

City of Fort Collins Intermediate Basketball Rules

Anything not covered in this rules document will default to the NFHS Basketball Rules Book.

Updated October 2023. Rules changes will appear in *highlighted italics font*.

1. **Equipment:** The Recreation Department will provide basketballs for each team.
 - a. The coach is responsible for all equipment issued to their team.
 - b. The coach should check all equipment and any deficient equipment must be returned to the Youth Sports staff.
2. **Home Team:** The home team will be the first team listed on the schedule. If wearing Jr. Rams jerseys, the home white
3. **Warm-up time:** There will be approximately two-minutes for teams to warm-up on the court prior to their game.
4. **Jump Ball:** The game will begin with a jump ball. Then will go to alternate possession.
5. **Time-outs:** 2 time-outs per half lasting 30 seconds each.
6. **Half-time:** Half-time will last no longer than 2 minutes.
7. **Inbound Passes:** Regular NFHS rules apply.
8. **Technical Fouls/Intentional Fouls:** The ball will be awarded to the opposing team out of bounds at the half court line. Technical Fouls called on coaches may result in additional suspensions.

Grade Specific Modifications

Elementary (Grades 4th-5th)

1. **Jerseys:** No player shall be allowed to participate without an official Jr. Nuggets Jersey
2. **Game Ball:**
 - a. **4th-5th Grade Girls:** Intermediate 28.5.
 - b. **4th-5th Grade Boys:** Intermediate 28.5.
3. **Game Lengths:** 4 (9) minute quarters, (1) minute between quarters and (2) minute halftime. The clock will not stop except for timeouts and the last 2 minutes of the 4th quarter. If the score is more than 10 points in the last 2 minutes of the 4th quarter the clock will remain running. (If the score drops with in 10 during the last 2 minutes the clock will revert to a stop clock. Once greater than 10 it will again run).
4. **Defense:** Teams must play man to man defense. **Full court press:** Both teams can press the last 2 minutes of the second half; however, the team who has the lead may not press if they have a lead greater than 10 points.
5. There is no double teaming. This rule is designed for players outside the 3-point arc. Once players drive inside the arc the defense may “help.” If a player is on a fast break players may “double team” that player until the fast break is over.
6. **Fouls:** Players foul out of the game at 5 fouls. Each quarter on the 5th foul, the fouled player will shoot 2 shots. Shots will reset at the end of each quarter.
7. **Ties:** Ties will be broken by a 2-minute overtime period. Teams will not change ends of the floor and the period will start with a jump ball. Each team will have an additional 20-second time out in addition to the time outs remaining in the second half, not to exceed 4 timeouts total. If the game is still tied after the overtime period, the game remains tied.

8. **Free Throws:**

- a. Shooters start from the line but may follow through over the line; there are no line violations.
 - i. No player may enter the key until the ball is released.

Middle School (Grades 6th -8th)

1. **Jerseys:** No player shall be allowed to participate without an official Jr. Nuggets Jersey.
2. **Game Ball:**
 - a. **6th-8th Grade Girls:** Intermediate 28.5.
 - b. **6th-8th Grade Boys:** Regulation 29.5.
3. **Game Lengths:** 4 (9) minute quarters, (1) minute between quarters and (2) minute halftime. The clock will not stop except for timeouts and the last 2 minutes of the 4th quarter. If the score is more than 10 points in the last 2 minutes of the 4th quarter the clock will remain running. (If the score drops within 10 during the last 2 minutes the clock will revert to a stop clock. Once greater than 10 it will again run).
4. **Defense:** Teams may play man to man or zone defense.
5. **Full court press:** Both teams may play a full court press the entire game; however, the team who has the lead may not press if they have a lead greater than 10 points. A zone or man to man press can be used.
6. **Fouls:** Players foul out of the game at 5 fouls. Each quarter on the 5th foul, the fouled player will shoot 2 shots. Shots will reset at the end of each quarter.
7. **Ties:** Ties will be broken by a 2-minute overtime period. Teams will not change ends of the floor and the period will start with a jump ball. Each team will have an additional 20-second time out in addition to the time outs remaining in the second half, not to exceed 4 timeouts total. If the game is still tied after the overtime period, the game remains tied.
8. **Free Throws:** NFHS rules apply.
 - a. The shooter and the players behind the arc cannot move forward until the ball hits the rim. Players in the lane can enter when the ball is released.
9. **Standings:** Score and standings will be kept. The final standings are computer generated and will be based on win percentage, head-to-head, similar opponents, and then coin toss. Overall score or point differential are not part of the standings. Scores that are over 20 points in differential will only be recorded as a 20-point difference in the standings.