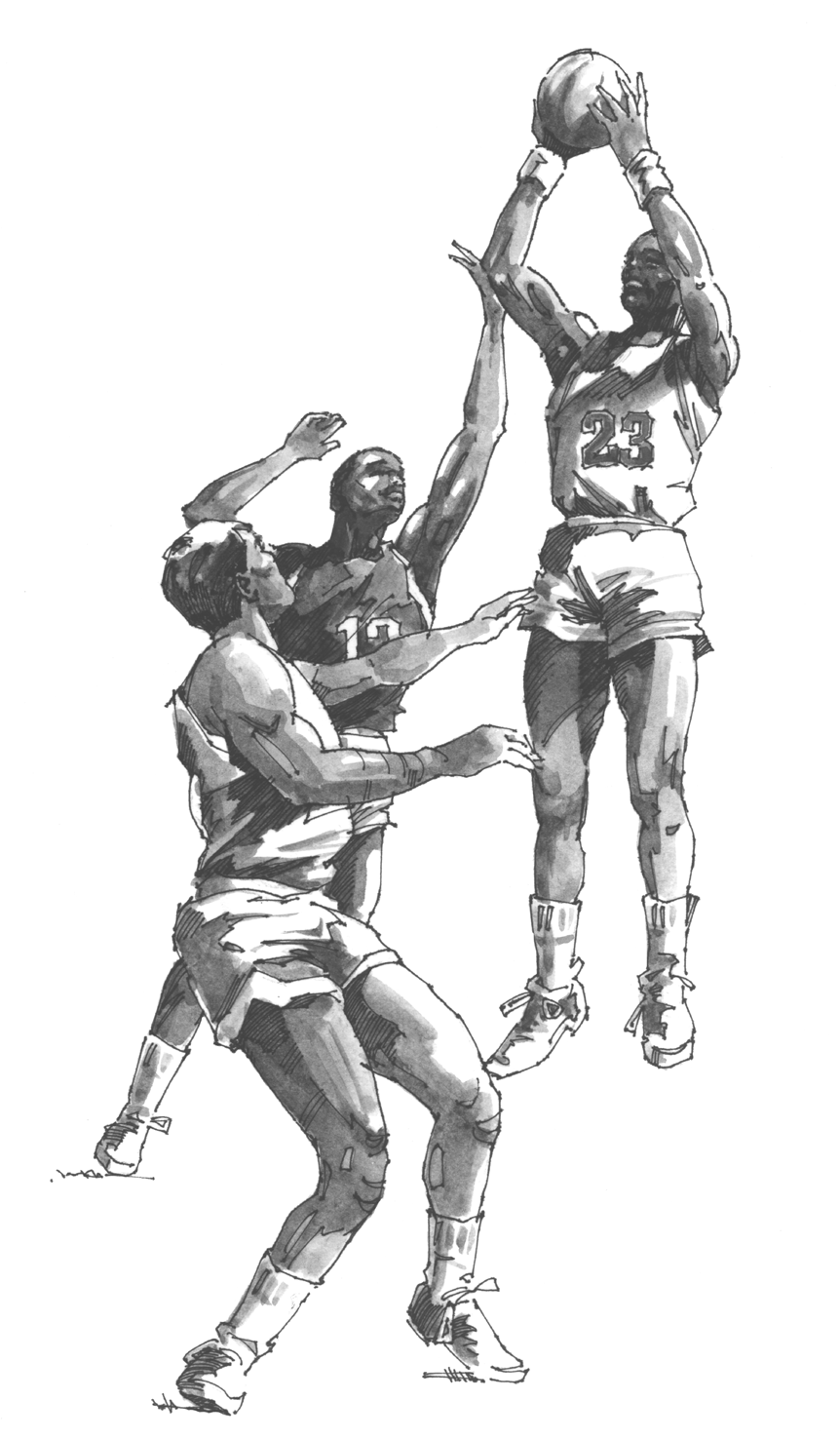
**Spring Branch – Memorial**

**Sports Association**



**Basketball Rules**

**12/1/2017**

**SPRING BRANCH MEMORIAL SPORTS ASSOCIATION**

**BASKETBALL RULES**

## Rules of Conduct

**Rules of Conduct**

(1)      The policy of the SBMSA Board is that the Boys and Girls Basketball Program be conducted and carried out by all participants in a competitive but sporting manner.  It is expected that all involved will treat each other with courtesy and respect, and that players, coaches, parents, and spectators should always control their emotions.  **This requires all adults involved to set a good example so that the players may learn to accept both victory and defeat in a fair and responsible way.**

(2)      One of the primary goals of the SBMSA is to teach Good Sportsmanship to our area youth.  Displays of poor sportsmanship by players, coaches, parents, and / or spectators will not be tolerated.  As a discouragement of such displays, the SBMSA Executive Board mandates a one game suspension for any player or coach ejected from a game by a game official based on poor sportsmanship or any parent or spectator removed from a game by a game official based on poor sportsmanship.  This suspension shall be administered by the Basketball Director and the Basketball Board.  While the one game suspension is mandated, the Basketball Director and the Basketball Board may for particularly outrageous behavior or recurring incidents, levy suspensions of additional games up to and including the remainder of a season or future seasons.  The decision of the Basketball Director and the Basketball Board shall be final and not subject to an appeal.

**Sportsmanship Committee**:

SBMSA Board of Directors has created a formal Sportsmanship Committee to assist each sport Program Director/Board on serious or recurrent sportsmanship violations by any coach, parent, player or fan.

The Sportsmanship committee is charged to formalize and mandate, through consistent and reportable actions, that Sportsmanship is a core value of SBMSA. That includes better tracking of individuals who display repeated lapses of good sportsmanship and/or conduct across multiple SBMSA program venues. This committee will be led by the Sportsmanship Director and each sport will appoint a representative to serve on this committee. At his/her sole discretion, the Sportsmanship Director may appoint additional individuals to serve of this committee.

This committee brings consistency and accountability to the coach selection process between the sport programs and provides a mechanism to permanently remove coaches for repeat lapses in sportsmanship and/or indifference in providing positive coaching and mentoring leadership to our youth athletes.  This committee can also be engaged to address issues outside of actions by game officials where a coach/parent/athlete/fan merits disciplinary discussion for repetitive or very serious   sportsmanship violations and/or has been previously suspended for conduct detrimental to league core values.  Program Directors can request any serious sportsmanship violation by a coach, player, parent or fan etc. be referred to the Sportsmanship Committee. Any recommendations by the Sportsmanship Committee will be handed to the sports Program Director/Board for final action and is not subject to an appeal.

Unless otherwise communicated by Program Director, any matter forwarded to the Sportsmanship Committee will be considered an immediate and indefinite suspension until Sportsmanship Committee hands final recommendation to sports Program Director/Board for final action.

## General

(1) SBMSA has access to local school gymnasium facilities for the games and practice sessions for a specified time period. For example, a local school gymnasium may be reserved from 6:00 p.m. - 9:00 p.m. and the coaches, players, parents or spectators are allowed in the gymnasium during this time period only. In no event should a school gym be left open and unattended.

(2) **Coaches may not "scout" the practice of opposing teams.** Arrive for your practice at the specified time. When your practice has finished, please leave the gymnasium immediately after you have determined that each player has been picked up or some previous arrangement has been made.

(3) SBMSA will furnish a game jersey and shorts for each player which must be worn at all games, **NO EXCEPTIONS**. **Teams are not allowed to participate in SBMSA games wearing uniforms not issued by the SBMSA.** The same color shorts must be worn by all players on the same team. Undershirts, if worn, shall be of the same solid color front and back as team shirts. Undershirts shall not have frayed or ragged edges. All players should wear gym shoes. **Jerseys must be tucked in.** The intent of these rules is not to prevent an individual player who does not have the SBMSA uniform for a particular game from playing that game. Therefore, if an individual player has the same / similar color jersey, shorts and / or socks as their team SBMSA uniform, that player may be allowed to participate in that game at the discretion of the referee.

(4) Each team will be furnished one (1) basketball to be used as the game ball. The team's head coach is responsible for the basketball.

(5) The gymnasium is reserved for the scheduled teams. Only opposing players and coaches of these teams and the referees are allowed on the gymnasium floor between games, between quarters, and during timeouts.

#### Scorekeeper and Timekeepers

At least 5 minutes prior to the start of a game, each head coach is responsible for designating an adult who will serve as an official scorekeeper and an official timekeeper.

#### Rosters

Prior to the start of a game, the Visiting Team must submit their 1st quarter line-up. The Home Team will then submit its 1st quarter line-up.

Start of Game

(1) Games will start as soon as the referee(s) signals each team. The home team is responsible for furnishing an SBMSA game ball upon request by the referee(s).

1. The ball shall be put in play in the center circle by a jump between any two opponents at the start of the game and each extra period. In all other jump ball situations, the team will alternate taking the ball out-of-bounds for a throw-in. The team not obtaining control of the jump ball will start the alternating possession procedure.
2. If a team does not have enough players to start the game, the two head coaches will decide if they would like to play the game. The referees should not be involved in this discussion. The teams have the option of playing a “practice” game and can even borrow players from the opposing team in order to play a game. The intent is to allow the players that are present to play if they choose to do so.

Delay of Game

(1) There will be two (2) minutes allowed between each quarter. These two minutes is all that is allowed for a coach to converse with his players AND to set up his defensive match-ups/assignments with the players of the opposing team. Players and coaches are expected to have their next group “matched up” and ready to play at the end of this two minute break between quarters. Any team not ready to play is subject to a “team technical foul”, which results in the opposing team getting 2 free shots and the ball to start the quarter.

(2) The ball shall be put in play after a time out as soon as the referee indicates play will resume. A technical foul will be assessed if a delay occurs.

Coaches

A coach **may not** **enter the floor of play for any reason during a game without receiving permission from the referee(s)**. The coach may be removed from the gymnasium for the remainder of the game for violation of this rule. The coach may assist an injured player off the floor after the referee stops the game, and calls the coach onto the floor. **Coaches must remain seated on the bench at all times while the clock is running or stopped except to:**

(1) Confer with bench personnel or players.

(2) Rise in front of their seat to signal for a timeout**,** or communicate to a player on the court*.*

(3) Confer with personnel at the scorer's table.

(4) Replace or remove a disqualified or injured player.

Coaches may rise from their seats to spontaneously react to an outstanding play, but must return immediately to their seats. **Under no circumstances may a coach rise from his seat to question or challenge an Official’s call on the court.**

#### Player's Bench

Only uniformed players and a maximum of two (2) coaches shall be permitted to occupy the player's bench just prior to and during games. Each coach must display the league issued Coach Identification Card at all times. A coach without this card will not be able to occupy the player’s bench during a game. NO EXCEPTIONS.

## Borrowing Players

In order to play a game, a team must have at least five (5) of its regular roster players ready to play. All players on a team roster are considered eligible unless they are unable to play due to injury, sickness, disciplinary reasons, or family emergency. However, games should not be re-scheduled because of lack of players on a team. If the number of eligible players on a team drops below the mandatory level, players may be borrowed from a younger age group or the National League for an American League Team. A player may not be borrowed if the team has at least the minimum regular roster players present. Any borrowed player must meet the participation requirement and must be a registered SBMSA player. Exceptions to this rule must be approved by the League Commissioners. (Note: for 8 person leagues, the above rules still apply; however, the minimum number of “regular roster players” shall be four (4)). Borrowed players DO NOT become members of the team and should be asked on a “game by game” basis. ALL teams in a league have equal access to any potential borrowed player and thus, the borrowed player cannot be exclusive to one team in the league. Borrowed players must attend their own games and practices first, and can only attend another team’s game or practice if there is no conflict with his/her own team. If a team does not have at least 7 players at the start of the second quarter (5 for 8 person leagues), then the team will forfeit the game. Upon coaches agreement a forfeited game may continue as a “practice game.”

#### Game Forfeiture

Grounds for forfeiture of games shall include:

1. Playing an ineligible player.
2. Failing to play an eligible player for required time. (See player participation and substitution rules.)
3. Team failing to appear at game site with the mandatory number of eligible players no later than the start of the second quarter and/or failing to have a coach or responsible adult present at the start of a game.
4. Not controlling a player, coach, parent, or spectator who has been ejected from the game or playing facility.
5. Breach of SBMSA's Code of Ethics.

##### Overtime Rules

One overtime period will be played in the case of a tie at the end of regulation play for all Girls 9/10, Boys 9/10, Girls 11-13, Boys 11/12, and 7th/8th Grade Boys regular season games. As many overtime periods will be played as needed to determine a winner in all playoff games, across all age groups. The following rules will be used for all overtime periods:

1. Open substitution in the overtime period, just like the 4th quarter
2. All overtime periods begin with a jump ball and possessions change accordingly thereafter
3. All individual fouls, 2nd half team fouls and technical fouls (rules and conduct) carry over into the overtime period
4. All overtimes will be 2 minutes with the clock stopping on ALL whistles for the entire 2 minutes
5. Each team will receive 1 time-out per overtime period – you cannot carry over time-outs from the regulation portion of the game or from one overtime period to another
6. If your league has a “No Back Court Defense” rule, then back court defense will only be allowed in the last minute of each overtime period

**Tie Breakers for Playoff Seeding**

Playoff tournaments are held at the end of regular season. All teams participate and are placed in brackets according to their regular season records. In the event that teams have the same record, seeding will be determined according to the following rules based on whether the league is a single or multi-divisional:

In a single division format, the following will apply.

(1) Head to Head record

(2) Record against common opponents starting with the lowest seeded common

opponent, all the way up to the highest seeded common opponent until the tie

is broken.

(3) Coin Flip or Lottery

In a multi-division format, the following will apply. Note: Example below assumes a three division format

1. Top teams in each division placed in seeding group 1-3, second place teams in each division placed in seeding group 4-6, and third place teams placed in each division placed in seeding group 7-9. There is no power-weighting of divisions (or teams).
2. The three (3) teams in each seeding group are ranked by win-loss record. In other words, the three teams in seeding group 1-3 are seeded 1,2, and 3 to the extent differentiation can be established through win-loss record alone. The same is done for the remaining seeding groups.
3. In the event of a tie between two or more teams (i.e. same win-loss record) within a seeding group, the first tie-breaker is the teams’ record against the top team in their respective division, starting with the first-ranked team. If the records versus the first-ranked team are the same, the records against the second-ranked team are compared next. If still tied, move to the third-ranked team, and so on, until a differation can be established. In doing these comparisons, only the top teams that are ranked higher than the teams in question are considered.
4. A major priority in the seeding of all teams is that no team will play a team from its own division in its first playoff game. Thus, in applying tiebreaker (3) above, a team may be eliminated from a particular seeding spot if such placement would mean that it would play a team from its own division. Likewise, if application of rule (2) would leave two teams from the same division playing each other in their first playoff game, a team would be shifted one seed so that the objective of this rule (4) would be achieved.
5. If two or more teams are still tied after applying the above rules, the final tiebreaker is a coin flip.

We do not use points for, points against, or point differential to determine tie-breakers. Using points encourages unsportsmanlike behavior in the regular season games, such as running the scores up or keeping your best defenders on the floor when a team is clearly beat.

**BASKETBALL RULES OF PLAY**

*Rules shall be National Federation of State High School Association rules with the following exceptions:*

**Freshmen (5-6 yr olds)**

There will be five (5) minutes between halves; two (2) minutes between quarters.

Player participation and substitution rules. It is a mandatory requirement that all roster players who are present play the following required time each game unless they are injured, sick or being disciplined by the coach. Coaches must notify the referee and opposing team before play begins if there are roster players present not scheduled to play because of the above reasons.

Prior to the start of a game, the Visiting Team must submit their 1st quarter line-up. The Home Team will then submit its 1st quarter line-up.

a. Coach picks any four players to start the game and play the first quarter.

b. Second four players play the second quarter. If a team does not have another four (i.e. only two) then the opposing coach chooses missing players from the team that played the first quarter.

Prior to the start of the first half of the third quarter, the Home Team must submit its line-up for the first half of the 3rd quarter. The Visiting team will then submits its line-up for the first half of the 3rd quarter. The official timekeeper will split the third quarter time to accommodate this. If a player arrives late (after the 2nd quarter has started), he/she will still be allowed to play3rd quarter.

1. Coach picks any four players to start the 3rd quarter.
2. Second four players play the second half of the 3rd quarter. If a team does not have another four (i.e. only two) then the opposing coach chooses missing players from the team that played the first half of the 3rd quarter.

Fourth quarter is subject to a free substitution rule.

Any substitution in the first three quarters (due to injury or fouling out) will be by the opposing coach. If injured player can go back into the game during their quarter of play, player should be substituted back into the game to satisfy player participation guidelines.

PENALTY: FAILURE TO OBSERVE THESE RULES WILL RESULT IN THE TEAM FORFEITING THE GAME.

1. Teams have two one minute time outs per half per team.
2. Games will consist of 10 minute “Running Clock” quarters. For all but the last minute of the second and fourth quarters the clock stops for Official time-outs only, (which include “coaches’ time-outs”, getting players lined up for free throws and technical fouls). When time-out is called, the clock starts again as soon as the ball is handed to a player shooting free throws or handed to a player who is throwing the ball in from out-of-bounds. On a technical foul, the clock stops when the referee makes the technical foul call, and should start when the ball is handed to the player shooting the technical foul. Last minute of the second and fourth quarters reverts to high school rules, (i.e., the clock stops on ALL whistles). There is NO OVERTIME.
3. Back court defense against a ball handler is not allowed. After a basket or after a defensive player gains clear control of the ball on a rebound, steal, or turnover, any attempt to steal the ball from the player in possession of the ball before it has crossed center court will be considered an illegal back court press. This also relates to fast break opportunities. All passes beyond the defensive free throw line extend may be contested. A pass behind the ball or the free throw line extended in the back court cannot be contested. In 5/6 the intercepted backcourt pass does not result in a turnover. The team whose pass was intercepted will receive the ball inbounded sideline. The only exception to this rule is during the last minute of the game! During the last 60 seconds of the game, back court defense is allowed for any team that does not have a lead of ten (10) points or more. (i.e., No back court defense allowed for a team with a 10 point lead). ALL BACK COURT DEFENSE MUST BE MAN-TO-MAN. NO TRAPS ALLOWED, NO ZONE DEFENSE, AND NO “SWITCHING” OFF THE PLAYER YOU ARE DEFENDING DURING A SPECIFIC PLAY.

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

1. No back court violation and no use of the 10 second rule. If a player, after crossing over the line, returns to the back court, the protection of no defensive player in the back court is no longer in effect. Staying in the back court with the intent to stall for more than 10 seconds is illegal.
2. PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.
3. All defenses shall be "man-to-man". A zone defense shall not be permitted. No “switching” off the man you are covering is allowed during play.

**Whether a defensive player is zoning will be a judgment call by the official.** The intent of the rule is to prevent the chaser defense, where one player chases the offensive player with the ball; and the traditional zone defense, where one or more defensive players' primary responsibility is protecting an area of the court. Double teaming the offensive player with the ball is permitted inside the three second lane (the "paint"). The “paint is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the 5/6 age group. The 5/6 “paint” is and international lane and defined by lines on the court.

No “Switching” on defense is allowed. A player must guard the same man throughout each possession down the court. Coaches are allowed to make defensive adjustments at any time during the game, if they feel a need. However, there is no chaser defense, where one player chases the offensive player with the ball. Also, there is no “switching” or “help” allowed by a teammate during a specific play.

"Man-to-man" defense requires that each man be cognizant of the man he is guarding at all times. It does not require the defender to "shadow" his man regardless of the position of the ball. Specifically, if the offense is removing players from an area for the purpose of isolation of a talented offensive player, the other defenders are allowed to "sag" off of their man if their man is situated away from the ball. They may not double team outside of the paint. A defender of an offensive player who is executing a screen may “flash” so the ball handler is forced to dribble around the screen and the defender, this is not a double team. Good man-to-man defense demands that the defender be cognizant of both his man and the ball. In general the officials should only call a violation against the defense when in the official's judgment the defender(s) are purposefully playing a position on the court without regard for the location of their offensive counterpart. **There is no prescribed distance for the defender to cover the opposing offensive player if the opposing offensive player is more than twenty (20) feet from the basket. However, once the opposing offensive player is within twenty (20) feet of the basket, the defender must maintain reasonable distance, referee’s discretion, between the defender and the offensive player he is guarding, unless he is involved in a double team on the offensive player with the ball in the paint. A defended is considered to be within a reasonable distance to the offensive player he is guarding if he is not positioned inside the paint. If the offensive player is within 3 feet of the paint, the defensive player must be within 4 feet of the offensive player, but may be in the paint. A defensive player against an offensive player in possession of the ball must be within 4 feet of the ball handler.**

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

1. **On offense, NO double screens will be allowed – they will be considered an illegal screen, resulting in a turnover.** Isolation offense, where other players vacate one side of the court or spread out to the corners so that a key player may go one on one, is not permitted. At the referee’s discretion, an isolation offense can result in a turnover. A warning shall be given first. The next occurrence, in the referee’s discretion, will result in a turnover.

**Double screen** is defined as two offensive players setting a simultaneous or shoulder to shoulder or front and back pick on a defensive player on the ball. A team can run an offensive play with two or more screens away from the ball without resulting in a turnover. A staggered pick is also permissible**.**

**Illegal screen** is defined as when there is movement by the screener during the actual pick. A player must remain stationary when actual contact is made with the defender. In addition, an illegal screen occurs when the screener extends their elbows outward from the body while setting a pick.

1. Foul lane violations will be five (5) seconds. The foul lane is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the 5/6 age group.
2. On a player's fifth foul (personal fouls and conduct technical fouls), the player must leave the game. Also, two (2) conduct technical fouls called on a player or coach will result in ejection from the game. Ejection will only occur as a result of conduct technical fouls, not technical fouls given as a result of double teaming, zone defense, back court defense, etc.
3. Shoot foul shots on fouls committed in the act of shooting only.
4. On a free throw attempt, players may not enter the lane for a rebound until the ball touches the rim and/or backboard.
5. All technical fouls are two (2) shots plus ball out-of-bounds.
6. Free throw distance will be 10 feet.
7. Goal heights will be 8 1/2 feet.
8. Basketball size for freshmen basketball is 27.5”

**Sophomores (7-8 yr olds)**

1. There will be five (5) minutes between halves; two (2) minutes between quarters.
2. Player participation and substitution rules. It is a mandatory requirement that all roster players who are present play the following required time each game unless they are injured, sick or being disciplined by the coach. Coaches must notify the referee and opposing team before play begins if there are roster players present not scheduled to play because of the above reasons.

Prior to the start of a game, the Visiting Team must submit their 1st quarter line-up. The Home Team will then submit its 1st quarter line-up.

1. Coach picks any five players to start the game and play the first quarter.
2. Second five players play the second quarter.If a team does not have another five (i.e. only two) then the opposing coach chooses missing players from the team that played the first quarter.

Prior to the start of the first half of the third quarter, the Home Team must submit its line-up for the first half of the 3rd quarter. The Visiting team will then submits its line-up for the first half of the 3rd quarter.~~.~~ The official timekeeper will split the third quarter time to accommodate this. If a player arrives late (after the 2nd quarter has started), he/she will still be allowed to play3rd quarter.

* 1. Coach picks any five players to start the 3rd quarter.
  2. Second five players play the second half of the 3rd quarter. If a team does not have another five (i.e. only two) then the opposing coach chooses missing players from the team that played the first half of the 3rd quarter.
  3. Fourth quarter is subject to a free substitution rule.
  4. Any substitution in the first three quarters (due to injury or fouling out) will be by the opposing coach. If injured player can go back into the game during their quarter of play, player should be substituted back into the game to satisfy player participation guidelines.

PENALTY: FAILURE TO OBSERVE THESE RULES WILL RESULT IN THE TEAM FORFEITING THE GAME.

1. Time outs limited to four (4) per team per game, but not more than two per half. Time outs to be one minute in length.
2. Games will consist of 12 minute “Running Clock” quarters. For all but the last minute of the second and fourth quarters, the clock stops for Official time-outs only, (which include “coach’s time-outs”, lining up players for free throws and technical fouls). When time-out is called, the clock starts again as soon as the ball is handed to a player shooting free throws or handed to a player who is throwing the ball in from out-of-bounds. On a technical foul, the clock stops when the referee makes the technical foul call, and should start when the ball is handed to the player shooting the technical foul. Last minute of the second and fourth quarters reverts to high school rules, (i.e., the clock stops on ALL whistles). There is NO OVERTIME.
3. Back court defense against the ball handler is not allowed. After a basket or after a defensive player gains clear control of the ball on a rebound, steal, or turnover, any attempt to steal the ball from the player in possession of the ball before it has crossed center court will be considered an illegal back court press. This relates to fast break opportunities. All passes passed the defensive free throw line extend may be contested. A pass behind the ball or the free throw line extended in the back court cannot be contested.. The only exception to this rule is during the last minute of the game. During the last 60 seconds of the game, back court defense is allowed for any team that does not have a lead of ten (10) points or more. (i.e., No back court defense allowed for a team with a 10 point lead). ALL BACK COURT DEFENSE MUST BE MAN-TO-MAN. NO TRAPS ALLOWED, NO ZONE DEFENSE, AND “SWITCHING” ON DEFENSE IS ALLOWED ONLY IF THE DEFENDER GUARDING THE BALL-HANDLER IS SCREENED BY AN OPPOSING PLAYER.

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

1. All defenses shall be "man-to-man". A zone defense shall not be permitted.

**Whether a defensive player is zoning will be a judgment call by the official**. The intent of the rule is to prevent the chaser defense, where one player chases the offensive player with the ball; and the traditional zone defense, where one or more defensive players' primary responsibility is protecting an area of the court. Double teaming the offensive player with the ball is permitted inside the free throw lane (the "paint"). The “paint” (for double-teaming purposes) is defined as the International Lane. The International Lane is defined as the box bordered by the international base line (20 feet across) and the regulation free throw line (12 feet across), rather than the free throw line used by the 7/8 age group.

A player must guard the same man throughout each possession down the court. Coaches are allowed to make defensive adjustments at any time during the game, if they feel a need, but not while the ball is in play. There may be no chaser defense, where one player chases the offensive player with the ball. “Switching” on defense is allowed ONLY if the defender guarding the ball-handler is screened by an opposing player (I.E. if a defender is being picked or screened by an opposing player, he can call for a “switch” wherein he is allowed to stay and defend that pick-man, allowing his teammate to “switch” and guard the other player). AT NO TIME CAN BOTH DEFENDERS STAY ON THE BALL HANDLER AT THE SAME TIME (this is considered a “double-team”). A defender of an offensive player who is executing a screen may “flash” so the ball handler is forced to dribble around the screen and the defender, this is not a double team.

"Man-to-man" defense requires that each man be cognizant of the man he is guarding at all times. It does not require the defender to "shadow" his man regardless of the position of the ball. Specifically, if the offense is removing players from an area for the purpose of isolation of a talented offensive player, the other defenders are allowed to "sag" off of their man if their man is situated away from the ball. They may not double team outside of the paint. Good man-to-man defense demands that the defender be cognizant of both his man and the ball. In general the officials should only call a violation against the defense when in the official's judgment the defender(s) are purposefully playing a position on the court without regard for the location of their offensive counterpart. **There is no prescribed distance for the defender to cover the opposing offensive player if the opposing offensive player is more than twenty (20) feet from the basket. However, once the opposing offensive player is within twenty (20) feet of the basket, the defender must a reasonable distance, referee’s discretion, between the defender and the offensive player he is guarding, unless he is involved in a double team on the offensive player with the ball in the paint. A defended is considered to be within a reasonable distance to the offensive player he is guarding if he is not positioned inside the paint. If the offensive player is within 3 feet of the paint, the defensive player must be within 4 feet of the offensive player, but may be in the paint. A defensive player against an offensive player in possession of the ball must be within 4 feet of the ball handler.**

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

1. **On offense, NO double screens will be allowed – they will be considered an illegal screen, resulting in a turnover.** Isolation offense, where other players vacate one side of the court or spread out to the corners, so that a key player may go one on one, is not permitted.

**Double screen** is defined as two offensive players setting a front and back pick on a defensive player on the ball. A team can run an offensive play with two or more screens away from the ball without resulting in a turnover. A staggered pick is also permissible**.**

**Illegal screen** is defined as when there is movement by the screener during the actual pick. A player must remain stationary when actual contact is made with the defender. In addition, an illegal screen occurs when the screener extends their elbows outward from the body while setting a pick

1. Foul lane violations will be five (5) seconds. The foul lane is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the 7/8 age group.
2. On a player's fifth personal foul (personal fouls and conduct technical fouls), the player must leave the game. Also, two (2) conduct technical fouls called on a player or coach will result in ejection from the game. Ejection will only occur as a result of conduct technical fouls, not technical fouls given as a result of double teaming, zone defense, back court defense, etc.
3. Teams will shoot two (2) free throws upon the seventh team foul (personal fouls and conduct technical fouls) of each half.
4. On a free throw attempt, players may not enter the lane for a rebound until the ball touches the rim and/or backboard
5. All technical fouls are two (2) shots plus ball out-of-bounds.
6. Goal heights will be 8 1/2 feet.
7. Basketball size for sophomore basketball is 28.5”

1. The free throw line is 11 feet.

**Junior Girls (9-10 yr olds)**

A. There will be five (5) minutes between halves; two (2) minutes between quarters.

B. Player participation and substitution rules. It is a mandatory requirement that all roster players who are present play the following required time each game unless they are injured, sick or being disciplined by the coach. Coaches must notify the referee and opposing team before play begins if there are roster players present not scheduled to play because of the above reasons.

1. Five minutes prior to each game, both teams must provide their 1st and 2nd quarter line-ups to the referee. **Each coach is required to play his/her first five draft picks in the first quarter. (The SBMSA Basketball Director will have discretion on adjustments that may need to be made with these five players. (i.e. players that did not attend try-outs or who are clearly a top five pick, but were picked in later rounds.))** These line-ups will be distributed to all coaches. There will be no changes to these line-ups without approval of the Director. The ONLY EXCEPTION to an unapproved change in these line-ups will be if a player listed on the 1st quarter line-up is not present at the start of the game. If this happens, the coach will choose his own substitute from the remaining five players. This substitute will also play the first half of the third quarter.

**If a 1st quarter player arrives after the game has started, she may be substituted into the play of the game in the first quarter during a dead ball or time out (the opposing team must be notified of this substitution). If she arrives at the end of the first quarter, she will not be allowed to play until the beginning of the 3rd quarter.**

1. Second five players play the second quarter. If one of the second five players is not present at the start of the second quarter, the **opposing** coach will choose one of the five players from the first quarter team to play in the second quarter. This player will also play the second half of the third quarter.
2. The same group of players that played the first quarter will play the first half of the third quarter. The same group of players that played the second quarter will play the second half of the third quarter. The official timekeeper will split the time of the third quarter to accommodate this. If a player arrives late (after the 2nd quarter has started), she will still be allowed to play the 2nd half of the 3rd quarter.

**If one team has only seven players present, then both teams may choose which players will play in the 1st quarter. The remaining players will play in the 2nd quarter, with the opposing coaches choosing which players will replace any missing players. This will create a more competitive and fair game.**

1. Fourth quarter is subject to a free substitution rule.
2. Any substitution in the first quarter or first half of the third quarter (due to injury or fouling out) will be by the coach. Any substitution in the second

quarter or second half of the third quarter (due to injury or fouling out) will be by the **opposing** coach. If injured player can go back into the game during

their quarter of play, player should be substituted back into the game to

satisfy player participation guidelines.

PENALTY: FAILURE TO OBSERVE THESE RULES WILL RESULT IN THE TEAM FORFEITING THE GAME.

C. Time outs limited to four (4) per team per game, but not more than two per half. Time outs to be one minute in length.

D. Games will consist of 12 minute “Running Clock” quarters. For all but the last minute of the second and fourth quarters, the clock stops for Official time-outs only (which include “coach’s time-outs”, lining up players for free throws and technical fouls). When time-out is called, the clock starts again as soon as the ball is handed to a player shooting free throws or handed to a player who is throwing the ball in from out-of-bounds. On a technical foul, the clock stops when the referee makes the technical foul call, and should start when the ball is handed to the player shooting the technical foul. Last minute of the second and fourth quarters reverts to high school rules, (i.e., the clock stops on ALL whistles). In the event of a tie at the end of regulation play, there will be a two minute overtime period, with the clock stopping on every whistle. There will only be one overtime period played. In the event there is a tie after the first two (2) minute overtime period, the game will be declared a tie by the official.

E. Back court defense against the ball handler is not allowed. After a basket or after a defensive player gains clear control of the ball on a rebound, steal, or turnover, any attempt to steal the ball from the player in possession of the ball before it has crossed center court will be considered an illegal back court press. This relates to fast break opportunities. All passes passed the defensive free throw line extend may be contested. A pass behind the ball or the free throw line extended in the back court cannot be contested.~~.~~ The only exception to this rule is during the last minute of the game! During the last 60 seconds of the game, back court defense is allowed for any team that does not have a lead of ten (10) points or more. (i.e., No back court defense allowed for a team with a 10 point lead). ALL BACK COURT DEFENSE MUST BE MAN-TO-MAN. NO ZONE DEFENSE AND MULTIPLE DEFENDERS CAN BE USED ONLY AGAINST THE OFFENSIVE PLAYER IN CONTROL OF THE BASKETBALL.

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

On full court or half court inbounds plays during the last minute of play, the opposing defense must set-up in man-to-man defense prior to the ball being thrown in.  Once the ball is thrown in, then the regular rules apply in the backcourt. During a full court press, if the offensive player is attacked by multiple defenders passes the ball to another offensive player, the defenders must locate and return to defense of the specific player they were guarding at the start of that term of play. In other words, no defender is allowed to chase a passed ball unless the pass is to the specific offensive player she had switched from to assist in multiple defenses.

F. All defenses shall be "man-to-man". A zone defense shall not be permitted.

Whether or not a defensive player is zoning will be a judgment call by the official. The intent of the rule is to prevent the chaser defense, where one player chases the offensive player with the ball; and the traditional zone defense, where one or more defensive players' primary responsibility is protecting an area of the court.

A player must guard the same man throughout each possession down the court. Coaches are allowed to make defensive adjustments at any time during the game, if they feel a need. However, there is no chaser defense, where one player chases the offensive player with the ball. “Switching” is allowed at any time on defense.

**On all inbounds plays, the opposing defense must set-up in man-to-man defense prior to the ball being thrown in**.  Once the ball is thrown in, then the regular rules apply.

"Man-to-man" defense requires that each man be cognizant of the man he is guarding at all times. It does not require the defender to "shadow" his man regardless of the position of the ball. Specifically, if the offense is removing players from an area for the purpose of isolation of a talented offensive player, the other defenders are allowed to "sag" off of their man if their man is situated away from the ball. Good man-to-man defense demands that the defender be cognizant of both his man and the ball. In general the officials should only call a violation against the defense when in the official's judgment the defender(s) are purposefully playing a position on the court without regard for the location of their offensive counterpart. **There is no specific limitation on the allowable distance between a defensive player and the offensive player she is specifically assigned to guard while the offensive player is outside the 3 point line. Inside the three point line, the defender must maintain a reasonable distance, referee’s discretion, between the defender and the offensive player she is guarding, unless she is involved in a double team on the offensive player with the ball in the paint. A defended is considered to be within a reasonable distance to the offensive player she is guarding if she is not positioned inside the paint. If the offensive player is within 3 feet of the paint, the defensive player must be within 4 feet of the offensive player, but may be in the paint.A defensive player against an offensive player with possession of the ball must be within 4 feet of the ball handler.**

**However, guarding a specific offensive player with more than one defender is allowable, anywhere in the front court, under the following conditions:**

**(a) Multiple defenders may be used ONLY against the offensive player in control of the basketball.**

**(b) If the offensive player attacked by multiple defenders passes the ball to another offensive player, the defenders must locate and return to defense of the specific player they were guarding at the start of that term of play. In other words, no defender is allowed to chase a passed ball unless the pass is to the specific offensive player she had switched from to assist in multiple defenses. A “chaser defense” is referee’s discretion.**

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

G. Isolation offense, where other players vacate one side of the court or spread out to the corners, so that a key player may go one on one, is not permitted.

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

H. Lane violations will be three (3) seconds. The lane is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the 9/10 group.

I. On a player's fifth foul (personal fouls and conduct technical fouls), the player must leave the game. Also, two (2) conduct technical fouls called on a player or coach will result in ejection from the game. Ejection will only occur as a result of conduct technical fouls, not technical fouls given as a result of double teaming, zone defense, back court defense, etc.

J. Teams will shoot two (2) free throws for all fouls upon the seventh team foul (personal fouls and conduct technical fouls) of each half.

K. Players may enter the lane for a rebound on a foul shot once the ball leaves the shooters hands.

L. Free throw distance will be 13 feet

1. All technical fouls are two (2) shots plus ball out-of-bounds.
2. Goal heights will be 10 feet
3. Basketball size for junior girls is 28.5”

**Junior Boys (9-10 yr olds)**

A. There will be five (5) minutes between halves; two (2) minutes between quarters.

B. Player participation and substitution rules. It is a mandatory requirement that all roster players who are present play the following required time each game unless they are injured, sick or being disciplined by the coach. Coaches must notify the referee and opposing team before play begins if there are roster players present not scheduled to play because of the above reasons.

Prior to the start of a game, the Visiting Team must submit their 1st quarter line-up. The Home Team will then submit its 1st quarter line-up.

1. Coach picks any five players to start the game and play the first quarter.

2. Second five players play the second quarter. If a team does not have another five (i.e. only two) then the opposing coach chooses missing players from the team that played the first quarter.

Prior to the start of the first half of the third quarter, the Home Team must submit its line-up for the first half of the 3rd quarter. The Visiting team will then submits its line-up for the first half of the 3rd quarter. The official timekeeper will split the third quarter time to accommodate this. If a player arrives late (after the 2nd quarter has started), he/she will still be allowed to play3rd quarter.

* 1. Coach picks any five players to start the 3rd quarter.
  2. Second five players play the second half of the 3rd quarter. If a team does not have another five (i.e. only two) then the opposing coach chooses missing players from the team that played the first half of the 3rd quarter.
  3. Fourth quarter is subject to a free substitution rule.

Any substitution in the first three quarters (due to injury or fouling out) will be by the opposing coach. If injured player can go back into the game during their quarter of play, player should be substituted back into the game to satisfy player participation guidelines.

PENALTY: FAILURE TO OBSERVE THESE RULES WILL RESULT IN THE TEAM FORFEITING THE GAME.

C. Time outs limited to four (4) per team per game, but not more than two per half. Time outs to be one minute in length.

D. Games will consist of 12 minute “Running Clock” quarters. For all but the last minute of the second and fourth quarters, the clock stops for Official time-outs only (which include “coach’s time-outs”, lining up players for free throws and technical fouls). When time-out is called, the clock starts again as soon as the ball is handed to a player shooting free throws or handed to a player who is throwing the ball in from out-of-bounds. On a technical foul, the clock stops when the referee makes the technical foul call, and should start when the ball is handed to the player shooting the technical foul. Last minute of the second and fourth quarters reverts to high school rules, (i.e., the clock stops on ALL whistles). In the event of a tie at the end of regulation play, there will be a two minute overtime period, with the clock stopping on every whistle. There will only be one overtime period played. In the event there is a tie after the first two (2) minute overtime period, the game will be declared a tie by the official.

E. In **Boys National League**, back court defense against the ball handler is not allowed. After a basket or after a defensive player gains clear control of the ball on a rebound, steal, or turnover, any attempt to steal the ball from the player in possession of the ball before it has crossed center court will be considered an illegal back court press. This relates to fast break opportunities. All passes passed the defensive free throw line extend may be contested. A backcourt pass behind the ball or the free throw line extended in the back court cannot be contested. The only exception to this rule is during the last minute of the game! During the last 60 seconds of the game, back court defense is allowed for any team that does not have a lead of ten (10) points or more. (i.e., No back court defense allowed for a team with a 10 point lead). ALL BACK COURT DEFENSE MUST BE MAN-TO-MAN. NO ZONE DEFENSE AND MULTIPLE DEFENDERS CAN BE USED ONLY AGAINST THE OFFENSIVE PLAYER IN CONTROL OF THE BASKETBALL.

On full court or half court inbounds plays during the last minute of play, the opposing defense must set-up in man-to-man defense prior to the ball being thrown in.  Once the ball is thrown in, then the regular rules apply in the backcourt. During a full court press, if the offensive player is attacked by multiple defenders passes the ball to another offensive player, the defenders must locate and return to defense of the specific player they were guarding at the start of that term of play. In other words, no defender is allowed to chase a passed ball unless the pass is to the specific offensive player he had switched from to assist in multiple defenses.

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

F. In **Boys National League**, all defenses shall be "man-to-man". A zone defense shall not be permitted.

Whether or not a defensive player is zoning will be a judgment call by the official. The intent of the rule is to prevent the chaser defense, where one or more players chases the offensive player having the ball; and the traditional zone defense, where one or more defensive players' primary responsibility is protecting an area of the court.

In the **Boys National League**, a player must guard the same man throughout each possession down the court. Coaches are allowed to make defensive adjustments at any time during the game, if they feel a need. However, there is no chaser defense, where one player chases the offensive player with the ball. “Switching” is allowed at any time on defense.

On all inbounds plays, the opposing defense must set-up in man-to-man defense prior to the ball being thrown in.  Once the ball is thrown in, then the regular rules apply.

"Man-to-man" defense requires that each man be cognizant of the man he is guarding at all times. It does not require the defender to "shadow" his man regardless of the position of the ball. Specifically, if the offense is removing players from an area for the purpose of isolation of a talented offensive player, the other defenders are allowed to "sag" off of their man if their man is situated away from the ball. Good man-to-man defense demands that the defender be cognizant of both his man and the ball. In general the officials should only call a violation against the defense when in the official's judgment the defender(s) are purposefully playing a position on the court without regard for the location of their offensive counterpart. **There is no specific limitation on the allowable distance between a defensive player and the offensive player he is specifically assigned to guard while the offensive player is outside the 3 point line. Inside the three point line, the defender must maintain a reasonable distance, referee’s discretion, between the defender and the offensive player he is guarding, unless he is involved in a double team on the offensive player with the ball in the paint. A defended is considered to be within a reasonable distance to the offensive player he is guarding if he is not positioned inside the paint. If the offensive player is within 3 feet of the paint, the defensive player must be within 4 feet of the offensive player, but may be in the paint. The defensive player against an offensive player in possession of the ball must be within 4 feet of the ball handler.**

**However, in the** **Boys National League**, **guarding a specific offensive player with more than one defender is allowable, anywhere in the front court, under the following conditions:**

**(a) Multiple defenders may be used only against the offensive player in control of the basketball.**

**(b) If the offensive player attacked by multiple defenders passes the ball to another offensive player, the defenders must locate and return to defense of the specific player they were guarding at the start of that term of play. In other words, no defender is allowed to chase a passed ball unless the pass is to the specific offensive player he had switched from to assist in multiple defenses. “Chaser defense” is per referee discretion.**

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

G. In the **Boys National League**, isolation offense, where other players vacate one side of the court or spread out to the corners, so that a key player may go one on one, is not permitted.

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

H. In the **Boys American League**, there are no special rules or restrictions regarding types of offense or defense.

I. In the **Boys American League**, if one team develops a lead of 10 or more points, that team will not be allowed to engage in back court defense until such time as that team's lead is reduced to less than 10 points. No back court defense is defined in E. above.

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

J. Lane violations will be three (3) seconds. The lane is defined as the box bordered by the regulation free throw line, rather than the free throw line used by the 9/10 group.

K. On a player's fifth foul (personal fouls and conduct technical fouls), the player must leave the game. Also, two (2) conduct technical fouls called on a player or coach will result in ejection from the game. Ejection will only occur as a result of conduct technical fouls, not technical fouls given as a result of double teaming, zone defense, back court defense, etc.

L. In the **National League**, teams will shoot two (2) free throws for all fouls upon the seventh team foul (personal fouls and conduct technical fouls) of each half. In the **American League**, teams will shoot a “one and one” free throw(s) for all fouls upon the seventh team foul (personal fouls and conduct technical fouls), and two (2) free throws upon the tenth team foul, of each half.

M. Free throw distance will be 14 feet.

N. Players may enter the lane for a rebound once the ball leaves the shooters hands.

O. All technical fouls are two (2) shots plus ball out-of-bounds.

P. Goal heights will be 10 feet.

Q. Basketball size for junior boys is 28.5’

**Senior Girls (11-13 yr olds)**

A. There will be five (5) minutes between halves; two (2) minutes between quarters.

B. Player participation and substitution rules. It is a mandatory requirement that all roster players who are present play the following required time each game unless they are injured, sick or being disciplined by the coach. Coaches must notify the referee and opposing team before play begins if there are roster players present not scheduled to play because of the above reasons.

Prior to the start of a game, the Visiting Team must submit their 1st quarter line-up. The Home Team will then submit its 1st quarter line-up.

1. Coach picks any five players to start the game and play the first quarter.

2. Second five players play the second quarter. If a team does not have another five (i.e. only two) then the opposing coach chooses missing players from the team that played the first quarter.

Prior to the start of the first half of the third quarter, the Home Team must submit its line-up for the first half of the 3rd quarter. The Visiting team will then submits its line-up for the first half of the 3rd quarter. The official timekeeper will split the third quarter time to accommodate this. If a player arrives late (after the 2nd quarter has started), he/she will still be allowed to play3rd quarter.

1. Coach picks any five players to start the 3rd quarter.

2. Second five players play the second half of the 3rd quarter. If a team does not have another five (i.e. only two) then the opposing coach chooses missing players from the team that played the first half of the 3rd quarter.

3. Fourth quarter is subject to a free substitution rule.

Any substitution in the first three quarters will be by the opposing coach. If injured a player can go back into the game during their quarter of play, player should be substituted back into the game to satisfy player participation guidelines

PENALTY: FAILURE TO OBSERVE THESE RULES WILL RESULT IN THE TEAM FORFEITING THE GAME.

If a team gains a twenty five point advantage prior to the start of the fourth quarter, both coaches can and should agree to allow open player substitution. The intent is to allow players that typically do not play in the fourth quarter the opportunity to play more minutes and exhibit sportsmanship by not running up the score when the final outcome is no longer in doubt.

C. Time outs limited to four (4) per team per game, but not more than two per half. Time outs to be one minute in length.

D. Games will consist of 12 minute “Running Clock” quarters. For all but the last minute of the second and fourth quarters, the clock stops for Official time-outs only (which include “coach’s time-outs” and lining up players for free throws and technical fouls) When time-out is called, the clock starts again as soon as the ball is handed to a player shooting free throws or handed to a player who is throwing the ball in from out-of-bounds. On a technical foul, the clock stops when the referee makes the technical foul call, and should start when the ball is handed to the player shooting the technical foul. Last minute of the second and fourth quarters reverts to high school rules (i.e., the clock stops on ALL whistles & starts when ball is touched by an inbounds player). In the event of a tie at the end of regulation play, there will be a two minute overtime period, with the clock stopping on every whistle. There will only be one overtime period played. In the event there is a tie after the first two (2) minute overtime period, the game will be declared a tie by the official.

E. Foul lane violations will be three (3) seconds.

F. Goal heights will be 10 feet.

G. Free throw distance will be 15 feet.

H. On a player's fifth foul (personal fouls and conduct fouls), the player must leave the game. Also, two (2) conduct technical fouls called on a player or coach will result in ejection from the game. Ejection will only occur as a result of conduct technical fouls, not technical fouls given as a result of delay of game, back court defense, etc.

I. Teams will shoot a “one and one” free throw(s) for all fouls upon the seventh team foul (personal fouls and conduct technical fouls), and two (2) free throws upon the tenth team foul, of each half.

J. Players may enter the lane for a rebound once the ball leaves the shooters hands.

K. All technical fouls are two (2) shots plus ball out-of-bounds.

L. There are no special rules or restrictions regarding types of offense or defense.

M. In the event one team develops a lead of 10 or more points, that team will not be allowed to engage in back court defense until such time as that team's lead is reduced to less than 10 points. Back court defense is defined as defense against the ball handler. After a basket or after a defensive player gains clear control of the ball on a rebound, steal, or turnover, any attempt to steal the ball from the player in possession of the ball before it has crossed center court will be considered an illegal back court press. This relates to fast break opportunities. All passes passed the defensive free throw line extend may be contested. A backcourt pass behind the ball or the free throw line extended in the back court cannot be contested..

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

O. Basketball size for senior girls is 28.5”

**Senior Boys (11-13 yr. and 7th/8th Grade Boys Rules are the same for each league, except 7th/8th Grade Boys use a 29.5” ball and may press up to 20 points.)**

A. There will be five (5) minutes between halves; two (2) minutes between quarters.

B. Player participation and substitution rules. It is a mandatory requirement that all roster players who are present play the following required time each game unless they are injured, sick or being disciplined by the coach. Coaches must notify the referee and opposing team before play begins if there are roster players present not scheduled to play because of the above reasons.

Prior to the start of a game, the Visiting Team must submit their 1st quarter line-up. The Home Team will then submit its 1st quarter line-up.

1. Coach picks any five players to start the 1st quarter.

2. Second five players play the second quarter. If a team does not have another five (i.e. only two) then the opposing coach chooses missing players from the team that played the first quarter.

Prior to the start of the first half of the third quarter, the Home Team must submit its line-up for the first half of the 3rd quarter. The Visiting team will then submits its line-up for the first half of the 3rd quarter. The official timekeeper will split the third quarter time to accommodate this. If a player arrives late (after the 2nd quarter has started), he/she will still be allowed to play3rd quarter.

1. Coach picks any five players to start the 3rd quarter.

2. Second five players play the second half of the 3rd quarter. If a team does not have another five (i.e. only two) then the opposing coach chooses missing players from the team that played the first half of the 3rd quarter.

3. Fourth quarter is subject to a free substitution rule.

**Any substitution in the first three quarters (due to injury or fouling out)**

**will be by the opposing coach.** If injured player can go back into the game

during their quarter of play, player should be substituted back into the game to satisfy player participation guidelines.

PENALTY: FAILURE TO OBSERVE THESE RULES WILL RESULT IN THE TEAM FORFEITING THE GAME.

If a team gains a twenty five point advantage prior to the start of the fourth

quarter, both coaches can and should agree to allow open player substitution.

The intent is to allow players that typically do not play in the fourth quarter the opportunity to play more minutes and exhibit sportsmanship by not running up the score when the final outcome is no longer in doubt.

C. Time outs limited to four (4) per team per game, but not more than two per half. Time outs to be one minute in length.

D. Games will consist of 12 minute “Running Clock” quarters. For all but the last minute of the second and fourth quarters, the clock stops for Official time-outs only (which include “coach’s time-outs”, lining up players for free throws and technical fouls). When time-out is called, the clock starts again as soon as the ball is handed to a player shooting free throws or handed to a player who is throwing the ball in from out-of-bounds. On a technical foul, the clock stops when the referee makes the technical foul call, and should start when the ball is handed to the player shooting the technical foul. Last minute of the second and fourth quarters reverts to high school rules (i.e., the clock stops on ALL whistles & starts when ball is touched by an inbounds player). In the event of a tie at the end of regulation play, there will be a two minute overtime period, with the clock stopping on every whistle. There will only be one overtime period played. In the event there is a tie after the first two (2) minute overtime period, the game will be declared a tie by the official.

E. Foul lane violations will be three (3) seconds.

F. Goal heights will be 10 feet.

G. Players may enter the lane for a rebound once the ball leaves the shooters hands.

H. On a player's fifth foul (personal fouls and conduct fouls), the player must leave the game. Also, two (2) conduct technical fouls called on a player or coach will result in ejection from the game. Ejection will only occur as a result of conduct technical fouls, not technical fouls given as a result of delay of game, back court defense, etc.

I. Teams will shoot a “one and one” free throw(s) for all fouls upon the seventh team foul (personal fouls and conduct technical fouls), and two (2) free throws upon the tenth team foul, of each half.

J. All technical fouls are two (2) shots plus ball out-of-bounds.

K. There are no special rules or restrictions regarding types of offense or defense.

L. In the event one team develops a lead of 10 or more points, that team will not be allowed to engage in back court defense until such time as that team's lead is reduced to less than 10 points. Back court defense is defined as defense against the ball handler. After a basket or after a defensive player gains clear control of the ball on a rebound, steal, or turnover, any attempt to steal the ball from the player in possession of the ball before it has crossed center court will be considered an illegal back court press. This relates to fast break opportunities. All passes passed the defensive free throw line extend may be contested. A backcourt pass behind the ball or the free throw line extended in the back court cannot be contested.

PENALTY: First violation - warning, subsequent violations - TECHNICAL FOUL.

M. Free throw distance will be 15 feet

O. Basketball size for senior boys is 28.5”