

PSAA Basketball Rules 2019/2020 PLAYING RULES



General League Rules

- a. League age will be determined by the player's age as of this past August 1st.
- b. No one other than two (2) coaches and players will be allowed on the team bench during the game.
- c. Each team will provide an adult as the team official scorer. The official scorers for each team will sit at the scorer's table during the game. The official scorer for the game will be the scorer of the home team.
- d. All coaches and players are expected to show good sportsmanship at all times. Anyone not following this rule will be subject to suspension for the remainder of the season. This is at the sole discretion of the League Commissioner.
- e. Any coach or player ejected from a game will be automatically suspended for the next game. This regulation applies to both regular season and tournament games. Any coach or player ejected from two (2) games is subject to suspension for the remainder of the season at the discretion of the League Commissioner.
- f. No protest of a rule will be considered until there is a stoppage of play or the protesting coach has called a time out. The protesting coach must present to the officials and the opposing coach a copy of the rule in question. If the head official agrees with the validity of the protest, then a time out will not be charged (if taken).
- g. If a coach does not discontinue violating a rule brought to his/her attention then a protest will be allowed. Any obvious flagrant violation of the rules will be considered unsportsmanlike conduct and the coach will be subject to suspension. The protesting coach must call in the protest to the League Commissioner within 24 hours of the game as well as requesting a notation be placed in the official score book by the head official.
- h. Judgment calls by the officials are not subject to protest.

Game Rules

Official Basketball Rules as published by the National Federation of State High School Associations will be used with the following exceptions:

A. Games will be divided into four (4) quarters. The length of each period will be:

7/8 -- Four 6-minute periods

9/10 -- Four 7-minute periods

11/12 -- Four 7-minute periods

B. **Over time periods will be two (2) minutes. Halftime is five (5) minutes.** If cheerleaders perform at halftime, all players will remain off the court until they are done, then the five (5) minutes will be allotted.

C. **Time-outs will be allocated as follows:**

First half – 2 ; Second half - 3 ; OT - 1 & Time-outs cannot be carried over.

D. **7/8 only** - The clock will not stop for lane violations, traveling, back court violations, and the like, until the final two (2) minutes of the last period and any overtime periods, in which case the clock will stop as stated in the National Federation of State High School Associations. **The clock will stop for all foul calls, foul shots, and substitutions.**

9/10 and 11/12 only - The clock will stop for foul shots, lane violations, traveling, back court violations, and the like, as stated in the National Federation of State High School Associations.

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E. Any team not having at least five (5) eligible players at the start of the game shall forfeit the game.

F. Playing Times Guidelines are as follows:

- Every eligible player dressed must play at least one (1) full un-interrupted period in the first half.
- Unlimited substitutions will be allowed in the second half.
- All players are required to play in the second half.
- Players in the 7/8 league must also play one (1) full un-interrupted period in the second half.
- Every eligible player dressed must sit out one (1) full un-interrupted period. In the case of a player that is substituted for an injured player, this rule can be waived, but it is the spirit of the rule to have the injured player return as soon as possible, and for the substituted player to return to the bench to finish sitting out his full period.
- Any team violating the substitution rule will be forced to forfeit the game upon completion.
- In the case where there are not at least 7 players on one team, the substitution rule is modified for that game for both teams. In the case where one or both teams have 6 players, all players must sit at least 4 consecutive minutes (which can be from quarter to quarter if needed, (IE 3 minutes at the end of the 2nd quarter and 1 minute at the beginning of the 3rd quarter) at some point in the game. In the case where one or both teams have 5 players, substitution rules are not in effect for either team.

Regardless, all players present at the start of the game must play one uninterrupted period as stated above. This rule is enforced based on the player counts at the beginning of the game. If the player counts change after the start of the game the substitution rule **is still "modified"**. You cannot reverse the decision made at the start of the game to modify the substitution rule because a player shows up after the game has started. The only exception to this rule is if an injury occurs after game has started.

G. Basketball size:

6U --- 27" ; 7/8 --- 28.5" ; 9/10 --- 28.5" ; 11/12 --- 29.5"

H. Foul Line Distance:

**7/8 -- 10 feet
9/10 -- 12.5 feet
11/12 -- 15 feet**

I. Lane Violation:

**7/8 --- 5 seconds
9/10 --- 5 seconds
11/12 --- 3 seconds**

J. No standing five (5) second count in the 7/8 league except on out of bounds play.

K. Defense:

7/8 Man-to-Man is mandatory for the entire game.

9/10 Man-to-Man is mandatory for the entire first half.

Once we reach the halfway point of the season, zone defenses will be allowed in the second half and any OT periods of games. A date will be communicated once the schedule has been created.

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- When playing Man-to-Man, a team is not allowed to have more than one player purposely covering one player and purposely leaving another player unguarded. A player is considered to be guarding an offensive player if he/she is within 1-2 arms length of the player. Double-teaming is allowed in a Man-to-Man defense when an offensive player has the ball in the lane. If an offensive player is outside the 3-point line then the defensive player may leave him/her uncovered and double-team. No traps are allowed outside the 3 point line.
- Any violation of this rule will be the judgment of the official.
- Initial violation of this rule will result in a team warning.
- Subsequent violation will result in a personal foul charged against the player committing the violation.
- If the rule is being abused then the official can call a technical foul on the Head Coach that results in two (2) foul shots and change of possession.

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L. Back Court Guarding:

7/8 Guarding in the backcourt is only allowed during the last two (2) minutes of the last period and any overtime period. Guarding in the backcourt can only be done in a man-to-man fashion (no full-court zones or traps). An attempt to guard in the backcourt will result in a team warning for the first violation. After that, a personal foul is charged against the player committing the violation.

9/10 Guarding in the backcourt is only allowed during the last two (2) minutes of the last period and any overtime period. Guarding in the backcourt can only be done in a man-to-man fashion until we reach the halfway point of the season when zones (including full-court zones) will be allowed. An attempt to guard in the backcourt will result in a team warning for the first violation. After that, a personal foul is charged against the player committing the violation.

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M. Stealing:

7/8 Stealing off the dribble is allowed only during designated periods of the game. Stealing will only be allowed in the last 2 minutes of the 4th quarter and any overtime period

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11/12 Official High School Basketball Rules

N. A "Mercy Rule" will go into effect when a team's lead increases to a margin of 20 or more points in the fourth quarter. The "Mercy Rule" means that the game clock will be a continuous running clock for the remainder of the game. If the losing team reduces the margin to less than 20 points, the clock will resume as a regulation clock until the end of the game or the winning team's margin increases back to 20 or more points.

Coach Eligibility & Decorum:

Each team is required to an official coach that is at least 21 years of age; while it is permissible to have a teenager in the U17 age group to provide coaching instruction, they must remain seated at all times unless they are 21. Anyone who sits on the bench in any official capacity must sign a Coaches Code of Conduct form.