



## COMPETITIVE BASKETBALL RULES

### ALL DIVISIONS

- All players receive equal playing time
- All players must wear provided uniform with no modifications
- No jewelry allowed (earrings must be removed or taped)
- Coaches and players from both teams on the same sideline
- Should participate in postgame elements *after* each game
  - Thank opponent with handshake line
  - Thank referee with high five or knuckles
  - Thank God with postgame prayer with opponent
  - Thank spectators with applause

### GENERAL RULES

**CCV STARS Basketball will follow the National Federation of State High School (NFHS) Association Basketball rules with the modifications listed below to fit the needs of our league. Please refer to the NFHS Basketball Rulebook for items not listed here. Rules are subject to change at the discretion of CCV STARS.**

- **Game Length**
  - 20-minute running clock (Clock stops last min of both halves for dead balls, not after a made basket)
  - Substitutions will happen approximately every 5 minutes.
- **Possession**
  - Every game will begin with a tip off
  - Possession will alternate for every jump ball that is called
    - Possession will be indicated on the scoreboard
- **Halftime**
  - Halftime is 3 minutes
  - Teams will switch directions after half time
- **Timeouts**
  - Each team will have 3, 30 second timeouts to use throughout the entire game

- **Scoring**
  - Score will be kept for all games
    - Scorekeeper will track score, individual fouls, team fouls, and possession
  - All baskets count as 2 or 3 pts (3 pts only if arc is available on the court)
  - All Free Throws count as 1pt
- **Bonus**
  - Teams Shoot 2 Free Throws at 10 team fouls
- **Fouls**
  - Players foul out of the game with 5 personal fouls
  - Technical Fouls
    - Result in 2 free throws plus possession
    - 2 technical fouls is an automatic ejection *and* a minimum 1 game suspension pending director approval
    - Coach Technical Fouls
      - Only one coach can be standing up on the sideline and coaching at a time
        - Failure to follow this rule will result in a technical foul
      - If a coach receives a technical foul, then the entire coaching staff must remain seated for the rest of the game.
- **Regulation Basketball**
  - 3<sup>rd</sup> - 6<sup>th</sup> grade divisions and 7<sup>th</sup> – 8<sup>th</sup> girls division will use a 28.5 standard basketball
  - 7<sup>th</sup> – 8<sup>th</sup> grade boys division will use a 29.5 standard basketball
- **Defensive Rules**
  - Teams must play man to man with no trapping or pressing (cannot pick up until half court)
    - Teams are encouraged to play help defense.
      - Double teams that occur naturally due to a team playing help defense are allowed.
    - A team cannot *intentionally* double team any one player on the opposing team
  - Last two minutes of each half teams can play whatever structured defense they want including presses, traps, zones, etc.
- **Overtime**
  - Regular season and playoff games will go to overtime if the score is tied at the end of regulation.
  - 2-minute overtime
    - Will begin with a tip off.
    - Same rules apply as the last 2 minutes of the game/half.
      - Any defense allowed.

- Clock stops on dead balls during the last minute.
    - Each team is awarded 1, 30 second timeout for the overtime period
  - If score is still tied, then the game will go to a 2<sup>nd</sup> overtime.
  - 2<sup>nd</sup> Overtime is an untimed sudden death(first team to score)
    - Will begin with a tip off
    - Any defense allowed.
    - No timeouts will be given during sudden death
- **3 seconds**
  - A player is only allowed to stand in the key for less than 3 seconds before they need to exit the key then re-enter
  - This rule will only be enforced when there is a very clear outline of a key on the court we play on
    - If there is not an obvious key on the court then it will not be enforced
- **Over and back**
  - A player is not allowed to possess the ball in the half court then dribble it into the back court
  - Like the 3 second rule this will only be enforced when there is an obvious half court line