

COOPERATIVE HIGH SCHOOL RECREATIONAL LEAGUE

2023 Participating Agencies

HIGH SCHOOL YOUTH BASKETBALL RULES

FUN AND SPORTSMANSHIP ARE OF THE UTMOST PRIORITY AND SHALL BE EMPHASIZED BY EVERYONE INVOLVED IN THE PROGRAM; ADMINISTRATORS, COACHES, PARENTS, PLAYERS, AND REFEREES.

Current Colorado High School Activities Association (CHSAA) rules will be used in conjunction with the following variations:

The Game

1. Basket height is 10' 0". Boys will play with a size 7 ball (30.0 in.). Girls will play with size 6 ball (28.5 in.)
2. Game consists of 4 quarters that are 10 minutes long with a running clock. Substitutions take place in between quarters and at the 5-minute mark of each quarter. Halftime will be 3 minutes long and 1 minute between quarters.
3. Two 30 second time outs per team per half. Time outs can be called by either player or coach and only during dead ball situations or when in possession of the ball. Timeouts do not carry over to the second half.
4. Teams can sub freely during the game – each player **MUST** play half of the game. All substitutions must report to scorer's table to check in before entering game.
5. Clock will run continuously unless the score is less than 11 points in the final two minutes of the game. If the margin is greater than 10 points at the two-minute mark, the clock will continue to run regardless of margin after the two minutes.
6. Tie game at regulation will result in two-minute overtime period with a stop clock situation is final 30 seconds.
 - a. If game remains tied, a second overtime period will be played.
 - b. If game is tied after second overtime, winner will be decided by sudden death (first basket scored wins).
7. Score is kept on scoreboard. Blowout rule: If a team is leading by 20 points or more at halftime, the score may be reset to zero for the second half (per approval of the coach of trailing team) or anytime thereafter.
8. Personal and team fouls will be tracked. Players can foul out of the game. Each player is allowed 5 personal fouls before being disqualified.
9. Free throws will be attempted to standard high school rules.
 - a. All shooting fouls will result in free throw attempts (Distance is 15').
 - b. After the 7th team foul, violation will result in a one and bonus for the offensive team. After the 10th team foul, two attempts are awarded.
 - c. Offensive (player control) fouls do not result in free throw attempts at any point in the game.
10. Both man-to-man and zone defense are allowed – double-teaming is allowed. There are no defensive restrictions once the ball crosses half court.
11. Full court defense is **only** allowed in the last five minutes of the game. If a team is up by more than 10 points, they are not allowed to press.
12. Coaches can stand on sidelines unless warned otherwise by the official or supervisor.

13. No stalling allowed. Offensive team must make concerted effort to score. First offense results in warning. Subsequent offenses result in technical foul (2 free throws) and loss of possession.
14. A technical or flagrant foul result in the committing player receiving one personal foul with the possibility of disqualification (official discretion). The opposing team receives 2 points and the possession of the ball out of bounds.
15. Any player or coach receiving two technical fouls will be ejected from the game and will receive at minimum a one game suspension.
16. Each city reserves the authority to remove anyone demonstrating negative behavior, foul language or actions judged to be detrimental to the goals of the program and its operations.
17. Each city reserves the right to adjust the rules judged as needed for the benefit of the program at any time.

The rules of the youth basketball program are for all persons to abide by to provide an equitable format for participation and competition. These rules will be consistent at each location. The host location and its' administrators and officials will have ultimate authority on all rule interpretations and applications.

Jewelry – absolutely no earrings, facial jewelry, bracelets, necklaces, pins, watches, rings or other exposed items (including hair jewelry) that are judged to be hazardous or potentially dangerous by the game officials or supervisors can be worn during practice or game. Religious and medical-alert medals are not considered jewelry. A religious medal must be worn under the uniform and taped to the body. A medical-alert medal must be taped to the body and may be visible.

Uniforms –

Shirts – Team uniforms will be provided and must be worn at all league games. All shirts must be tucked into the front and back of the shorts/pants.

Shorts/Pants – players must wear shorts or sweats without pockets or zippers – no jeans or cutoffs. Shorts/pants must be worn properly and above the hips.

Shoes – non-marking tennis shoes must be worn – no boots, cleats, sandals, crocs or bare or stocking feet.

Blood Rule: Any player who has an open wound must:

- Be removed from the game
- any blood flow stopped,
- cover the open wound
- and change any clothing that has blood on it before re-entering the game.

Apparel – The referee shall not permit any team member to wear equipment or apparel which, in his/her judgment, is dangerous or confusing to other players or is not appropriate. Equipment which is unnatural and/or designed to increase a player's height or vertical each or to gain a competitive advantage shall not be permitted. Equipment and apparel shall not be modified from the original manufactured state and shall be worn in the manner the manufacturer intended it to be worn. The referee shall not permit any player to participate if in his/her judgment any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyle.

Arm compression sleeves must be worn for medical reason and shall be white, black, beige or a single color and be the same for each team member.

Wristbands and headwear shall meet the following guidelines: Headbands and wristbands shall be white, black, beige or a single solid team color and shall be the same for each team member.

A headband is any item that goes around the entire head. If worn, only one headband is permitted, it must be worn on the forehead/crown, it must be nonabrasive and unadorned, and it must be a maximum of 2" wide.

If worn, only one wristband is permitted on each wrist, each must be worn on the arm below the elbow, each must be moisture-absorbing, nonabrasive and unadorned, and a maximum of 4".

Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes and bobby pins, are prohibited. Head decorations and headwear, except those specified above are prohibited. Exception: for medical or cosmetic reasons, if the player is required by a licensed medical physician to cover his/her head with a covering or wrap, the physician's written statement is required. For religious reasons, there must be documented evidence provided that a player may not expose his/her uncovered head. In either instance the covering or wrap must not be abrasive, hard, or dangerous to any other player and must be attached in such a way that it is highly unlikely it will come off during play.

Undershirts – shall be a single color similar to the uniform and not have frayed or ragged edges. Compression shorts/tights shall be a single solid color similar to the predominant color of the pants/skirts; the length shall be above the knee. Undergarments shall not extend below the pants/skirt.

Equipment –Guards, casts and braces must meet the following guidelines and be worn for medical reasons: A guard, cast or braces made of hard and unyielding substance, such as, but not limited to, leather, plaster, plastic or metal shall not be worn on the elbow, hand, finger/thumb, wrist or forearm; even though covered with soft padding.

Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder must be padded with a closed-cell, slow-recovery foam padding no less than ½" thick.

Knee and ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding/covering.

A protective face mask may be worn and made of hard material, but must be worn molded to the face with no protrusions.