



2016-2017 RULES AND REGULATIONS

SCORING AND TIMING REGULATIONS

- 5-minute warm-up
- 12-minute running time quarters. Stop clock the **last 1 minute** of the game and only if the point difference is 10 or less. 4 minute half time.
- 3-minute overtime if the score is tied at the end of regulation play. If the score is tied at the end of the overtime, the game will end in a tie.
- Each team has three (3) time-outs per game. Unused time-outs during regulation play may be used in overtime play. One (1) additional time out in overtime.
- The 3-point scoring option will be used for all boys and girls games when it is available.
- The 25 point rule will be used: *no team may lead another by more than 25 points during the game.*
- The women's-size ball will be used for boy's grade 6 and girl's grades 6 – 8. The regulation-size ball will be used for boy's grades 7 & 8.

RULES

1. Generally, National Federation High School rules will apply.
2. All teams (**except 6th & 7th grade girls**) may full court, man-to-man press in the backcourt only, **providing the lead is not 10 or more points**. No double-teaming in the backcourt.
3. **No zone defenses:** *zone defense is defined as playing an area and not the ball. Proper help side defense is permitted.*
 - a. **Penalty:** A warning will be issued on the first infraction - a team technical foul will be issued on any succeeding infractions. Double-teaming is allowed on the ball only!
4. As a guideline, each player should play at least 14 minutes of each game. No player should play more than 40 minutes. *This is NOT the officials responsibility to enforce, contact the gym supervisor if concerns arise.*
5. Two (2) technical fouls will disqualify a player from the game or a coach from the gym. Three (3) technical fouls on one team will result in a forfeit.
6. 6th grade girls' teams will be allowed to shoot free throws from a distance of 12 feet.
7. If a player is ejected from a game, ejection includes the remainder of that game and the following game.
8. All technical fouls will result in two points, two free throws and the ball to the opponent.
9. Players may wear any color undershirt & compression sleeves without penalty
10. No jewelry is allowed! No metal of any type may be worn in the hair and only wristbands are allowed below the elbow. Uniform tops must be tucked in at all times.

Coaches are responsible for their team members and parents.

Unruly behavior will not be tolerated from parents or fans.