

Girls/Boys Basketball Rules at a Glance

GRACEAC

11/24/2007

Rule	5/6th Grades “C” and “D”	7/8th Grades “A” and “B”
1)-NFHS Rules Unless exception noted	yes	yes
2)-Practice Time (per week)		
Pre-season	4 ½ hours, 3 practices	4 ½ hours, 3 practices
Season (after 1 st game)	4 ½ hours, 3 practices	4 ½ hours, 3 practices
Time Limits	2 hours per practice limit Coaches are encouraged to cut time for practice and number of practices when there is an opportunity	2 hours per practice limit
3)-Practice First Date	Monday week of Nov 15 th	Monday week of Nov 15 th
4)-Minimum Playing Time	6 Minutes per game	4 Minutes per game
5)-Time Outs per game	3-60 second time out (Full) 2-30 second time out (30 sec) Warning horn will sound at 45 seconds for the 60 second time out and 20 seconds for 30 second time out. Team shall enter court and be prepared to Play at end of time out. Only 5 players on court at the time a 30 second time out may be on the court during time out. Remaining bench players must remain out of bounds. Coach or players may call time out. Coach must signal for request of full or 30 second time out to the official at the time of the request. Failure to do so will result in a full time to be used, if available.	3-60 second time out (Full) 2-30 second time out (30 sec)
6)-Length of Quarter	6 Minutes	6 Minutes
7) Length of half time	6 Minutes	6 Minutes
8)-Overtime Period	3 Minutes Each team will be awarded an additional full time out per overtime period.	3 Minutes
9)-Playing Time Sheet	All levels-coach must present completed Playing time sheet to scores table Before game time. Must contain name (first and last) and numbers listed in Numerical order.	
10)-Press	No Press Allowed No Back Court Defense Allowed	Yes, All Presses Allowed Unless there is a 20 pt lead, Then no press allowed
11)-Front Court Defense	Man to Man, within 6 feet of Player No defender may be in 3 second area unless defended player is within 3 feet of this area. Offensive players shall be active in the play. Clear outs and 4 corner offense are strongly discouraged at this level. Failure to comply will necessitate a warning per team, then an indirect bench technical Defense may collapse on player driving to basket.	Man to Man, Zone, Traps All Allowed

12)-Free Zones from Half Court	Players on Offense must be past the bottom of the center circle (6 feet) before being defended. Failure to comply will necessitate a warning per team, then an indirect bench technical.	None
13)-Free Throw Distance	13 Feet	15 Feet
14)-Bonus Free Throw	After 7 fouls, one and one After 10 fouls, 2 free throw	After 7 fouls, one and one After 10 fouls, 2 free throws
15)-Mercy Rules	All Levels, 40 Points lead, running clock, stops for time outs and injuries only. If lead falls to 30, regular stop clock procedures will go into affect	7/8 th Only, after 20 point lead No Press, No Zone, No Traps No Double Teams, for all Players, with or without ball Failure to comply, warning, Then indirect bench technical If lead fall to 15 points Press then allowed.
16)-Ball Size	28.5 Ball	29.5 Ball, Full Size
17)-3 Point Shot	No	Yes
18)-Uniform Compliance	All Levels-Coach is responsible for uniform compliance, no jewelry , shirts tucked in, Uniform must be worn as manufactured, undershirts must be same or similar color of main color of shirt, neat, clean, not frayed, If shorts are worn under uniform, must be compression/spandex and not exceed length of uniform shorts. Failure to comply will result in one warning per team, then indirect bench technical. All other uniform rules not mentioned here are also in effect and are coaches responsibility to comply, have their team in “uniform compliance”.	
19)-Coaches Box	14 Feet	14 Feet
20)-Coaches Rule	All Levels-Head Coach may stand to call timeout, confer with coaches/players, attend to an injured player, replace a disqualified player, respond to an outstanding play, coach players. Coach(es) may not disrespect officials or object to a call or incite crowd reactions. Failure to comply will result in a Technical foul, direct to the head coach, regardless of coach or player. Officials judgment will decide if warning or technical is warranted. Only 3 Coaches on bench during game, Head Coach and 2 Assistants. Head coach is responsible to all bench personnel, players and coaches	
21)-Blood Rule	All Levels-Player with blood on skin and/or uniform of any amount must be removed from game until bleeding has stopped or blood removed. Affected player must be covered and affected uniform removed. Coaches are encouraged to have extra uniforms available. Player may only return after clock has been stopped for substitution. Coach may use a “buy in” timeout to have player re-enter the game after a timeout. Only team calling time out can “buy in” timeout.	
22)-10 Second End of Game Rule	5/6 th Grade Level Only-Clock shall not run in the last 10 seconds of a “C” and/or “D” level game until the ball crosses half court. This may be our most misunderstood rule. Because there is no press, the time clock shall not run out while a team has the ball in the back court. In the last 10 seconds of the game, the ball needs to be in the front court to start. Simple!	

