



## SCAL Basketball Rules

### Team Structure:

- 1) Teams will have only five players on the court during play. More than five, including the coach, will be a Technical Foul and the ball will be awarded to the opponents, as well as 2 points for the opposing team.
- 2) Grade level requirements per level: Elementary teams - up to and including 5th grade. JV boys and/or girls - up to and including 7th grade. Varsity - up to and including 8th grade.
- 3) Co-Ed teams must have at least one girl on the court at all times.
- 4) ROSTERS MUST BE BROUGHT TO EVERY GAME. You should have at least 3 copies. One for yourself, one for the opposing team and one for the official scorekeeper.
- 5) A student must only be on ONE roster. Please remember that athletes can play up due to skill but are not allowed to play down. EXAMPLE: 8<sup>th</sup> graders can not be on any divisional team other than varsity.

### Scoring:

- 1) Any basket from the floor scores two points, except from the 3-point line (three points) and a free throw is one point.
- 2) Each hosting school must have some kind of scoring device (an official scoreboard or a flip chart scoreboard).
- 3) The HOME team is responsible for recording individual and team fouls as well as tracking points to ensure accuracy on the scoreboard and to eliminate incorrect or inconsistent scores being reported.

### Game Specifics / Timing:

- 1) A game will consist of two 20-minute running time halves.
- 2) Stop time will be played during the last two minutes of the second half ONLY.
- 3) There is a five minute break between halves, unless time needs to be cut due to late starts or other time delays.
- 4) Each team is allowed two time outs per half.
- 5) In cases of tie games, games that end in a tie during the regular season will stay as is. However, during the playoffs there will be a 5-minute overtime with each team receiving 2 timeouts.
- 6) Sudden Death will occur if the playoff game remains tied after the first overtime period. In this case, there will be a tip off and then the team to score first will be declared the winner.
- 7) There will be a continuous running clock after a 25 point spread has been made, even during the last 2 minutes of the game.

### **Putting the Ball into Play:**

The penalty for a violation shall be the awarding of the ball to the opponent at the nearest out-of-bounds point. The following are violations:

- 1) **Traveling:** Taking more than one step with the ball without passing, dribbling or shooting.
- 2) **Out of Bounds:** Stepping out of bounds with the ball or last touching the ball which goes out of bounds.
- 3) **Double Dribble:** A second series of dribbling without another player handling the ball, palming (not clearly patting) the ball, or dribbling the ball with both hands at once.
- 4) **Key Violation:** Remaining in the key for more than three seconds by the offensive team under their offensive basket.
- 5) **Other Violations:** Stepping out or over a restraining line during a jump ball or free throw.
- 6) Kicking the ball.

### **Personal Fouls:**

- 1) Personal fouls are holding, pushing, hacking (striking), tripping, charging, blocking and unnecessary roughness.
- 2) If a player is fouled during the act of shooting and the basket is missed, the player receives two foul shots. Exception: 3-point attempts get 3 foul shots.
- 3) If a player is fouled during the act of shooting and the basket is made, the player receives the made basket and 1 free-throw shot.
- 4) All fouls (including offensive fouls) in the last two minutes of each half receive two free-throw shots.
- 5) A player who has 5 personal fouls is disqualified from the game and must go to the sideline.
- 6) Team Penalty – One and One after 7 team fouls in half. A running tally is made as each team accrues fouls throughout each half. When a team has more than seven fouls, one and one free throws are awarded for every common foul thereafter. If the first free throw is successful, the second free throw is allowed. If the first free throw is missed, play continues. The total number of team fouls returns to zero at the start of the second half.
- 7) Team Penalty – Two Free Throws after 10 team fouls in half. Once a team reaches 10 fouls in one half, two free throws are awarded for every common foul thereafter. The total number of team fouls returns to zero at the start of the second half.

### **Technical Fouls:**

- 1) Technical fouls include unsportsmanlike or disrespectful conduct.
- 2) Players receiving technical fouls must sit out the rest of the half.
- 3) Technical fouls are also counted as personal fouls.
- 4) Two technical fouls call for immediate expulsion for the remainder of the game, both regulation and overtime.
- 5) A player may be removed from play without any previous technical foul if the official determines the act warrants such action.
- 6) A player receiving two technical fouls or is removed from the game by the officials due to extreme unsportsmanlike conduct or vicious personal fouls is immediately suspended and is also suspended from play in the next scheduled game (including playoff games).
- 7) Subsequent personal and technical fouls: A technical foul may accompany a personal foul. If the personal foul warrants free throws, the fouled player shall take such shots without players on the free throw lines and then their team is awarded the ball at half court.

8) Technical fouls award the opposing team two points and the ball.

**Pressing:**

1. There is to be no pressing in the following divisions: Elementary and JV
2. In Middle School Varsity Girls and Boys (8<sup>th</sup> grade) divisions: athletes are allowed to press during the last 2 minutes of each half. This is a variation of NFHS which allows full court press during the entire game and for our public-school counterparts. These divisions are prepping for high school, and it is our job to prep them for their journey. PLEASE USE COACHES AND REFS DISCRETION ON SPORTSMANSHIP

**Equipment:**

- 1) Ball Size - boys varsity will use the official size ball (size 7 - 29.5 inch), Girls varsity and JV will use the womens size ball (size 6 - 28.5 inch) and elementary teams will use the youth ball (size 5 - 27.5 inch).
- 2) Teams must be in a standard uniform top with front and back numbers.
- 3) Mouthguards are highly encouraged.
- 4) No jewelry is allowed to be worn during games - no exceptions,