

2024 Quick Rules

Rule	4th	5th	6th	7th	8th
Pregame	(5 minute minimum warm ups before the start of the next game.) (Coaches must declare any roster call ups with coaches and scorer's tables. Max 8 players on the bench)				
Quarter Length	6 minutes			7 minutes	
Game Ball	28.5 Girls and Boys		28.5 Girls Regulation - Boys		28.5 Girls Regulation - Boys
Refs Fees	\$40 per ref				
Free Throw Line	11 foot line	13 foot line		Regulation Line	
Free Throws	On the 5th foul of each quarter by one team the opposing team will shoot a 2 shot bonus. Fouls will reset to zero at the end of each quarter. (No Super Bonus)				
Quarter/Half	1 min break after qtr 5 minutes halftime				
Time Outs	4	4	4 (1 additional in overtime; timeouts can accumulate if not used)		
Overtime	None - Ends in Tie		2 minutes		
Uniforms	If rostered player is NOT in correct jersey				
Subs	Sub every 3 minutes		See Playing Time Rules		
Playing Time	Equal Playing Time No player can play entire game (Unless 5 on bench) No player can sit twice until everyone has sat once		Each player must play 6 minutes + call ups	Each player must have a minimum of 3 minutes + call ups	
Lane Violations	5 seconds		3 seconds		
Full Court Press	No Full Court Press	Last 2 minutes if not winning by more than 5 points	Illegal at 15-point lead		Illegal at 20-point lead
Press Rules	Stay inside the arc until ball carrier crosses half court	Can pick up ball handler once they cross half court	When Full press rules are met, must retreat behind half court to pick up ball handler		
30-Point Rule Stipulation in Rules	Stipulation in Rules	Stipulation in Rules	Stipulation in Rules		
End of Game	Game ends with both teams shaking hands to finalize the game.				

Miscellaneous Issues

1. If there are any issues whether an athlete is rostered on a team, please talk to the coaches first before the game begins. If it cannot be resolved, play the game in its entirety, and then submit an email to the Executive Board detailing the issue.
2. If there are any issues that occur before, during or after a game and cannot be resolved between the coaches, please email the Executive Board within 24 hours detailing the incident at issue.
3. Call Ups – if needed, you can call up a player from the grade immediately below if the player is a rostered basketball player. That call up can only play in one call up game per day. See rules more for information.
4. If any AD feels a team is “stacked” they should notify the Executive Board immediately.
5. Sportsmanlike conduct is required by all coaches, players, and parents. If there is any unsportsmanlike conduct by the coaches or players, there will be consequences. First will be a warning, next will be a suspension.