



Basketball Rules

Revised Jan 2023. JeffCo League Basketball follows NFHS rules with the exceptions below:

Team Rosters

1. Teams should be grade specific if possible. For tourney play, teams with any 8th graders must play in the 8th grade division.
2. Players may only play for one team and must attend the school the team represents, unless approved by the league board.
3. Prior to each game, teams must provide a roster with player names and numbers to the opposing coach. The home team is responsible for providing two volunteers for the score table and submitting the scoresheet (signed by both coaches) to the home agency.

Equipment & Attire

1. Ball Size: Girls- 28.5" / Boys- 29.5"
2. Teams are required to wear like-colored shirts/jerseys with numbers. If teams have same colored jerseys, the home team should wear pinnies. Jerseys must be tucked in and may not be altered in any way.
3. Athletic shorts or pants are required, no jeans. Athletic shoes with non-marking soles are required.
4. Exposed jewelry is not allowed. Earrings must be removed or taped over. Soft material hair accessories only.

Game Play

1. Single games play 10-minute quarters. Doubleheader games play 8-minute quarters. 5-minute warmup between games if time allows. Half-time will be 3 minutes.
2. Running clock, except for timeouts, injuries and the last 2 minutes of the game if the point differential less than 15. Each team is allowed two 1-minute timeouts per half.
3. Full court defense is only allowed in the last 2 minutes of the game if the point differential is less than 15. Penalty- defensive violation and defense must move behind the half court line or personal foul if defensive contact is made or for multiple infractions, at the discretion of the referee.
4. Free Throws- bonus on 7th team foul per half, double bonus on 10th team foul per half. Players in marked lane spaces may enter the lane when the ball is released by the shooter. Each player is allowed 5 personal fouls.
5. Overtime Rules- 2-minute overtime period with stop clock rules. Regular season games tied after one overtime period will remain a tie. Each team is allowed one, 1-minute timeout during the overtime period. Timeouts do not carry over from regulation. Tourney play only- if 2nd overtime is needed, the first team to score wins.
6. If the point differential is 20 or more, starting at the next timeout, the leading team must pass the ball at least 3 times to 3 different players after crossing half court before attempting a shot. No additional passes are required after an offensive rebound, from a legal shot, before attempting another shot. Penalty- offensive violation (game stops and ball is awarded to the other team) and points do not count. Once in effect, this rule will stay in effect until the next timeout after the point differential falls to 15 or less. This rule will go back into effect at the next timeout if the point differential become 20 or more.

7. Playing Time / Substitutions:

- a. This program is based on all players receiving equal playing time.
- b. Substitutions are required after each 4 minutes of game play including between quarters. An official timeout (non-coaching) will be called at the best opportunity near the 4-minute mark of each quarter. Players must check-in at the score table before entering the game. Players may not play more than two consecutive 4-minute rotations. Single games will use the above with 5 minutes instead of 4. Exceptions:
 - i. In the last 4 minutes of the game, free substitution is allowed on any dead ball.
 - ii. Subs are allowed for injuries, disqualifications, etc.
 - iii. If a team has 7 players or less, the consecutive rotation rule does not apply, but all other substitution rules still apply.
- c. See scoresheet for min and max rotations per player.
- d. Penalty for Incorrect Substitution – Technical foul on coach.

Player Conduct

1. Good sportsmanship toward opponents, referees, spectators and staff is required at all times. All players and parents must sign the JeffCo League Agreement before playing. All players and coaches are expected to help maintain a family-friendly atmosphere. Prohibited behavior includes, but is not limited to:
 - a. Shoving, striking, or threatening a league official, referee, player, or spectator.
 - b. Refusal to abide by the referee's and/or league official's decision
 - c. Use of foul or abusive language or gestures
 - d. Participating while under the influence of alcohol or drugs
2. Technical/Flagrant Fouls
 - a. Automatic two points and possession awarded to the opposing team.
 - b. Player receiving a technical or flagrant foul must sit a minimum of one full substitution rotation (4 minutes) before being allowed to re-enter the game. All technical and flagrant fouls must be recorded on the scoresheet and reported to the agency coordinator within 24 hours.
 - c. If the same player/coach commits two technical or flagrant fouls in one game or season, that player/coach will be ejected from the game and suspended for their team's next scheduled game.
 - d. Additional sanctions may be added at the discretion of the league disciplinary committee.
3. Teams are responsible for cleaning the bench area after games. All substitutes must remain in the bench area during the game.