



NCSAA Competitive Basketball Rules

All games will be played under NFHS rules unless otherwise notated below. Rules were Revised 11/19/19 – at the Winter 2019 AD & Coaches Meeting

I. Game Day Check In & Rosters

1. League officials will check every team's National Sports ID prior to each game.
2. Any player not on the official National Sports ID roster will be ineligible to play for that day.
 - If a player is "verified" (green) in NSID but NOT on the official team roster, they are INELIGIBLE to play.
3. Teams who play ineligible players will forfeit their game.
4. No players will be added to the rosters after the Wednesday prior to Week (4) of the season.
5. Players who arrive after check-ins have occurred but are on the official National Sports ID roster must check-in with the NCSAA Site Director prior to checking into the game.
6. No student-athlete is allowed to play on 2 rosters in the same sport. Student-athletes may not move divisions after the 3rd Week of the Season (and must have written league approval).

II. 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).

III. Playoffs and Championship

1. Playoff bracket will be scheduled after league play results are received and confirmed.
2. Playoffs are single elimination.
3. All players are required to be on the official NSID roster to be eligible for playoffs.
4. Two teams tied for one place: *(Revised 11/19/19 – at the Winter 2019 AD & Coaches Meeting)*
 - a. Head to head score,
 - b. Total points allowed during league play,
 - c. Point differential (total points scored – total point allowed),
 - d. Coin toss
5. Three or more teams tied for one place
 - a. Total points allowed during league play,
 - b. Head to head score,
 - c. Point differential (total points scored – total points allowed),
 - d. Total points scored,
 - e. Draw for seed (1-2-3-4 etc)

IV. Games

1. The basket height is 10' in all divisions of Competitive Basketball. The size of the playing area is full court. The size of the court may vary slightly from school to school due to the unique configurations of Charter Schools. NCSAA reserves the right to play on smaller courts if needed for games.
2. The free-throw 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 is released by the free throw shooter.
3. Ball size.
 - Middle School Boys:** 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 4 ten (10) minute quarters with a running clock except for timeouts and the last two minutes of the 4th quarter when the clock stops at every whistle.
 - a. There will be two, 30 second timeouts per team, per half. Unused timeouts do not carry over to the next

half or overtime.

b. Halftime 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. We will continue adding 2 minute overtime periods until we have a winner. NO TIES.

d. One time out is allowed per overtime period. These do not carry over.

6. 3 coaches are allowed on the sideline. Only 1 may speak to the game official. This person needs to be designated prior to the game.

7. A jump ball will start each game and overtime.

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.**

a. Teams are expected to report their scores after each game via www.ncsaasports.com/scores/html

b. Any score not reported or contested within 7 days of the completion of the game will be considered final and will go by the Site Director's reported score.

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/traps are allowed.

13. Back-court press defense is allowed.

14. **Mercy Rule:** There will be a 35 point Mercy Rule. Once a team has reached a 35 point lead the score is frozen and becomes the official score of the game. The remainder of the game will be played as a scrimmage with a running clock. The winning team is not allowed to press, play zone, or trap the other team.

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

16. After each basket the opposing team will then inbound the ball anywhere 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 shots and possession of the ball. This includes players on the bench. The use of inappropriate language will not be tolerated. *(Revised 11/19/19 at AD Meeting)*

21. Coaches/Athletic Directors are given the authority to sit a player that is acting unsportsmanlike, has missed several practices without a legitimate excuse, or for poor grades.

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. There is no minimum play rule in NCSAA competitive sports.

25. It is the responsibility of all teams to either have:

A.) Reversible game jerseys with numbers

B.) Pinnies of a different color with them at all times

o The away team must wear pinnies in the event that both teams have identical game jerseys or the officials deem it necessary. Failure to have pinnies or reversible jerseys may result in a forfeit loss.

o Games will NOT be delayed/postponed/rescheduled due to not having pinnies

26. Forfeits will go down as 35-0.

27. Technical Fouls will be 2 Free Throws. *(Revised 11/19/19 at Basketball AD & Coaches Meeting)*