



PLAY.
PERFORM.
COMPETE.
TOGETHER.

EDUCATION-BASED BASKETBALL



2026 – 20207 Points of Emphasis & Standards of Play

Guidance for coaches, players, and officials on uniforms, timing, sportsmanship, physical play, legal movement, and equipment under NFHS rules.

NFHS RULES COMPLIANCE • INTERSCHOLASTIC ATHLETICS – HIGHSCHOOL SPORTS IS AN EXTENSION OF THE ACADEMIC EXPERIENCE



OVERVIEW

Seven Areas of Emphasis

01

Uniforms

Compliance, home/away color standards

02

Timing Corrections & Officials' Counts

Accuracy, communication with the table

03

Bench Decorum & Sportsmanship

Professional conduct and role modeling

04

Physical Play & Illegal Contact

Distinguishing legal from illegal defense

05

Traveling & Continuous Motion

Footwork, pivots, and legal movement

06

Player Equipment — Mouth Protectors

Custom-fit, protective-only design

07

Authenticating Mark

Approved-ball certification standards



SECTION 01

Uniforms

HOME / AWAY

Jersey Color Standard

HOME

White Jerseys

Supports proper game administration

VISITOR

Dark Jerseys

Accuracy for officials, scorers, spectators

Worn as Intended

Uniforms must be worn as intended by rule at all times, reinforcing school identity, team unity, and respect for the game.

Jerseys Must Stay Tucked

Jerseys designed to be tucked in must remain properly tucked, both front and back, throughout play.

Correction Required

Players out of compliance are directed to leave the game until corrected, per Rule 3-3-4.

Proactive Coaching

Coaches are expected to address uniform compliance proactively before competition to prevent avoidable interruptions.



SECTION 02

Timing Corrections & Officials' Counts

Accurate timing is essential to game integrity and competitive balance. Officials and table personnel share responsibility for managing timing throughout the contest.

1

Visible & Silent Counts

When timing mistakes or equipment issues occur, officials may use visible or silent counts to maintain fairness and consistency.

2

Not Just Rule-Mandated Situations

Counts extend beyond backcourt, closely guarded, or three-second situations — they also address timing mistakes and administrative issues affecting play.

3

Table Communication

Strong, ongoing communication between officials and the scorer's table is essential to resolving timing issues correctly.



SECTION 03

Bench Decorum, Sportsmanship & Conduct

Sportsmanship is a core expectation of education-based basketball. Behavior on the court and in the stands should reflect the same respect, integrity, and responsibility expected in the classroom.

ROLE MODELS ON THE BENCH

The head coach is responsible for all bench personnel and communication with officials. Assistant coaches must remain composed and supportive in a professional manner.

Coaches' behavior on the bench directly influences the tone and educational value of the contest.

BEHAVIORS THAT UNDERMINE THE GAME

- **Unsporting Behavior**

Excessive reactions and prolonged dissent toward officials or opponents.

- **Inappropriate Comments**

Remarks that fall outside the standards of professional, education-based conduct.

- **Taunting**

Actions or remarks intended to embarrass, ridicule, or demean an opponent — addressed promptly and consistently per NFHS rules.

Positive sportsmanship enhances the experience for all participants while reinforcing NFHS values.



SECTION 04

Physical Play & Illegal Contact

Basketball remains a physical game; however, unnecessary or illegal contact that creates disadvantage or safety concerns is not consistent with NFHS rules or education-based athletics.

ILLEGAL CONTACT TO WATCH FOR

- Hand checking
- Displacement of an opponent
- Push-offs using the controlling arm
- Actions restricting freedom of movement or violating legal guarding principles

POST PLAY — SPECIAL ATTENTION

- Illegal use of two hands on the back
- Forearm displacement
- Dislodging a legally positioned opponent

Consistent enforcement supports fairness, safety, and proper game flow.



SECTION 05

Traveling, Continuous Motion & Legal Movement

Proper enforcement of traveling and continuous motion rules is increasingly important as offensive play evolves. Officials need strong footwork and pivot-rule knowledge to judge plays fairly.

LEGAL MOVES

Euro-steps, spin moves, and jump stops are legal when executed within the limits of establishing and maintaining a pivot foot.

TRAVELING VIOLATIONS

Dragging a pivot foot, taking extra steps, or failing to properly maintain a pivot foot when ending a dribble.

CONTINUOUS MOTION

If fouled after starting a try or tap for a field goal, the player may complete the customary arm movement. If pivoting or stepping when fouled, the player may complete the usual foot or body movement while holding the ball. Continuous motion ends when the ball is clearly in flight.



SECTION 06

Player Equipment

TOOTH & MOUTH PROTECTORS

Custom-Fitted Required

Protectors must be custom-fitted or molded and properly designed and worn as intended for protective purposes.

No Extra Attachments

Protectors must not include attachments or features unrelated to protection.

Decorative Additions Prohibited

Non-protective additions are prohibited due to safety concerns for both the wearer and other participants.

Proper equipment compliance is essential to maintaining a safe and fair competitive environment.



AUTHENTICATING MARK

Section 07

Identifies approved inflated and non-inflated game balls (and pucks where applicable) used in interscholastic competition under NFHS playing rules.

- All game balls must display this mark to ensure conformity with established standards.
- Administrators, coaches, and officials share responsibility for compliance.
- Non-conforming equipment must be reported to the state association following the contest.
- Coaches reinforce requirements during pre-game certification; officials stay vigilant throughout.



SHARED RESPONSIBILITY

Consistency protects the integrity of the game.

Coaches, players, and officials each play a role in upholding uniform standards, timing accuracy, sportsmanship, safe physical play, correct rule enforcement, and equipment compliance — the foundation of education-based basketball.