



General Basketball Rules

All league games will be governed by the official rules as adopted by the
National Federation of State High School Associations

(These are the rules utilized by MSHSAA as well) with the following exceptions and additions.

Length of Games and Clock Rules

- YOUTH = 2 - 16 Minute Halves
- ADULTS = 2 - 20 Minute Halves

All games will feature a running clock until the final 2 minutes of the 2nd half.

During the final 2 minutes, the clock will stop on all dead balls. If a team has a 15 point or greater lead the clock will not stop during the final 2 minutes. Additionally, the clock will stop during official's timeouts as well as during the shooting of technical foul free throws.

Overtime Rules

- The 1st overtime will be 2 minutes with a running clock during the 1st minute and the clock will stop on dead balls during the last minute.
- The second overtime will be 1 minute with the clock stopping on dead balls throughout.
- The third and final overtime will be sudden death with a max time of 2 minutes. If no one scores during this period the game will be a draw.

Timeouts

- Each team will be allowed (3) 30 second timeouts during regulation. These will not carry over into overtime. One additional timeout per team will be allowed during each overtime.

Forfeit Time

- Game time will be the forfeit time. If a team does not have at least 4 players on the court at game time the game will be deemed a forfeit. An exception shall be granted for the first game of the day in which case a 10 minute grace time shall be allowed. Once a team has 4 players available the game shall start.

Goal Height

- Kindergarten - 2nd Grade - 8 Feet
- All Others - 10 Feet

Ball Size

- Kindergarten - 5th Grade Boys & Girls - 27.5"
- 6th Grade - 8th Grade Boys & Girls - 28.5"
- 9th Grade - Adult Girls - 28.5"
- 9th Grade - Adult Boys - 29.5"

Free Throw Distance

- Kindergarten - 3rd Grade - Shoot from 10 feet and the shooter may land on the line after the release
- 4th Grade and up - Regular rules apply

Lane Violations*

- Kindergarten - 3rd Grade - No lane violations. Referees will work with the athletes to ensure proper rules are being taught throughout the game. The shooter may land on the line after the release but must wait for the ball to hit the rim before chasing the ball..
- 4th Grade and up - Ordinary rules shall apply

*During lower level games the officials will be allowed to use greater judgment when enforcing the lane rule.

Pressing*

- Kindergarten - 3rd Grade - No full court pressing for the first half. Athletes can be picked up at half court. Full court pressing is allowed during the last 2 minutes of the game unless you are up by 15 or more points. At which time, no pressing is allowed.
- 4th Grade and up - No restrictions

*No full court press shall be allowed at any level by a team with a lead of 15 points or more.

Bench Rules

- Each team shall be allowed to have a maximum of 2 coaches on the bench during games, one head coach and one assistant coach. **Only the head coach is allowed to stand and/or address the officials during play.** Each team must have at least one adult coach (18 years of age or older) on the bench at all times.
- **Only water and sports beverages are allowed on the bench (in bottles with lids only--no cups are allowed). No carbonated beverages are allowed.**

Technicals

- If you, as a coach, receive a Technical by the official - you are required to stay seated for the remainder of the game and you are not allowed to speak - your 2nd coach on the bench becomes your speaking coach.
- If you, as a coach, receive a 2nd Technical - you are required to leave the court, you may watch from the common area.

Uniforms

- All players shall have jerseys of matching color with numbers clearly visible on the back.
- Teams are encouraged to have reversible jerseys in order to eliminate wearing the same color as the opposition. The coaches shall agree prior to game time which team shall be light and which shall be dark. In the event that neither team has reversible jerseys, and the sole colors are the same, a coin toss will be used to determine which team shall be required to wear pennies.

Pre-game Procedures

- **Each head coach shall be responsible for ensuring that the roster listed on Zorts Sports is accurate including last names and numbers.**
- Each team is responsible for their own warm up balls. Game balls will be provided by ETG Sports.

Post-game Procedures

- Players are encouraged to line up and shake hands at the conclusion of each game.
- **It is the head coach's responsibility to ensure that all player equipment and water bottles are removed from the bench area immediately upon completion of each game.**

Officials

- All games will be officiated by **MSHSAA** Certified Officials.