

TRI-VALLEY CHRISTIAN ATHLETIC LEAGUE BASKETBALL RULES

These rules are for explanation or to note exceptions to CIF rules.

If any rules are not on here, then CIF rules will apply.

TVCAL JUNIOR HIGH: No back-court defense is permitted after possession is established, by a team ahead by 15 points or more.

TVCAL ELEMENTARY: No back-court defense is permitted after possession is established, until the final two minutes of the game. Back-court defense is NOT permitted if a team has a 15-point lead.

Definition of back-court defense: Defending the ball in the backcourt after possession has been established.

1. Elementary boys and **ALL** girls' teams will use the Official Women's Size basketball, which is 28.5 inches. Only the Junior High boys will use the Official Men's Size basketball, which is 29.5 inches.
2. In the event of a tie at the end of regulation, a 2-minute overtime period will be played. Each team will have 1 time-out per overtime. Time-outs will not carry over to the overtime period. Overtime periods will be played until a winner is decided. Standard CIF stop clock procedure will be used during overtime periods.
3. Three pointers are allowed only if there is a clear and accurately marked three-point line.
4. The game will consist of four 10-minute quarters with a running clock. For the last 2 minutes of the game, standard CIF stop-clock procedures will apply if the game is within 15 points. A one-minute break between quarters and a three-minute break for halftime.
5. Each team will be allowed 2 one-minute timeouts per half. Time-outs do not carry over.
6. There are no shot clock penalties. The five-second rules still apply.
7. The head coach must stay within the coach's box during play. The coach's box should be 28' from the end line. Refs will determine the coach's box and explain to you if you are within the box. Only the head coach is permitted to stand. More than one coach standing will result in a technical foul.
8. **Support Poles must be padded.** If a host gym does not have padding on support poles, the game will not be played. The game will be considered a forfeit by the home team.
9. The free throw line is the standard 15'. Free throw shooters for the Junior High divisions may not cross the free throw line until the ball has made contact with the rim. (Standard CIF rules). For both elementary divisions, free throw shooters are allowed to jump past the free throw line but must start behind the line. The shooter must complete the process of their shot before running in to get the ball.

10. During free throws:

- a. A player occupying a marked lane space can enter the lane upon the release of the ball by the free throw shooter. The shooter and all players behind the three-point line cannot cross their line until the ball contacts the rim.
- b. The non-shooting team (defense) is required to fill both lane positions above the block. The offense may occupy the next spot if they choose, and the defense is allowed the third spot. No players can line up below the block. A **maximum** of three players can line up on each side of the lane.

CONTACT WITH BALL HANDLER:

The following acts will result in a foul when committed against a ball handler.

1. Placing two hands on the player.
2. Placing an extended arm bar on the player.
3. Placing and keeping a hand on the player.
4. Contacting the player more than once with the same hand or alternating hands.

CONCUSSION OR CONCUSSION SYMPTOMS

1. The coach and referees shall not allow a player to continue to play if a concussion is suspected. Before returning to a practice or games, the athlete must be medically cleared by an appropriate health care professional.
2. Visit www.nfhslearn.com for more information about concussion and concussion symptoms.