

St. Joseph's Basketball Program **Basic Rules & Guidelines**

St. Joseph's Basketball Program is an instructional league designed to promote sportsmanship and appropriate competitiveness. Each coach's goals are A) to realize an improvement in individual skill level and understanding of team play for **ALL Players**, and B) ensure a positive experience for **ALL players (not just those on one's team)**. The program strives to achieve parity throughout the league, both in team records and playing time. Coaches should be sensitive to the lessons of winning and losing that the players will experience, but the concern for winning and losing should come only **after** learning and fun have been achieved.

Before reviewing the list of general rules of High School Basketball that apply (starting on page 6), **please read and understand the following league-specific exceptions and guidelines in the pages that follow:**

The 'Spirit of our League'

- Following on the goals noted above, our league has many league-specific rules that are carefully crafted and intended to help players of all abilities to develop their skills in a fair and balanced approach.
- While it's OK for coaches to note our league-specific rules during practices, the focus in practices should be basketball fundamentals.
- During games, it's important for coaches and referees to be aware that the players are generally not aware of the nuances of our league's rules against double-teaming, zone defenses, isolation, etc.
- It's reasonable to expect that our league-specific rules are unintentionally violated during games. If league-specific rules are violated by a player:
 - A referee should try to encourage the player to stop the violation while the game keeps playing (e.g. shout "watch the double-team", "watch the zone", etc.).
 - Any time a team gains an advantage unfairly, the opposing team should be awarded the ball.
 - If the player continues to violate a given rule, a ref should ask that player's coaches to explain the rule to the player during the next break.
 - A ref should only call a technical foul on a specific player if it's blatantly obvious that either A) the player is violating the rules purposefully/intentionally or B) the player's behavior is unacceptable.
- Teams and their coaches are expected to respect the goals of our league-specific rules and not strategize to take advantage of these rules (e.g. 'game the system'). If a team is found to be intentionally using strategies/techniques that aim to take advantage of the league-specific rules, that team's coach(es) will be subject to immediate review and potential ejection from not only the game, but the entire program.
 - Violations might include strategies/techniques for players to intentionally double-team illegally, play zone (play 'center field' in the lane), stall excessively, isolate repeatedly, commit fouls repeatedly on specific players, wait to see an opponent's line-up before sending your own team on the floor, etc.
 - Such strategies/techniques belie the league's goals and violate the 'Spirit of our League', and they will not be tolerated.
 - Upon observing such violations, a ref should stop the game/clock and quietly review his/her observations with the team's coach. If the pattern persists, a technical foul should be called with each additional violation.
- Also, we are all setting an example for everyone involved, and the example being set should be positive. Thus, there is ZERO tolerance for any barking/chirping/complaining/etc. of any kind from any coaches, spectators, and players. Any such violations and/or inappropriate misbehavior are subject to an immediate technical foul and/or ejection.
- All technical fouls and/or potential violations of the 'Spirit of the League' should be reported to the league's Director immediately for further review/action.

Coaches & Referees

- Game referees are assigned by the league's Director.
 - During the regular season, an assigned ref that cannot cover a ref assignment has the responsibility of finding a replacement to fulfill his/her assignment.
 - During the post-season tournament, an assigned ref that can't ref an assigned game must alert the league's Director so an appropriate replacement can be identified.
- Each referee should have his/her own whistle (hint: keep it in your car).

Pre-Game

- Blank scoresheets will be provided. Ideally, an assistant coach on each team should diligently track scoring, shifts, etc. and consult the opposing coach as needed.
- Find someone to run the scoreboard ASAP upon arrival - - don't wait until the game is ready to start.
- Snow storms: an email will be sent to coaches as soon as it's known whether the gym is available. The gym doesn't always follow Needham school closings - - it just depends on whether the parking lot is clear.

Post-Game

- The winning coach of each game must email the score to the league's Director within 24 hours.
- Any issues or concerns should be addressed with the league's Director as they arise.

Game Time

- Start games on time! If you don't keep games moving, later games will be affected.
- Each game has four, 10-minute quarters.
- The clock should always have running time **except:**
 - **At the 5:00 mark of each quarter**, stop the clock for substitutions (see 'Substitutions')
 - **Timeouts:** 3 per team per game, but no more than 2 per half (a team can't carry 3 to the 2nd half)
 - **A 1-minute break between quarters** and a 3-minute break at halftime (unless running late)
 - **All whistles during the last two minutes** of a game or overtime
 - **Both Girls Leagues only: On all free throws**
 - **Junior Girls League only: Hold the clock when a team has the ball in the backcourt during the last 30 seconds of the 4th quarter and OT.** Start the clock when the ball is possessed in the offensive half-court
 - On injuries and/or at the referee's discretion

Line-ups, Substitutions, & Playing Time

- 5 players are necessary to start a game. If a team does not have 5 players after a 5-minute grace period, that team forfeits the game.
- **Coaches should be prepping their line-ups for the entire game BEFORE arriving at the gym, so make sure parents are giving you 24-48 hours advance notice of any expected absences.**
- There are controlled substitutions at the beginning of each quarter, at the 5:00 mark of each quarter, at the beginning of each overtime period, and at the half-way mark of each overtime period.
- At each line-up change, referees should quickly line teams up so each player can identify their defensive assignment. Teams can opt not to mirror each other in their defensive assignments if desired.
- **At the 5:00 mark of each quarter** (or the half-way mark of each overtime period) the clock should stop but play should continue until the next "dead ball" or "defensive rebound".
 - The team that has possession of the ball when the referee stops play for the **mid-quarter** subs will retain possession after the substitution (the possession arrow should not be changed here).
 - To keep games moving, this substitution period is neither a time for coaching strategy nor a time of rest. Have your players ready to line up. If this time is abused, a warning should be issued and a technical foul may be assessed as appropriate.
 - **If the stoppage at the 5:00 mark occurs in a foul shot situation**, the ref will keep both teams on the floor and proceed with the free throws to determine who will get the ball when play resumes. If the defense gets the rebound of the last free throw, the referee should then stop play and administer substitutions. If the offense gets the rebound, keep the clock stopped at 5:00 and continue until a change of possession.

- If a player cannot finish his/her shift, the opposing team's coaches will select the replacement player.
- A player is disqualified on a player's 5th foul or 2nd behavior-related technical foul of the game.
- **Playing time requirements:** Generally, there should be equal playing time for all following the chart below (use the provided game grid to track both teams):

Players	# of 5-minute shifts for each player per game
10	4 shifts each
9	4 play 5 shifts, 5 play 4 shifts
8	5 shifts each
7	5 play 6 shifts, 2 play 5 shifts
6	4 play 7 shifts, 2 play 6 shifts
5	8 shifts each

- No player should play 2 more or less shifts than any other player on a team. Violation of this rule is subject to forfeit with the exception of the sub-bullets noted immediately below.
 - **If a player arrives late or is expected to leave early**, that player should play at least half of the full shifts that remain during the time they are present, and not play 2 more or less shifts than any other player on the team during the time the player is at the game.
 - **If a team is comfortably in control of a game** (e.g. up 20+ points in the 2nd half), coaches should disregard the 'equal time' rules and instead play their players that would benefit most from extra playing time. Better players should only be re-inserted if the gap in score narrows significantly.
- A player should not sit out more than 2 shifts in a row unless unable to participate (e.g. if injured)
- Ideally, the scorekeeper tracks the line-ups for each shift to ensure rules are followed, but coaches are expected to adhere to the guidelines regardless.
- Players that must come out of a game but then are able to return (due to injury or other reasons), use best efforts to balance time according to the above guidelines.
- **Overtime:** shift counts re-set to zero for all players with each new overtime period.

Defense

- 'Man-to-man' defense only (no zone defense allowed)
- Switching is allowed (e.g. on picks)
- **Zone Defense:**
 - Each player must defend a player, not an area (zone defense is not allowed)
 - While a defender should play man-to-man defense, a 'cushion' is allowed as appropriate. For example, if a defender's assigned opponent is a non-threatening range from the basket (e.g. outside or at the 3-point line; with or without the ball), the defender may allow the opponent a 'cushion' of 5 feet (i.e. one body length) from either the assigned opponent or the 3-point line (whichever is closer to the defender). That said, a defender should not be allowed to play 'center-field' and/or 'camp out' in the lane (i.e. play zone). Proper application of the body-length distance should eliminate any zone defense (unless of course help is needed if a defender has been beaten).
 - **Offensive indifference:** A defensive player is not obligated to guard their 'primary defensive assignment' if the opposing player has *clearly established and maintained* an 'out of the way' and/or non-participatory position (i.e. near midcourt or outside the 3-point line) - - it is only under this circumstance that a defensive player can defend a zone and/or another player rather than their defensive assignment. If the defensive assignment re-establishes his/her presence inside the 3-point line with obvious intent to participate in the play, the defensive player must then return to guarding the defensive assignment. This doesn't give a team or even a player a license/right to play a consistent zone defense. It just gives a team an alternative option if there are any offensive players on the floor that are clearly not involved in an offensive set (either by their own choice or otherwise) and have no apparent intent on being involved.
- Reverse ANY turnovers or unfair advantages caused by improper defense/double-teams or zone defenses. See "Spirit of the League" for further details on approach.
- See below for league-specific rules on double-team, full-court press, 3-point line, etc.

Junior Leagues		Senior Leagues	
Boys	Girls	Boys	Girls
3 Point Shots			
3-pointers are allowed throughout the game.	<ul style="list-style-type: none"> No 3-point field goals allowed at <i>any time</i>: a basket made from beyond the 3-point arc is only worth 2 points 	3-pointers are allowed throughout the game.	3-pointers are allowed throughout the game.
Double Teaming			
<ul style="list-style-type: none"> Double-teaming is allowed anywhere in the front-court throughout the game. Only the player with the ball may be double-teamed. Triple-teaming or more is not allowed. 	<p>No double-teaming is allowed, with the following exceptions:</p> <ul style="list-style-type: none"> Outside the lane, a defender can double-team the offensive player with the ball only if said defender can still reach out and touch their primary defensive assignment. Basically, when the ball is outside the lane, it's illegal to double-team a player if the double-teaming defender is more than their 'wingspan distance' away from their dedicated defensive assignment - - as soon as a player can't reach out and touch their own defensive assignment, the double-team is illegal and should be called if the defensive team has gained <u>any</u> advantage whatsoever. Double or triple-teaming the ball in the lane is allowed, regardless of wingspan distance. If a defender has been beaten, a teammate may come off their defensive assignment to help - - help defense is encouraged and is a fundamental part of basketball (so long as an illegal double-team does not result from the help). Coaches with large leads should use discretion on legal double-teaming as lead grows (i.e. decrease pressure if/when margin is comfortably wide) Double-teaming a player not in possession of the ball is not allowed. 	Same as Junior Boys	Same as Junior Girls
General Defense			
Junior Boys: see Senior Leagues	<p>Junior Girls Only: Quarters 1-3:</p> <ul style="list-style-type: none"> No defense is allowed until the ball is dribbled on/over or passed across the 3-point line in the front court (no reaching across the line; think vertical plane here, as in the goal line in football; a defender can intercept a ball passed from outside the line to inside the line). Once the ball penetrates the line, defense is allowed anywhere in the front court for the balance of that possession except when the offense must inbound the ball in the offensive zone - - in this case, the defense must stay behind the line until the ball penetrates the 3-point line again (even if ball is inbounded from the offensive baseline). <p>Junior Girls Only: 4th Quarter & OT</p> <ul style="list-style-type: none"> The offense must cross mid-court before a 10-second count. No defense is allowed until the ball is dribbled on/over or passed across the mid-court line into the front court (a defender may not reach across the line). Once the ball penetrates the line (think vertical plane here, as in the goal line in football; a defender can intercept a ball passed from the back-court into the front-court), defense is allowed anywhere in the front court for the balance of that possession. The defense may defend the entire defensive half-court (no need to wait behind the 3-point line; coaches with large leads should use discretion on decreasing the level of pressure as a lead grows). If a defensive player crosses the mid-court line, the game should continue unless the defensive team gained an advantage (e.g. steals the ball or forces a turnover). If so, award the offensive team side out in the backcourt. 	<p>Both Senior Leagues:</p> <p>Quarters 1-3:</p> <ul style="list-style-type: none"> No defense in the backcourt is allowed. No defense is allowed until the ball is dribbled on/over or passed across the mid-court line into the front court (a defender may not reach across the line). Once the ball penetrates the line (think vertical plane here, as in the goal line in football; a defender can intercept a ball passed from the back-court into the front-court), defense is allowed anywhere in the front court for the balance of that possession. The offense must cross mid-court before a 10-second count. (no intentional stalling should not be tolerated, as this is not in the spirit of the rules). <p>4th Qtr. & OT</p> <ul style="list-style-type: none"> The defense may defend the entire court (i.e. full court press is allowed). A team that is ahead by 10 or more points is not allowed to play defense in the back court. 	

	<ul style="list-style-type: none"> ▪ With less than 30 seconds remaining, the clock should be stopped while the ball is in the back-court. The clock should start once the ball is touched by the offensive team in the offensive half-court (the rule to cross the mid-court line within 10 seconds still applies; if a game's outcome is not in doubt, the clock can run). 	
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Held Balls / 'Possession Arrow'

- A jump ball will be held at the start of the game and at the start of each overtime period.
- **At each 'held ball'** and at the beginning of the 2nd, 3rd, and 4th periods, award possession to a team on an alternating basis (e.g. the basic 'possession arrow' concept; refs should track by looking at the team benches and alternating placement of a coin or other object in a left or right pocket).
- Refs should use discretion, but be quick to blow the whistle on a held ball for safety reasons.

Traveling & Double-dribble

- Call these violations consistently, as the players need to learn.
- The only reason to use discretion is if the traveling is due to floor conditions or in the case of a novice player (see below 'Other Rules & Guidelines')

Picks/Screens

- Teach your teams to set proper picks that are stationary, with arms and elbows in a safe position.
- **Referees should call fouls on moving picks**, or picks where arms/elbows are positioned incorrectly.
 - A player setting a pick can 'cross their heart' for protection (arms crossed like an 'X', hands firmly placed on their own shoulders), but again, elbows must not be raised.
 - A foul for a moving pick should NOT be called UNLESS there is contact made with a defender.

Other fouls & free throws

- Basically, it's a foul **if a player gains an advantage (no matter how slight) by initiating physical contact on an opponent - - MAKE THE CALL!! The players need to learn.**
- Foul shots should be taken from the standard free throw line (7th & 8th grade leagues and 5th & 6th grade boys league) or the mark inside the standard free throw line (5th & 6th grade girls league; if a player wants to shoot from behind it, e.g. use the regulation foul line, that's OK). Call a violation if the shooter steps over the line on the shot.
- On the last free throw by a player per trip to the line, players may move from their respective places upon the ball's release by the shooter. Call a lane violation on the first player whose foot touches the floor in the lane too early (if the violation is on defense and the shooter makes the shot, don't call the violation and allow the shot to count).
- All technical fouls result in 2 shots for the opposing team plus possession (2 technical fouls against any one person, if behavior-related, is grounds for an immediate ejection).
- **Bonus:**
 - On the 7th-9th team foul of either half: the opposing team shoots '1 & 1' (the shooter is awarded a second free throw if first is made; each missed shot is a live ball).
 - On the 10th (and any subsequent) team fouls of either half, the opposing team shoots 2 free throws (the 2nd shot is live if missed).

Overtime

- If tied at end of regulation time, a 5-minute overtime should be played.
- Use a jump ball to start OT
- Each OT will have 2 shifts of 2:30 each (stop the clock at 2:30, and wait for next stoppage in play).
- Equal playing time starts fresh with each OT period that has multiple shifts (all players are at zero time).
- Each team gets one timeout per overtime period.
- Running time for the first three minutes (except FTs); stopped time on whistles in the last two minutes.
- 4th quarter defense rules apply (see above).

- Use as many OT periods as needed, **BUT be conscious of the schedule**. If a game is running excessively long, shave the period to 2 or 3 minutes with no shift change. If multiple one-shift OT periods are played, no player should sit for more than one OT period at a time (unless a team has more than 10 players).

Attitude

- Referees should not tolerate ANY complaining from coaches or players during the game (zero tolerance - this league emphasizes sportsmanship, and coaches are setting examples for the players).
- Referees should stop play, and give the player or coach an IMMEDIATE warning (record it in the book, and alert your league's Director after the game).
- **If complaints persist**, the ref should call a technical foul (2-shots and the ball), and again for any subsequent violations (it's their fault, not yours - - **MAKE THE CALL!**).
- Coaches needing clarification with referees can discuss quietly/discreetly during breaks, **but coaches should know the rules before doing so**.

Other Rules & Guidelines

- **Remember, this is a developmental/instructional league:** while calls relating to infractions above should be made, use discretion (especially early in the season) on a player that is clearly struggling with a rule (i.e. traveling or double-dribble - - blow the whistle, teach, and positively encourage the player(s), etc.). That said, tolerance for violations should be lessened as the season progresses and then eliminated altogether for the year-end playoff tournament. See 'Spirit of the League' above for approach.
- **Be authoritative and audible when making your call** as a referee. Make sure both teams and the scorer's table hear who committed a foul by identifying team and number clearly and audibly.
- See 'Abridged Rules of High School Basketball' on the pages that follow for rules not described above.

Abridged Rules of High School Basketball

ACCIDENTAL WHISTLE

If a team has control of the ball when a referee's whistle is accidentally blown, that team will regain possession with a throw-in at the nearest out-of-bounds spot. If neither team had control, the alternating possession arrow is used.

AIRBORNE SHOOTER

An airborne shooter is a player who has released the ball on a try for a goal or has tapped the ball and has not returned to the floor. The airborne shooter is considered to be in the act of shooting.

ALTERNATING POSSESSION ARROW

The initial direction of the possession arrow is set toward the opponent's basket when a player secures control of the ball after the jump ball. The arrow changes direction on all subsequent jump ball situations. Some examples of jump ball situations are:

- a held ball
- the start of the 2nd, 3rd, & 4th quarters
- a ball lodges between the backboard and rim
- referees could not determine who should be awarded possession

BACKCOURT / 10 SECOND RULE

A player shall not be, nor may his/her team be, in continuous control of a ball which is in his/her backcourt for 10 seconds. The center line is considered to be in the backcourt. A dribbler is not considered to have reached the frontcourt until both feet and ball have crossed the mid-court line. An airborne player crossing the mid-court line must land in the frontcourt before touching a ball which is in his/her team's possession in the frontcourt.

BACKCOURT VIOLATION

Once the offensive team touches the ball in the offensive half-court, that half-court becomes the court of play. The back-court, including the mid-court line, effectively become out-of-bounds. If the offense last touches the ball and the ball is then next touched by the offense in the back-court, a back-court violation should be called. An offensive team with frontcourt possession is allowed to recover a ball from the back-court without violation if the ball was last tipped or touched by the defense before going into backcourt. A throw-in from out of bounds can be made into the backcourt without violation.

BALL HITS AN OFFICIAL

If a ball touches an official, the official is considered part of the court and thus is in play. If the official is out-of-bounds and the ball touches the official, the ball should be ruled out-of-bounds.

BOUNDARY LINES

The end lines and side lines are considered out of bounds. The center court line is considered to be in the back court. All four edges of the backboard are in-bounds, but any ball that goes over the top of the backboard (rectangular) is out of bounds. The back of the backboard is out of bounds. Any ball that hits the ceiling, basket supports, or anything hanging from the ceiling is out of bounds. The three-point line is considered inside the three-point area, a try attempted while touching the line would be a two-point attempt. If a shooter last contacts the floor behind the 3-point line, he/she may land on or inside the line and will be awarded 3 points on a successful shot. Any ball that goes through the basket from behind the 3-point line will be counted as a three point shot. Referees do not have to determine if it was a shot or a pass.

CONTACT AND FOULS

Every player is entitled to a legally obtained position on the court. Contact may result in a foul called against the defense or offense.

Incidental Contact -

The mere fact that contact occurs does not constitute a foul. When 10 players are moving rapidly in a limited area, some contact is certain to occur. Unintentional contact which may occur between opponents attempting to reach a loose ball or contact which may occur when opponents are in equally favorable position to perform normal defensive or offensive movement should not be considered illegal.

Guarding -

Guarding is the act of legally placing the body in the path of an offensive opponent. In obtaining an initial legal guarding position, the guard must have both feet on the floor and must be facing the opponent. There is no minimum distance required between the guard and the opponent. A player who extends an arm, shoulder, hip or leg into the path of an opponent is not considered to have legal guarding position if contact occurs. The guard may move with the opponent to maintain position provided it is not toward the opponent when contact occurs. The guard may raise hands or jump within his/her vertical plane. The guard may turn or duck to absorb the shock of imminent contact. If the opponent is airborne, the guard must have obtained legal position before the opponent left the floor. When the opponent is moving without the ball, the guard must give sufficient time for the opponent to avoid contact. The distance need not be more than two strides.

Use of Hands and Arms -

It is legal to extend the arms vertically above the shoulders and need not be lowered to avoid contact when the action of the opponent causes contact. It is legal to reach to block or slap the ball and accidentally hit the hand of the opponent when it is in contact with the ball. It is legal in a recoil action, to hold hands and arms in front of face or body to protect from an imminent charge by opponent.

It is not legal to use hands and arms or hips and shoulders to force through a screen or to hold and push aside a screener. It is not legal to use hands on an opponent in any way which inhibits their freedom of movement. It is not legal to extend the arms fully or partially in a position other than vertical that hinders the freedom of movement of the opponent. It is not legal for the offensive player to use the hand and/or forearm to hold off or push away an opponent who is defending against the dribble or shot. It is not legal to swing arms and elbows excessively. If the elbows are swung while using the shoulders as pivots or the elbows are swung at a speed in excess of the rest of the body as it rotates on the hips or pivot foot it is a technical foul, whether contact is made or not plus a personal foul if contact is made.

Blocking / Charging:

Blocking is illegal contact which impedes the progress of an opponent.

Charging is illegal contact caused by pushing or moving into an opponent's torso.

- a player with the ball must avoid a defensive player with legal guarding position in his/her path
- the player with the ball must get his/her head and shoulders past the torso of a defender with legal guarding position. If contact occurs on the torso of the defensive player, the dribbler is responsible.
- there must be reasonable space between two defenders or a defensive player and a boundary to allow a dribbler to continue in his/her path. If there is less than 3 feet of space, the dribbler has the greater responsibility for the contact
- the player with the ball may not push or bump the torso of the guard to gain an advantage to pass, shoot, or dribble

Rebounding –

Players competing for a rebound may not violate the principle of verticality. Players may not displace, push, hold, charge, use hands or arms to restrict the movement of an opponent to gain an advantage in rebounding. “Over the back” without contact is not a foul, it is only a foul when there is illegal contact made.

CONTINUOUS MOTION

If an opponent fouls after a player has started a try for goal, he/she is permitted to complete the customary arm movement, and if pivoting or stepping when fouled, may complete the usual foot or body movement. This only has significance if there is a foul by the defense during the interval which begins when the habitual trying or tapping movement starts and ends when the ball is clearly in flight.

CORRECTABLE ERRORS

Officials may correct an error if a team in the bonus situation was not awarded a merited free throw(s). In order to correct an error, such an error must be recognized by an official during the first dead ball after the clock has properly started. Points scored, consumed time, and additional activity, which may have occurred prior to the recognition of an error will count. If an error is corrected, play shall resume from the point at which it was interrupted to rectify the error, unless there has been no change in team possession since the error was made, in which case play shall resume as after any free throw attempt(s).

DISQUALIFIED PLAYER

A player is disqualified from the game when he/she has committed five (5) fouls or two (2) technical fouls or one (1) flagrant foul. Technical fouls count toward the total of five. (4 personal + 1 technical = disqualification). (Technical fouls count toward team fouls also.)

DOUBLE DRIBBLE

A player shall not dribble a second time after his/her dribble has ended, unless it is after he/she has lost control because of:

- a try for a field goal
- a bat by an opponent
- a pass of fumble which has then touched, or been touched by, another player

Throwing the ball against the opponent's backboard constitutes a dribble. If a player throws the ball against the opponent's backboard after picking up his/her dribble or dribbles after catching the ball off the opponent's backboard it would be a double dribble.

NOTE: under the rules of high school basketball it is legal for a player to catch or touch his/her own obvious shot attempt that fails to hit the rim, backboard, or any other player.

DRIBBLE

A dribble may start by pushing, throwing, or batting the ball to the floor. During a dribble, the ball may be batted into the air provided it is permitted to strike the floor before touching again with the hand(s). Punching the ball is a violation. It is not possible for a player to travel during a dribble. Palming the ball is a violation called on the dribbler who carries the ball by allowing it to come to rest in the hand (palm up). Travel rules are not in effect during a free throw or an out-of-bounds throw in after an opponent's made basket: a player may dribble (or not) and may move or shuffle their feet.

FOUL SHOTS AWARDED:

- foul on made 2 or 3 point try - 1 free throw awarded
- foul on missed 2 point try - 2 free throws

- foul on missed 3 point try (7th & 8th grade) - 3 free throws

BONUS

- on the 7th-9th team foul of either half: 1 & 1 (shooter is awarded a second free throw if first is made)

- on the 10th (and any subsequent) team fouls of either half: 2 free throws

TECHNICAL FOUL - 2 free throws + ball for throw-in

INTENTIONAL FOUL - a foul made intentionally when no attempt is made to play the ball

- 2 free throws + ball for throw-in

FLAGRANT FOUL - violent and/or unsportsmanlike

- 2 free throws + ball + fouler is disqualified from game

FREE THROW PROVISIONS

A player shall not violate the following provisions governing free throws:

1. The try shall be attempted from within the free-throw semicircle and behind the free-throw line
2. An opponent of the free thrower shall occupy each lane space adjacent to the end line during the try, unless the resuming of play procedure is in effect and no teammate of the free thrower may occupy either of these lane spaces

After the ball is placed at the disposal of the free-thrower:

1. He/she shall shoot within 10 seconds to cause the ball to enter the basket or touch the rim. It is a violation if a free throw does not go through the basket or touch the rim. If such a violation occurs, the shooter will still attempt any additional free throws that were awarded. If the violation occurs on the final free throw attempt, possession is awarded to the opponent.
2. The free thrower shall not fake a try, nor shall any player in a marked lane space fake to cause an opponent to violate.
3. No opponent shall disconcert the free thrower.
4. No player shall enter or leave a marked lane space.
5. The free thrower shall not have either foot beyond the vertical plane of the edge of the free-throw line which is farther from the basket or the free-throw semicircle line.
6. A player other than the free thrower who does not occupy a marked lane space, may not have either foot beyond the vertical plane of the free throw lane extended or the three-point line, whichever is farther from the basket.
7. A player occupying a marked lane space may not have either foot beyond the vertical plane of the outside edge of any lane boundary, or beyond the vertical plane of any edge of the designated by a lane-space mark

Note: the restrictions in 1-7 apply until the ball touches the rim or until the free throw ends.

Note: the lane space violation refers to feet only. Arms, hands, head, etc. are allowed to cross the boundary lane as long as there is no contact or foul.

Penalty:

1. If the violation is by the free thrower or a teammate only, the ball becomes dead when the violation occurs and no point can be scored by that free throw.
2. If the violation is by the free-thrower's opponent only:
 - a. if the try is successful, the goal counts and the violation is discarded.
 - b. if the try is not successful, the ball becomes dead when the free throw ends, and a substitute free throw shall be attempted by the same free thrower under conditions the same as for the free throw for which it is substituted.

HELD BALL

A held ball occurs when opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness or an opponent places his/her hand(s) on the ball and prevents an airborne player from throwing the ball or releasing it on a try.

KICK

A kicking violation occurs when any player (offense or defense) intentionally strikes at the ball with the knee or any part of the leg or foot below the knee. Possession will be awarded to the opposing team. Accidentally striking the ball with the foot or leg is not a violation.

PLAYER LOCATION

- The location of a player is determined by where the player is touching the floor. If a player touches someone or something out of bounds, they are out of bounds. A dribbler is not considered to have reached the frontcourt until both feet and the ball have crossed the mid-court line. A dribbler in the frontcourt, however, would violate by touching or crossing the mid-court line.
- On an inbounds play, the defender is not allowed to reach across the out-of-bounds line.
- The location of an airborne player is the spot where they last touched the floor. Therefore, a player must touch the floor inbounds before touching the ball and a player must touch the floor before touching the ball in the frontcourt to avoid a backcourt violation when the ball has already crossed into the front court.
- A player is not allowed to voluntarily go out of bounds and if forced out must reenter as soon as possible. Therefore, running behind the basket area to receive the ball or intentionally stepping out of bounds to avoid the defense is illegal. It is not a violation if the player's momentum carries them out of bounds.
- The dribbler has committed a violation if he/she steps on or outside a boundary, even though he/she is not touching the ball while he/she is out of bounds.
- If the ball hits a player who is out-of-bounds prior to it hitting something out of bounds it is considered out of bounds off of that player.

PIVOT

A pivot takes place when a player who is holding the ball steps once, or more than once, in any direction with the same foot while the other foot, called the pivot foot, is kept at its point of contact with the floor.

TEAM CONTROL

A team is in control of the ball when a player of the team is in control (holding or dribbling), while a live ball is being passed among teammates and during an interrupted dribble. Team control continues until the ball is in flight for a shot or tap, the ball becomes dead or an opponent gains control. During the 4th quarter, when a team attempting to advance the ball to the frontcourt has the ball batted loose by the defense, (if the ball remains inbounds + the defensive team doesn't gain control) the advancing team still has team control, and must cross into the frontcourt within 10 seconds.

TECHNICAL FOULS

A technical foul may be called on a player who is: unsporting, disrespectfully addressing or contacting an official, gesturing in such a manner as to indicate resentment, using profane language or obscene gestures, baiting or taunting, swinging arms or elbows, fighting, or intentionally or flagrantly contacting an opponent when the ball is dead.

NOTE: Free throws awarded because of a technical foul may be attempted by any eligible member of the offended team currently in the game.

THREE SECONDS

A player shall not remain in that part of his/her free-throw lane between the end line and the farther edge of the free-throw line (the paint) while the ball is in control of his/her team in the frontcourt. Allowance should be made for a player who, having been in the restricted area for less than 3 seconds, dribbles in or moves to try for goal. The count shall not begin or it shall be terminated during an interrupted dribble (loose ball situation). The 3 second restriction applies to a player who has only one foot touching the lane boundary. All lines designating the free-throw lane (except lane-space marks) are part of the lane.

THROW-INS

The throw-in is a method for putting the ball in play from out-of-bounds. The throw-in and the throw-in count (5 seconds) will begin when the ball is put at the disposal of the player of the team entitled to it. If the in-bounding player refuses to accept the ball from the official, the official shall place it on the floor and begin the 5 second count. The 5 second count ends when the ball is released by the thrower.

After a made basket the thrower may run the baseline on a throw-in and more than one player may handle the ball out of bounds before the throw-in. (A foul or violation by the defensive team does not remove the right to run the baseline by the in-bounding team on the subsequent in-bounding play). After a made basket, the 5 second count will begin when the ball is made available to the thrower.

On all other throw-ins, the thrower has a designated throw-in spot. The spot is three feet wide (with no depth limitation) and is established by the referee prior to putting the ball at the thrower's disposal. The thrower must keep one foot on or over the spot until the ball is released. Pivot foot restrictions and the traveling rules are in effect for a throw-in except for after a made basket.

A throw-in should not take place under the basket. The spot should be moved to the nearer free throw line extended. The in-bounding thrower is allowed to bounce the ball, but a throw-in pass that strikes the floor out of bounds is a violation. The thrower is not allowed to carry the ball inbounds, touch it inbounds before it touches another player, or throw it directly into the basket. The defensive player is not allowed to reach across the out-of-bounds line on a throw-in. (It is a technical foul to reach across the boundary line and touch the ball.) If the thrower reaches and holds the ball across the line the defense may attempt to gain possession. An in-bounding thrower may throw the ball to a teammate in the backcourt without violation.

Throw in location:

- Technical fouls – mid-court throw-in after the foul shots
- After a made basket/free throw - on the baseline (the runner may run the baseline)
- Throw-in following substitution periods - on the baseline
- After fouls or violations- the nearest spot out of bounds from where the foul or violation occurred. If the foul or violation was under the basket, the nearest free throw line extended will be used.

TIME-OUTS

- An official may call a time-out in an emergency or any situation he/she feels warrants it
- Each team is allotted three time-outs per game, but no more than two per half
- Each team is allotted one additional time-out for each overtime period (no carryovers)
- It is a violation to call for time-outs in excess of each team's allotment: a time out will be granted but a technical foul will be assessed for each violation
- A coach or player in the game may request a time-out if the ball is in their team's control or there is a dead ball.
- A time out request by the defense must be made before the offensive player is given the ball for a free throw or throw-in.

TRAVELING

Traveling is moving a foot or feet in any direction in excess of prescribed limits while holding the ball.

The limits on foot movements are as follows:

1. A player who *catches the ball with both feet on the floor* may pivot using either foot. When one foot is lifted, the other is the pivot foot.
2. A player who *catches the ball while moving or dribbling*, may stop, and establish a pivot foot as follows:
 - A) if both feet are off the floor and the player lands:
 1. simultaneously on both feet, either foot may be the pivot
 2. on one foot followed by the other, first foot to touch is the pivot
 3. on one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be the pivot in this case.
 - B) if one foot is on the floor:
 1. it is the pivot when the other foot touches in a step
 2. the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
3. After *coming to a stop and establishing a pivot foot*:
 - A) The pivot foot may be lifted, but not returned to the floor before the ball is released on a pass or try for goal.
 - B) If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal.
 - C) The pivot foot may not be lifted before the ball is released to start a dribble.
4. After *coming to a stop when neither foot can be a pivot*:
 - A) one or both feet may be lifted but may not be returned to the floor before the ball is released on a pass or try for goal.
 - B) neither foot may be lifted before the ball is released on a pass or try for goal.
5. *A player holding the ball*:

- A) may not touch the floor with a knee or any other part of the body other than hand or foot.
- B) after gaining possession while on the floor and touching with other than hand or foot, may not attempt to get up or stand.

SCREENS

A screen is legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.

To establish a legal screening position:

- the screener may face any direction
- time and distance are relevant
- the screener must be stationary, except when both are moving in the same path and in the same direction.
- when screening a stationary opponent from the front or side, the screener may be anywhere short of contact.
- when screening a stationary opponent from behind, the screener must allow the opponent one normal step backward without contact.
- when screening a moving opponent, the screener must allow the opponent time
- when screening an opponent who is moving in the same path and direction as the screener is moving, the opponent is responsible for contact if the screener slows up or stops.

NOTE: a) the screener must be stationary upon contact, b) It is not a moving screen unless there is contact, and c) The screened player is expected to stop or attempt to stop on contact and move around the screen. Excessive contact or "pushing through" the screen is illegal.

VERTICALITY

This applies to a legal position. Legal guarding position must be obtained initially and movement thereafter must be legal. The defender may rise or jump vertically and occupy the space within his/her vertical plane. The hands and arms of the defender may be raised within his/her vertical plane while on the floor or in the air. The defender should not be penalized for leaving the floor vertically or extending his/her hands and arms vertically. The offensive player may not clear out or cause contact within the defender's vertical plane which would be an offensive foul.