



## Basketball Rules

The rules of play for the TRPR Basketball League shall be the current National Federation of High School Rules, except for the following amended below. All rules are in effect for all age divisions unless otherwise noted by each age division.

### Equipment

- Game Ball shall be 28.5" (Official Women's size)
- Basket Height shall be 10'
- Free Throw Line shall be 15' - Regulation
- Coaches Box
  - Basketball coaches MUST remain seated throughout the ENTIRE game unless:
    - They are calling an official time out
    - They are greeting their players during a break from play
    - Providing aid to an injured player
  - Only two coaches are allowed at the bench area during basketball games
    - A coach may be ejected for an un-sportsmanlike act toward anyone or by receiving two technical fouls or warnings
    - An ejected coach must leave the facility or compound immediately in addition to being removed from this year AND next year.
- Jerseys
  - All players shall wear the green/blue TRPR jerseys which can be purchased at the TRPR office.
- Footwear
  - All players must wear athletic shoes
  - The only types of shoes that may be worn on gym floor surfaces are to be 'soft-sole' rubber athletic shoes.
  - NO HARD SOLE SHOES OR SHOES THAT LEAVE MARKS ARE ALLOWED ON ANY PLAYING OR PRACTICING FACILITY GYM FLOOR. THIS IS A SCHOOL DISTRICT POLICY.

### Timing Rules

- Forfeit Time
  - Shall be ten minutes after the scheduled game time.
  - A team must have at least three (3) players present at forfeit time or the game will be declared a forfeit.
  - If neither team fails to show, a forfeit shall be declared for both teams.
- Regulation
  - Game shall be divided into (2) 20 minute halves – running clock
  - At the 1-minute mark in the 2<sup>nd</sup> half of a game: if the score is 10 points or less, the clock shall stop when the ball becomes dead for the remainder of the game. If the score is 11 points or more, the clock will continue to run when the ball becomes dead for the remainder of the game.
- Time-Outs/Intermissions
  - The game clock will stop for all time outs
  - Team Time-Out may be requested by a player or a coach of a team
    - 2 time-outs per half
    - Time-outs do not carry over from 1<sup>st</sup> half to 2<sup>nd</sup> half
    - Time-outs shall be 1-minute for all age divisions
  - Official's Time-Out
    - Official may call a time-out due to a player injury or any other reason
    - May be as long as necessary and are unrestricted in length
    - Game clock will be stopped on all official's time-outs
  - Half-Time Intermission
    - 3-minute for all divisions

### Playing Rules

- Player Participation
  - Every player must participate equally in every game.
- Players to Finish Game

- A team must be able to finish the game with at least 3 eligible players.
- Substitutions
  - Where another player of his/her team replaces a player they must report to the scorer's table and wait to be motioned in by an official
- Fouls & Player Disqualification
  - All players will be disqualified upon receiving their fifth foul.
  - All fouls count toward a team's 7<sup>th</sup> and 10<sup>th</sup> team fouls.
- Free Throws
  - Shooting Free Throw-awarded to a player that was fouled in the act of shooting
  - Bonus Free Throw (1 and 1)-awarded to a player when the opposing team has reached 7<sup>th</sup> team foul
  - Double Free Throw-awarded to a player when the opposing team has reached its 10<sup>th</sup> team foul
  - Technical Foul Free Throw-awarded to a team after a Technical Foul
- Scoring
  - Free Throw-1 point
  - Field Goal-2 points
  - 3-Point Goal-3 points
- Mercy Rule
  - Scoreboards will be turned off when there is a difference of twenty (20) points within a half. The scoring table will continue to keep the official score in the scorebook.
- Defense
  - Man-to-Man and zone defenses are allowed
  - Full court (Press) where a team guards anywhere on the court. This is only allowed during the last 1-minute of the game and/or any overtime periods and only if the team score is within 10 points of the opponents team score. Both teams involved in a game that is within ten (10) points will be allowed to press. All full court press will be stopped once the score reflects a difference greater than ten (10) and will not be allowed for the remainder of the game.
  - Double Teaming – aid of another player in guarding an opponent is allowed anywhere on the court (half court until full court press is granted.)
  - Stealing-Defensive team takes possession of the ball away from the offensive team is allowed
  - Blocking a shot attempt-a player stops the shot attempt from the shooting player is allowed
- Offense
  - Offensive Plays-strategic type of movement for players of a team to score
  - Fast break-a team that has possession of the ball does not hesitate to try to score on an opponent is allowed
  - Lane Violation-a type of violation that offensive players commit by standing in the lane for 3 seconds will be called.
- Overtime
  - Overtime will consist of one 3-minute period-running clock until 1 minute remaining, and then the clock will stop on all dead balls.
  - Each team will receive 1 time out in overtime.
  - If the game is still tied after the overtime period, the game will end in a tie.

## **Misconduct**

- Ejected Player
  - A player may be ejected for an un-sportsmanlike act toward anyone or by committing a flagrant foul against another player. Penalty shall be disqualification + 1 game suspension in the next TRPR game.
- Ejected Coach
  - A coach may be ejected for any un-sportsmanlike act toward anyone or by receiving two technical fouls.
  - An ejected coach must leave the gymnasium immediately in addition to a year suspension. Valid for all divisions. You will miss this year AND next year.