

# SI BBALL High School League Rules

## 1. Before the Game:

- a. Teams will be provided at least a three minute warm-up prior to the game. However, this period may be shortened if needed, to allow the game to start on time. Games times will not be postponed to allow for warm-ups, unless authorized by the League Director.
- b. All coaches must provide their own basketballs for warm-ups. The League will provide a game ball.
- c. Players are not allowed to grab or hang on the rims at any time, even during games. Dunking is permitted during games, provided that the player does not hang on to, or intentionally damage the rims or backboard. Technical fouls may be assessed by game officials for any violations.

## 2. Scoring:

- a. A Score/Time-keeper will be assigned for all games. They will keep track of score, time, player and team fouls, and time-outs, as well as game statistics. Score/Time-Keepers do not have the authority to make exceptions to any Rules; please do not ask them to do so.
- b. Please refrain from speaking to Score/Time-Keepers during live portions of the game. They will be focused on making sure scoring, timing and fouls are accurate, and cannot be distracted. If you have any questions about, a copy of these rules will be available at all score-tables. You may ask Score/Time-keepers or Referees about rules during time-outs, during half-time, or prior to the game, if they are available.
- c. Team book-keepers are not required, but each team may have a scorebook-keeper at the scorer's table if they desire.

## 3. Disputes:

- a. The Referees will determine all teams, players and coach's compliance with all rules. The Referees are in charge of the game; their decisions are final and there are no protests, except for legitimate disputes regarding alleged errors with respect to foul count, game clock or score, which will be determined by the Referee in consultation with the Score/Time-Keeper for the game, and if necessary, the League director. Only the League Director may overturn their determination of any dispute.
- b. The records of the League Score/Time-Keeper, will assist the Referees in determining any issue. If one team scorebook is being used, that may be used to assist a Score/Time-Keeper and the Referees to make a determination of any dispute. If two scorebooks are being used, either can be used to assist a Score/Time-Keeper and the Referees to make a determination of any dispute, but the Score/Time-Keeper and the Referees are not required to use either, or both.
- c. Any disputes about time, score, fouls or any other issue must be addressed at the moment they occur, or immediately thereafter. No disputes over score, fouls or time will be permitted to be addressed later in the game, or after the game has concluded. If any coach has a dispute, they may use a time-out to address it with the Score/Time-Keeper and/or the Referees. If the issue is determined to be an error by the Score/Time-Keeper, or the

Referees, the time-out will not be charged against the coach who called it.

- d. If for any reason a Score/Time-Keeper is not present, a volunteer may be used. A volunteer scorekeeper/clock operator must refrain from cheering for their team while acting as a Score/Time Keeper.

#### **4. Clock:**

- a. Games will have two (2) 20-minute halves. There will be a 2-minute half-time. The games will be running clock until three minutes remain in each half., at which point it will be a stop-clock on all whistles.  
Each team has three (3) time-outs per game.
- b. All time-outs will be 45 seconds in length. Players may step off the court during all time-outs.
- c. There will be no shot-clock in any division.
- d. In all divisions, there will be a “Mercy Rule” running clock if one team is ahead by more than 20 points, even in the last four minutes of the game. If the lead is reduced below 15 points (or 10 points or below in the last two minutes), a stop-clock will resume.
- e. Overtime: In the event regulation time ends and the score is tied, there will be an overtime period. The first overtime will be 3 minutes in length, and will be running clock until the last minute, which shall be stop-clock. Each coach will be given one extra time-out. No other time-outs from regulation will be carried over. The second over-time will be 2 minutes in length, and will be running clock until the last minute, which shall be stop-clock. Each additional overtime will be 1 minute stop time with no timeouts, even if you have not used your timeout from a previous overtime period. Fouls and bonus standings shall continue into all overtime periods. Overtime starts with a jump ball. After two Overtimes, teams will go into sudden death, where the a jump ball will be administered, and the first team to score will be declared the winner.

#### **5. Fouls:**

- a. Bonus free throws (one-and-one) will be shot on the 7th team foul of each half. Double bonus free throws will be shot on the 10th team foul.
- b. If your game is behind schedule, meaning it has extended beyond one-hour from its start time, the League Director may institute a “Two Point Free Throw Rule”, in his sole discretion. This means that in any bonus free throw situation, one free throw will be attempted. If the basket is scored, it will count as two points (as if both free throws were scored), and the opposing team will take the ball out on a stopped clock. If the basket is missed, it will be a live ball (as if the second free throw was missed).
- c. Foul shots may be played upon the release of the ball for players in the free throw lane. For the shooter and players outside the lane, they may be played when the ball hits the rim.
- d. Each player is allowed five (5) personal fouls. After the fifth foul, the player is disqualified from the remainder of the game. After fouling out, a player may not reenter the game.

- e. All technical fouls result in (2) free throws to the opposing team, and they will regain possession of the ball, regardless of the outcome of the free throws.
- f. After two technical fouls are assessed against any player or coach in one game, they are automatically ejected from the game, and must leave the gym. If any player or coach is assessed three technical fouls between 2 consecutive games, they will be disqualified from the game where the third technical foul was assessed, and the next following game. Any future technical fouls will be grounds for expulsion from the League.
- g. Flagrant fouls are assessed as technical fouls, against the offending player. Therefore, two flagrant fouls, two technical fouls, or one technical foul and one flagrant foul, will be grounds for ejection from the game.

**6. Uniforms and Equipment:**

- a. Each team must wear matching uniforms/jerseys that are of the same color and must have different player numbers on either the front or the back. Any player who does not have a matching jersey will be assessed a technical foul. No team may have two or more players with the same jersey number. The League Director, in his sole discretion, shall have the right to exclude any player that attempts to wear a jersey that is of a different color than his/her team, and which is too similar in color to the jersey of the opposing team.
- b. Players are not allowed to wear any jewelry, watches, bracelets, necklaces, earrings, etc., during a game. Tape or band-aids over earrings and other jewelry is not allowed.
- c. Player mouth guards may be worn, but are not mandatory.
- d. Players may wear arm sleeves, knee pads, compression undergarments, provided that none have stiff or hard edges, or can be dangerous to other players in the sole discretion of the Referees and/or the League Director.
- e. If league basketballs are not available, the Referees will choose the best of any available basketballs belonging to the coaches to serve as the game ball.
- f. Each coach is encouraged to have their own medical equipment available, including ice packs, bandages, band aids, etc.

**7. Press Rules:**

- a. Full Court pressing is permitted.
- b. Players are not allowed to press over half court while the Mercy Rule is in effect (meaning that team has a score lead of more than 20 points). The Referees will provide a warning on the first infraction. Further infractions will result in a technical foul against the Coach.

**8. Playoffs, Championship and Tie-Breaking Procedure**

- a. Every team will play 6 league games, and at least one playoff game.
- b. In playoffs, all rules remain the same.
- c. The 1st and 2nd seed will have a first round bye in quarterfinals.
- d. In semifinals, the 1st seed will play the winner of a game between the 4th seed and 5th seed teams. The 2nd seed will play the winner of the 3rd seed and 6th seed game.
- e. The winner of those two games, will face off in a championship game.
- f. In the case of any ties as far seeding, they will be decided as follows, and in the following order:
  - i. The team with the best winning:losing record (standings)

- ii. If two teams are tied in record, the winner will be chosen by head-to-head competition results.
- iii. If a tie remains because head-to-head competition results do not produce a winner, the team with the most points scored, over the amount of points allowed, will be the winner (point differential).
- iv. In the unlikely event that the point differential results in a tie, the winner will be the team with the most points scored over all.

## 9. Gyms

- a. We are guests in the facility where our games will be played. All players, teams, coaches and attendees must show proper respect for the courts and facilities. Any person who fails to abide by this rule may be removed from the facility, and no refund for admission will be given.
- b. Any rules posted by the facility with respect to food and drinks inside the gyms must be followed.
- c. Each coach is responsible to make sure their teams cleans their own bench area after each game, specifically including empty drink bottles, and cleaning up any spills.

## 10. Sportsmanlike Conduct

- a. All players, coaches, and spectators are expected to show respect toward the Referees, players, other spectators, and League staff. Verbal and/or physical abuse, including profanity, taunting or harassment will not be tolerated.
- b. The League has a zero-tolerance policy for unsportsmanlike conduct, fighting and acts of violence. Any player or coach committing any of the above, may be removed from the facility, and disqualified from a game, or for the remainder of the league at the discretion of the League Director. Any spectator committing any of the above, may be removed from the facility.
- c. Inappropriate behavior will not be tolerated. Referees may end a game by forfeit, dual forfeit, or by a tie, at their discretion if they deem an uncontrollable or threatening situation to be developing.
- d. Coaches shall be held responsible for the actions of their players at all times, both on court and between games, and are expected to promote good sportsmanship, whether they win or lose.

### **General Rules:**

- a. After tip-off to begin the game, all “jump balls” will be decided by the alternate possession rule.
- b. If a team has less than five eligible players after a foul-out or injury, there are three options:
  - i. The team may forfeit the game.
  - ii. The team may play with four players, without penalty.
  - iii. The last player to foul out may continue to play, however, the opposing team will be awarded free throws and possession, as if a technical foul has occurred. Further, each time that the fouled-out player commits a foul of any kind will be considered

a Technical Foul, in which case the opposing team will take two free throws, and will regain possession regardless of the outcome of the free throws.

A team may not play with less than four players. A team may start a game with four players, without penalty.

- c. If any team is not prepared to start their game within 5 minutes of its scheduled start time, the game will be considered a forfeit, and a victory for the non-forfeiting team. In the sole discretion of the League Director, and as time permits, if a team arrives or is prepared to play after a forfeit has been declared, the teams may play an unofficial game, with time periods as permitted by the League Director, for recreation. All other rules will apply, however, the period will be considered one-half of a game for the purposes of bonus/double bonus, and time-outs. The outcome of the game will not affect the victory of the non-forfeiting team.
- d. If a team has only one coach, and that coach is ejected for any reason, the game will be deemed a forfeit. No team may play without a coach on the bench.
- e. Any team that walks off the court during a game, or not playing a scheduled game, will forfeit that game.
- f. Any forfeited game shall be recorded as a 10-0 win for the non-forfeiting team, for the purposes of point differential.
- g. Each player may only play on one team.
- h. Each time is limited to one head coach, and one assistant coach on the bench. Assistant coaches may not stand, or loudly instruct players during live ball play.
- i. Any player who suffers any injury or collision to the head, must be removed from the game for at least one live ball sequence, and must be evaluated by their coach to determine whether they are able to continue playing.
- j. Each coach has the responsibility to review the League Rules, and be aware of its implication on their team, players and game. Participation in the League is subject to these rules, and participation shall be deemed consent and acceptance of these rules.

WE HOPE THAT YOU ENJOY THE LEAGUE!

