



Sierra Foothill League Girls & Boys BASKETBALL RULES

The Team

The game is played by a five person (5) team.

Uniforms

The home team shall wear "light" colored jerseys and the visitors will wear "dark" jerseys . If a school has only one colored jersey, the other schools should be notified so they can wear mutually agreed colors.

Scorekeepers/Timekeepers

The home team is responsible for providing a book keeper and this person will be called the official scorekeeper. The home team is also responsible for having a person run the clock. If a second person is required to run the clock, the home team will provide this person. If these people are not adults, the home team is responsible for providing an adult to be in charge. The visiting team may have one scorekeeper at the scorer's table. No other people will be allowed at the scorer's table. The names of all players with the starting line-ups and captains designated will be placed at the scorer's table 10 minutes prior to the start of the game.

Equipment

All players must wear some type of tennis shoe. Official basketballs will be used. No jewelry shall be worn. Officials will check for safety before the contest begins to ensure that all athletes are following the guidelines of safety during the game.

Press/No Press Rules

Pressing is allowed at both levels (7th & 8th). **A team must cease the press under the following: (16) points or greater.** If a team is able to reduce the deficit of the press rule, then pressing can resume.

Time

A seven(7) minute stop clock method will be used for all four(4) quarters. The clock will continue running if one team is not within **(16) points or greater** in the 4th quarter only (If a team is able to reduce the deficit of the mercy rule, the "stop clock" rule will resume). **Overtime** will be 3:00 minutes per overtime, no sudden death. Each **tie** will play an additional 3:00 minutes. One additional **full time-out per over-time period** will be granted. Any unused time-outs will carry over during the overtime period only (no carryover from regulation play).

Time-Outs

Each team may use five **(5) time outs** during a game **(3) Full -1 minute timeouts & (2) 30 second timeouts**. These may be used at any time throughout the whole game. One timeout is allowed per team for each overtime period and will be a Full -1 minute timeout. No time outs can be carried over from regulation to overtime. Overtime timeouts can be carried over however.

Free Throws

On the 7th personal foul (bonus) and any future fouls committed by a team in a half, a bonus shot will be awarded by the referee. **On the free throw, players are allowed to enter the key on release by the shooter. The shooter and any outside perimeter player cannot enter until ball has hit the rim.** A 10th team foul is double bonus- 2 free throws 1st shot is a dead ball situation and the second is live off the rim.

Points Rules

3 point shots are allowed in the league (per voting in the spring of 2017). Some gyms may not have a 3 point line. In tournament play, 3 pointers are allowed just as they were in league.

Disqualifications/Ejections

In the event that a player or coach is ejected by an official for any reason, the home team shall be responsible for reporting the incident to the commissioner within 24 hrs. The player(s) / coach(es) will not be allowed to participate in the next league contest.

Other Rules

The league will follow the National Federation of High School Rules for all rules not specifically mentioned on this sheet.

DEFINITIONS AND PLAYING REGULATIONS

Non-Contact Game

Basketball is a game in which opposing team players may not come in physical contact (touching, pushing) with one another. Violation of this rule is a foul.

Dead Ball

The ball is "dead" (out of play) when: a) the official blows the whistle; b) a basket is made; c) time out is called; d) held ball is called; or e) the ball goes out of bounds.

Dribble

Advancing the basketball by bouncing on the floor with rhythm.

Foul

An infraction of the rules for which one or more free throws are given.

Held Ball

When two or more players have their hands firmly on the ball. Except for opening tip, a held ball will be alternating team outs.

Jump Ball

A play in which an official tosses the ball between two opposing players. The rest of the team lines up around the outer edge of the restraining circle. This occurs only at the beginning of the game and the beginning of an overtime period.

Own Basket

Basket assigned to a team according to the "home" team's choice of bench location. Teams will warm-up on opposite sides of bench prior to the start of game and will shoot at that basket in the first half. The teams will change baskets at half time.

Running with the Ball

Traveling while holding the ball beyond the following limits: (a) a player may pivot with either foot if he receives the ball while standing still; (b) a player who receives the ball while moving may make only one step before the ball leaves his/her hands.

Violation

Minor infractions of the rules are called violations, for which a member of the opposing team is given the ball out of bounds nearest the point at which the violation occurred.

Some of the more common violations are:

- Infractions of the rules governing free throws
- Causing the ball to go out of bounds
- Running with the ball or kicking it
- Making a second dribble after completing a dribble before the ball has been touched by another player or has hit the backboard
- Infractions of the rules governing a "jump ball"

Back Court

Ball must be advanced across 1/2 court within 10 seconds. Once ball has been advanced into front court, players may not go back into the back court with the ball.

★ Due to varying sizes of gyms, the back court line will be determined by the home team. This line will be constant. This line will be brought to the attention of the referees and visiting team prior to the start of each game as well as a copy of the rules established by the league.

Out of Bounds

The last player to touch a ball which goes out of bounds is the one who causes the ball to go out of bounds. The opponent of the player causing the ball to go out of bounds is awarded the ball outside of the court at the point where the ball went out. If two players cause the ball to go out of bounds at the same time, the ball is put in play with a "jump" (See Jump rule).

★ Due to varying sizes of gyms, the opposing player guarding the inbounds offensive player must allow room to attempt a pass in.

Fouls

Fouls are major infractions of basketball rules for which one or more free throws are awarded. There are two kinds of fouls—**personal** and **technical**.

Personal Fouls: *Pushing, tripping, blocking, and charging.* A player may not play the rest of the game after receiving five (5) personal fouls or one single major foul; one which in the judgment of the official is a deliberate foul. One free throw is allowed a player who is fouled, except if he is fouled in the act of shooting. In that instance, two free throws are awarded. However, if the fouled player's shot is made then only one free throw is given (unless the foul was deemed to be deliberate). For a double foul (members of opposing teams fouling each other simultaneously), no free throws are given. The ball is put in play by jump at center court. For a multiple foul (two or more members of the same team committing a foul against the other team) , one free throw is awarded to the other team for each foul committed against them. For offensive fouls (offensive team committed the foul) , the defense team gets the ball out of bounds (there is no foul shot) .

Technical Fouls: Examples of technical fouls include delaying the game, using un-sportsmanlike conduct or actions, being illegally substituted and leaving the court without permission. **High school rules**, we will shoot all technical fouls.

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