then shoot two free throws and receive the ball.

***Town Commissioners will jointly have the authority to rule on the protest. ***

House Rules for Use of ISD Gymnasiums

1. All spectators shall enter/exit the most direct means to the gym and at no time allowed to wander about the school premises.
2. Parents are responsible for their child's behavior at all times while they are in the building.
3. NO food in the gym for spectators. Player drinks must be in a sealed container.
4. NO chewing gum or tobacco products on any gym premises.
5. Taunting, baiting or profane language is not allowed. One warning will be given. The second incident will result in an ejection.
6. Jewelry and sharp objects **CANNOT** be worn on the basketball courts. This includes, but not limited to watches, earrings, necklaces, rings and berets. Any medical or religious jewelry can be worn if approved by the league commissioners: however, it must be securely taped down
- 5.
7. At no time should anyone attempt to climb or hang on the wall system surrounding any of the courts or practice areas.
Never climb or hang on the netting surrounding the fields or the court dividers. None of the net systems are designed to support weight.
8. All participants, coaches, and spectators must behave in a respectful manner with the spirit of FAIR PLAY, not only towards the referees, but also towards administrators, opponents, teammates and spectators.

Kindergarten and 1st Grade

Basket Height: 8 ft (kinder may play at 7ft if gym can accommodate)

Ball Size: Junior Ball (27.5)

Playing Time and Time - Outs

4 Quarters - 10-minute Running Clock, stops around 5-minute mark for subs for the quarter, on time outs, free throws, and referee discretion

Mandatory Playing Time Requirements:

1. Teams with ten (10) or less players: Each player must play 50% of each half.
2. Teams with more than ten (10) players: Each player must play an equitable amount of time.
3. These rules may be waived under the following circumstances.
 - a. If a player arrives after the start of the game but before the start of the second half, the coach must play the player 50% of the second half and is not obligated to play the player in the first half.
 - b. If a player arrives after the start of the second half, the coach is not obligated to play the player.
4. Clock will stop as close to the 5-minute mark as possible to allow for substitutions.

Kindergarten-1st Grade Expectations on Traveling and Double Dribble

1. For Kinder-1st grade, referees will allow 3-4 double dribbles and 3-4 steps on a travel (when ball is in the front court).
2. If in violation of the rules, referees will explain violation to participant and ball is awarded to opposing team.
3. Referees have discretion so long as they are consistent. We want this age to be instructional. We cannot call every single violation; the purpose is to learn.

Defensive Pressure:

1. No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
2. Initial defensive pressure is not allowed until the ball passes an imaginary line at the top of the key. The team on offense must make a timely attempt to advance the ball across the line at the top of the key, or the referee will call a held ball and award the ball to the other team. After the initial penetration, defensive pressure is allowed for the entire half-court until change of possession.
3. Defensive pressure violations will result in the ball being given back to the offensive team. Repetitive violations will result in report to town commissioner for review.

- 🕒 Foul Shots for kinder are taken right in front of the hoop.
- 🕒 Foul Shots for 1st grade are taken 2 feet in front of the standard free throw line
- 🕒 Three-second lane violations are NOT called.
- 🕒 Technical fouls may be called on coaches or bench.
- 🕒 No overtime games.
- 🕒 No playoffs (kinder, 1st, 2nd)

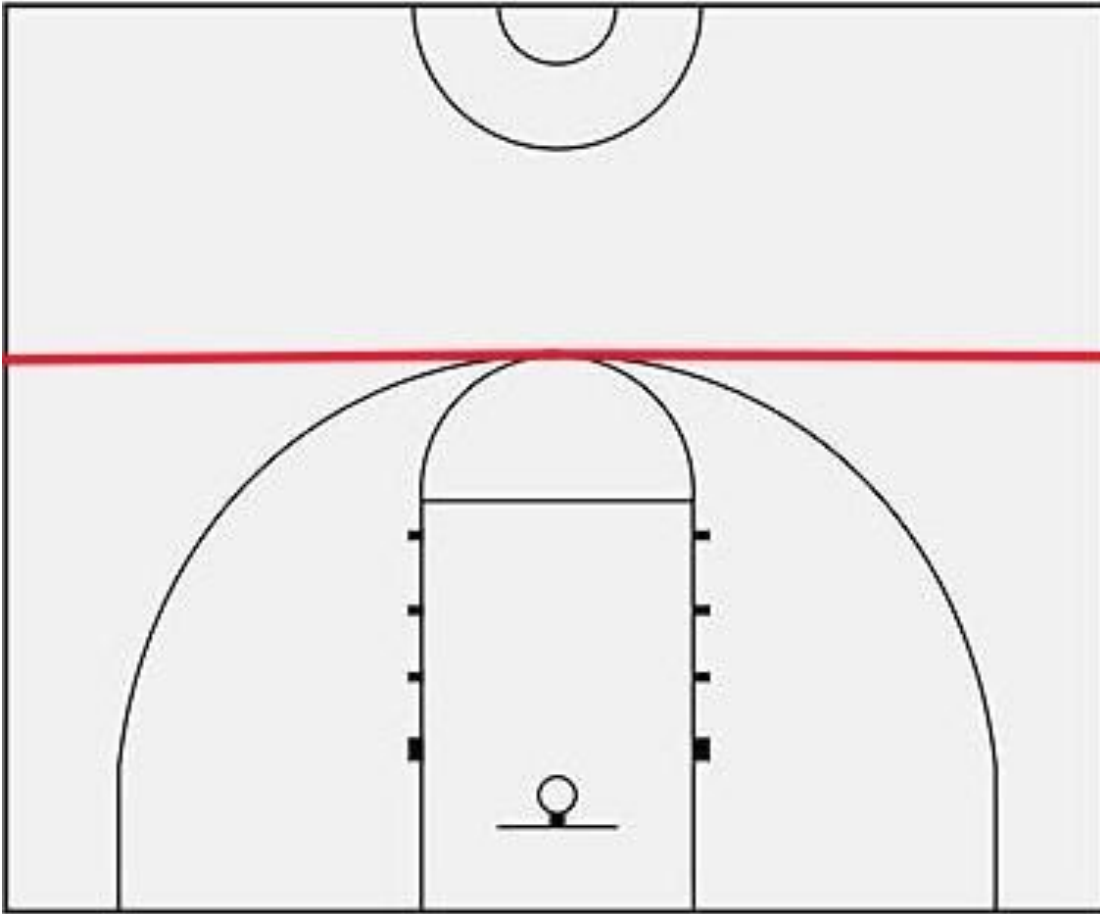


Diagram of “imaginary” line at the top of the key. Defensive pressure is allowed after offense passes this line

2nd Grade

Basket Height: 8 ft.

Ball Size: Junior Ball (27.5)

Playing Time and Time - Outs

4 Quarters - 10-minute Running Clock, stops around 5-minute mark for subs for the quarter, on time outs, free throws, and referee discretion

Mandatory Playing Time Requirements:

1. Teams with ten (10) or less players: Each player must play 50% of each half.
2. Teams with more than ten (10) players: Each player must play an equitable amount of time.
3. These rules may be waived under the following circumstances.
 - a. If a player arrives after the start of the game but before the start of the second half, the coach must play the player 50% of the second half and is not obligated to play the player in the first half.
 - b. If a player arrives after the start of the second half, the coach is not obligated to play the player.

2nd Grade Expectations on Traveling and Double Dribble

1. For 2nd Grade, referees will allow 1 double dribble and 1 extra step on a travel while outside the three-point line. Inside the three-point line, will be called as regulation basketball.
2. If in violation of the rules, referees will explain violation to participant and ball is awarded to opposing team.

Defensive Pressure:

1. No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
2. Initial defensive pressure is not allowed until the ball passes an imaginary line at the top of the key. The team on offense must make a timely attempt to advance the ball across the line at the top of the key, or the referee will call a held ball and award the ball to the other team. After the initial penetration, defensive pressure is allowed for the entire half-court until change of possession.
3. Defensive pressure violations will result in the ball being given back to the offensive team.

- 🕒 **Foul Shots are taken from 2 ft. in front of free throwline**
- 🕒 **Three-second lane violations are not called.**
- 🕒 **Technical fouls may be called on coaches or bench.**
- 🕒 **No overtime games.**
- 🕒 **No playoffs (kinder, 1st, 2nd)**

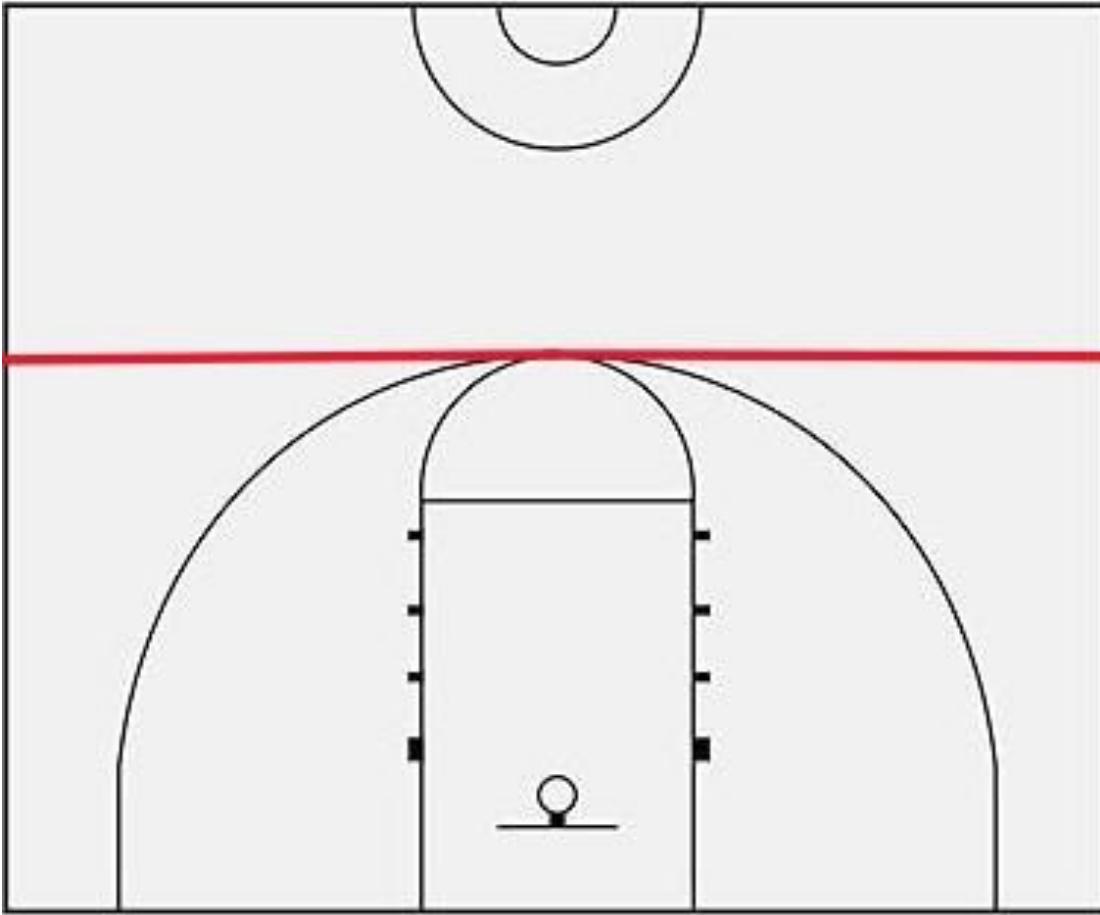


Diagram of “imaginary” line at the top of the key. Defensive pressure is allowed after offense passes this line

3rd and 4th Grade

Basket Height: 10 ft.

Ball Size: 3rd Grade: Junior Ball (27.5)

4th Grade: Intermediate Ball (28.5)

Playing Time and Time - Outs

4 Quarters - 6-minute clock with standard clock stoppage rules for whistled-plays

Mandatory Playing Time Requirements:

1. Each player must play at least 25% of each half and participate in each half.
2. These rules may be waived under the following circumstances.
 - If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter in the second half and is not obligated to play the player in the first half.
 - If a player arrives after the start of the second half, the coach is not obligated to play the player.

Defensive Pressure:

1. No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
3. In the half-court, defensive pressure begins as follows:
 - 3rd grade – volleyball line (if not present, imaginary line halfway between top of key and halfcourt). Once ball crosses this point, defensive pressure can now take place for entire half court in that possession.
 - 4th grade – half court line
4. Defensive Pressure violations will result in the ball being given back to the offensive team. The third defensive pressure violation results in a technical foul, two (2) free throws + ball on the side.

Foul Shots:

1. 3rd -4th grade shoot free throws from 1-foot (12") in front of the standard free throw line

Three-Second lane violations:

1. 3rd Grade: Three-second lane violations are not enforced.
2. 4th Grade: Three-second lane violations are enforced.

🕒 **Shots made behind the three-point line will count as three (3) points.**

5th and 6th Grade

Basket Height: 10 ft.

5th Grade: Intermediate Ball (28.5)

6th Grade:

Girls: Intermediate Ball (28.5)

Boys: Official Regulation Ball (29.5)

Playing Time and Time - Outs

4 Quarters - 6-minute clock with standard clock stoppage rules for whistled-plays

Mandatory Playing Time Requirements:

1. Each player must play at least 25% of each half and participate in each half.
2. These rules may be waived under the following circumstances.
 - If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter in the second half and is not obligated to play the player in the first half.
 - If a player arrives after the start of the second half, the coach is not obligated to play the player.

Defensive Pressure:

1. Full court defensive pressure is permitted only in the second half of the game.
2. Half-court pressure is allowed in the entire game.
3. When a team is ahead by 15 or more points: The leading team is restricted to no defensive pressure in the backcourt AND can only pick up at the top of the key. Once ball control has been established on a rebound, the defensive team must release.
4. Defensive pressure violations will result in the ball being given back to the offensive team. The third defensive pressure violation results in a team technical foul, two (2) free throws + ball back.

- 🕒 **Foul shots are taken from the regulation free throw line.**
- 🕒 **Three-second lane violations are enforced.**
- 🕒 **Shots made behind the three-point line will count as three (3) points**