



## Okun Fieldhouse Basketball Rules

NFHS Basketball Rules will be enforced with the following JCPRD exceptions:

Jewelry is not permitted. This includes (but is not limited to) rings, watches, earrings, bracelets, and necklaces.

### All Divisions

#### Basketball Size:

- 1<sup>st</sup> – 2<sup>nd</sup> Grade Boys & Girls 27.5" basketball (Provided on Game day)
- 3<sup>rd</sup> – 8<sup>th</sup> Grade Boys and 3<sup>rd</sup> – High School Girls — 28.5" basketball
- High School Boys — Regulation Boys High School Basketball (29.5")

#### Time-outs:

- HS: 2 30-sec time-outs per half; 1 30-sec time-out per overtime; no carryover
- 5<sup>th</sup>- 8<sup>th</sup>: 2 30-sec time-outs per half (no carryover); 1 30-sec time-out per overtime (no carryover)
- 1st-4th: 2 30-sec time-outs per half (no carryover); 1 30-sec time-out per overtime (no carryover)

#### Pressing:

- Teams may NOT press once ahead by 20 points

#### Roster Limitations:

- Player may NOT play on 2 teams within the same grade/ability level registered. When grades/ability levels are combined, a player listed on two rosters can only play on both rosters if each team registered for different grades/ability levels.
- The player in the highest school grade determines level of team. Players may play up NOT down.

#### Start Time Rules

- If a team does not have at least 4 players at game time the clock will start, and the coach will be assessed a 2-shot administrative technical. If after 5 minutes they still do not have enough players another 2-shot team technical will be called. The game will be cancelled at 10 minutes.

Overtime: 2 minutes; 2nd OT - Sudden Death

### 5<sup>th</sup> Grade - High School Divisions - Full Court

- Games will consist of two (2) 20-minute running clock halves. 2-minute overtime will be stop clock.
  - EXCEPTION: Last 2 minutes of 2nd half with a 10-point spread or less
- Double bonus at 10 fouls of each half (NO one-and-one)
- HIGH SCHOOL DISCIPLINE VARIATIONS: See Laminated half sheet in bin

### 3rd - 4th Grade Divisions - Short Court

- Games will consist of four (4) 10-minute running clock quarters
  - EXCEPTION: Last 2 minutes of 2nd half with a 10 point spread or less
- Goal Height:
  - 3rd Grade — 9 feet
  - 4th Grade — 10 feet (free throws can be shot at either the 12 ft. or 15 ft. line)
  - If grades are combined, the goals will be set at the regulation height for the highest grade level. Coaches of the lower grade level may request their goal to be lowered to the regulation height for their grade level. Requests must be made with the Youth Sports Coordinator within 24 hours of game time.
- Substitution Rules
  - ALL Players must start one (1) quarter per game
  - Substitution may occur freely (the clock will not stop)
- Double Team/Pressing (these apply to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> Grade)
  - Full Court pressing will not be allowed
  - Teams must play man-to-man defense
  - Double teams and traps are not allowed except in the lane
- Double bonus at 5 fouls of each quarter (NO one-and-one)

### 1st – 2nd Grade Divisions - Short Court

- Games will consist of four (4) 8-minute running clock quarters
  - EXCEPTION: Last 2 minutes of 2nd half with a 10-point spread or less
- Goal Height: 8 feet
- Substitution Rules
  - ALL Players must start one (1) quarter per game
  - Subs will take place at the 4-minute mark of each quarter. The clock will stop for 1 minute for the change.
- No stealing from the dribbler. Steals are only allowed on intercepted passes or when the ball is in the lane.
- No Free throws. A foul will be a side out of bounds. (Technical fouls will be an automatic 2 points)