



## Basketball



Please have this on the scorer's table for all your home games.

- Teams will follow NFHS rules for each sport with the following exceptions:
- Quarters are 6 minutes long
- Do not run the clock – even if a team is late getting to the school, we should not hurry the game. I have talked to the director of our referee vendor and he is in agreement with this.
- Exception – if a team is ahead by 30 or more points at any point in the 4<sup>th</sup> quarter, the clock will run.
- Time outs – per game
  - Three 60-second
  - Two 30-second
  - One additional 60-second time out for extra periods
- For the first 5 game of the season - for the 7<sup>th</sup> grade team only - All defense should start at half court - No full court man to man or press.

### Basketball

1. Out of respect to the opposing team, at any point in the game, if a team is ahead by **15** points or more, leading team will pull to the 3-point line and stay inside the 3-point line for defense.
2. At the time a team is playing in the 3-point line for defense, they will not fast break. This again is for respect to the opposing team.
3. Once possession has been established, the leading team will immediately return to their defensive side of the court to play defense.
4. If the team continues to play a full court defense or press after gaining the **15**-point lead, the referee will meet with both coaches and give a warning. If pressure continues after the warning, a technical foul will be assessed to the team. No individual technical fouls will be assessed.
5. Half time shall be limited to 5 minutes
6. **6<sup>th</sup> Grade - No press** in 6<sup>th</sup> grade girls or boys. All defense should begin at half court.

Remember if a team is ahead, especially those ahead by **15** points, this is a perfect time to practice offensive plays.