



## High School Hoops - League Rules

**Sportsmanship:** Everyone must use good sportsmanship and conduct themselves in a professional and respectful manner at all times.

- This includes all coaches, players, parents, and fans. **Parent Managers** are responsible for the behavior of everyone associated with their team.
- We have a **zero tolerance** policy and will not tolerate bad sportsmanship from anyone.
- **Consequences** will include technical fouls, ejections, suspensions, removal from the league and any means necessary.

**Eligibility:** This league is for students in grades 9-12 who are **NOT** playing for their high school. Players may **NOT** play for more than one team in the same grade/division or play lower than their grade. All players must be on the roster, which is locked on the due date. If eligibility is questioned, the player must produce a valid picture ID or not play.

**Jerseys:** All players must wear the reversible jerseys provided by JC Parks. Teams listed as home will wear light side out. Teams listed as away will wear dark side out.

**Game Time:** Game time is forfeit time. Please make sure your team is available 15 minutes prior to start time. Teams may begin play with four players.

**Volunteers:** Each team will supply one volunteer for each game to keep the game clock OR scoresheet.

**Basket Height:** 10 feet for all grades.

**Basketballs:** Warm-up and game basketballs are the responsibility of each team.

**Basketball Sizes:**

- **Women's ball (28.5)** will be used for all girls.
- **Men's ball (29.5)** will be used for all boys.

**Length of Game:**

- ALL games will be **four 8-minute quarters** with a five-minute half-time.
- **A running clock shall be used, except for the last two minutes of the game if the point differential is 20 points or less.**
- **Otherwise, the clock will stop only if:** a timeout is called, an injury occurs, or disciplinary action is taken by an official towards anyone.

**Timeouts:** Each team gets two 1-minute timeouts per half during regulation play. Time outs do not carry over.

**Overtime:**

- All overtime periods will be two minutes **without** a running clock.
- One 30-second timeout for each overtime period. Time outs do not carry over.

**3's:** Three-point baskets will count for all grades.

**Defense:** Man-to-man or zone defense will be allowed for all grades.

**Full Court Press:** All full court press violations will result in a warning.

- If a team has a **15-point** lead or more, they cannot full court press.

**Lane Violations:**

- Three seconds in the lane is enforced.

**Fouls & Free Throws:** **JC Parks has adopted the official rules of NFHS & MSHSAA established in 2023-24. Players will shoot 2 free throws beginning with the 5<sup>th</sup> team foul in each quarter. Team fouls will reset to zero at the start of each quarter except overtime.**

**Shoes/Jewelry:** Street shoes, jewelry, ear rings, etc. are not allowed.

**Dunking:** Dunking is allowed, but excessive hanging on the rim will result in a technical foul.

**All Other Rules:** If not stated above, MSHSAA rules will govern play.