



**Middle School Varsity
Middle School Junior Varsity
Elementary School Competitive
Basketball Rules**

Game Day Check In

1. League officials will check in every team before each game.
2. Any player not on the official roster will be ineligible to play for that day.
3. Teams who play ineligible players will forfeit their game.
4. No players will be added to the rosters after week four (4) of the season.

I. League Play

1. Teams must start the game with a minimum of five (5) players. In the event of an injury to one (1) player, without available substitutions, that team may play with four (4) players on the court, but no fewer than four (4).

II. Divisional Tie Breakers

1. Two teams tied for one place:
 - a. Head to head score,
 - b. Total points allowed during league play,
 - c. Point differential (total points scored – total point allowed),
 - d. Coin toss
2. Three or more teams tied for one place
 - a. Head to head score,
 - b. Total points allowed during league play,
 - c. Point differential (total points scored – total points allowed),
 - d. Total points scored,
 - e. Draw for seed (1-2-3-4 etc)

III. Playoffs and Championship

- Playoff bracket will be scheduled after league play results are received and confirmed.
- Playoffs are single elimination.
- All players are required to play a minimum of four (4) games during the season to be eligible for playoffs.

All games will be played under NFHS rules unless otherwise notated below.

1. Basket height.

Middle School- The basket height is 10'. The size of the playing area is full court.

Elementary School- The basketball height is 9'. The size of the playing area is full court.

2. The free-thrown line

Middle School – The free-throw line will be 15' from the basket.

Elementary School- The free-throw line will be 12' or three (3) hash marks from the basket.

- a. The players may not land over the line after shooting a free-throw.
- b. All players lined up may not move until the ball hits the rim.

3. Ball size.

Middle School- The size of the ball is 29.5(regulation or competition ball).

Middle School Girls- The size of the ball is 28.5.

Elementary School - The size of the ball is 27.5.

4.The game will be played 5 on 5.

- a. Open substitution is allowed on any stop in play.
- b. Players must be sitting at the score tables and noticed by the referee before entering the game.
- c. No stalling when substituting.

5.The game will consist of four, quarters with a running clock except for timeouts and the last two minutes of the 4th quarter when the clock stops at every whistle with a games score less than a difference of 12 points.

Middle School- 10 Minute Quarters

Elementary School- 8 minute quarters

- a. There will be two, 30 second times out per team per half. Unused timeouts do not carry over to the next half or overtime.
- b. Half time will last three minutes with one minute between quarters.
- c. Two minute overtime will be played if regulation time ends and the score is tied. There will be double overtime in the event of a tie.
- d. In the event of a double overtime tie, the first team to score in triple overtime will win the game.
- e. One time out is allowed in overtime.

6. Two coaches are allowed on the sideline.

7. A jump ball will start each game.

8. Games standings will be kept online weekly at www.ncsaasports.com. Game time will be kept by either the official or the scoreboard clock. **The Home Team is responsible for a volunteer to work the score clock and the Away Team is responsible for a volunteer to record the statistics.**

9. There is a three second lane violation.

10. Players will foul out on their 5th foul.

11. Defense can be man to man or zone.

12. Double teaming is allowed in the lane area only. The first violation will receive a warning. Second violation will receive a technical foul and two points, plus possession of the ball.

13. Back court defense is allowed.

14. Clear-outs are not allowed.

15. Possession will alternate each quarter, jump ball, or double foul.

16. After each basket the opposing team will then inbound the ball from their end line.

17. Offense must bring the ball across half court within the 10 second time limit.

18. If a team receives their seventh team foul(non-shooting) in one half of play, that foul, as well as each occurrence thereafter, results in the opposing team shooting one and one free throws. On the 10th team foul (non shooting) and each occurrence thereafter in a half will result in the opposing team shooting two free-throws.

19.Each team's bench must be seated and cheering positively for their team. Trash talking will result in a technical foul

20. Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball. This includes players on the bench. The use of inappropriate language will not be tolerated.

21. Coaches are given the authority to sit a player that is acting unsportsmanlike or that has missed several practices without a legitimate excuse.

22. Coaches are required to show good sportsmanship towards other Coaches, Players, Scorekeepers & Officials. First Bench Technical called by an official on a Coach requires to sit during duration of the game. Second Technical, the coach must leave the facility in a timely manner.

23. All ejections will be subject to a suspension. All ejections will be reviewed by the league and handle at league discretion.

24. Playing time is under the coach discretion.