

Basic Basketball Rules (Updated September 2014)
Calaveras County Jr. High and Elementary Boys and Girls

National Federation of High School basketball rules are the standard. Exceptions to NFHS and also rules of particular interest are noted and clarified below.

Equipment- Boys in 6th grade and older will use the full size 29.5 inch ball. 5th grade boys and all girls divisions will use the 28.5 inch ball. Some schools have obtained player jerseys not in technical conformance with NFHS rules for using only numerals 1 through 5. These jerseys are allowed.

Game Duration- Grades 5-7 league games will utilize 7-minute quarters, 7-minute halftimes and 3-minute quarter breaks. Tournament rules may vary due to time constraints. Variations must be agreed to by the head referee and communicated to both coaches. 8th grade games utilize 8 minute quarters.

Official Book- The home team is responsible for providing a scorekeeper and scorebook to record points, fouls and timeouts for both teams. (Note: Although the official scorekeeper is usually a parent of a player for the home team, they may not be biased or overtly cheering for the home team during the course of the game.)

3-Second Rule- An offensive player may not stay in the key for more than 3 seconds while his team has possession of the ball. The count restarts after every shot taken. Allowances shall be made for a player who, having been in the key for less than 3 seconds, dribbles in or moves immediately to try for a goal.

5- Seconds to Inbound the Ball- A player has 5 seconds to inbound the ball on throw-ins. The 5-second count stops when the ball is released. (Also note- The game clock is restarted when the ball is touched inbounds.)

Throw-in- During a throw-in, the thrower must maintain one foot within a 3-foot horizontal space parallel to the court. He may, however, move back perpendicular to the court as far as desired. After a made basket, the thrower may also move the entire baseline. (Note: In gyms with very limited space behind the baseline or sideline, the referee may require the throw-in defender to step back a foot or so.)

10-second Rule- When a ball is inbounded in the backcourt, an offensive team has 10 seconds to get the ball across the midcourt line to establish frontcourt possession. This applies to both boys and girls at this level as no shot clock is utilized. The 10-second count stops when the ball is touched in the frontcourt. (Note- When girls play at the high school level and a shot clock is used, this rule no longer applies to them.)

Establishing Frontcourt Status- The offensive team has established frontcourt possession when both feet and the ball have crossed the midcourt line entirely and touched the frontcourt floor.

Backcourt- Once the offensive team has established frontcourt possession, they may not touch the midcourt line while in possession of the ball and may not be the first to touch the ball if it crosses over the line, unless it is hit back and last touched by a defensive player. On a throw-in, frontcourt status has not been established and the ball can be caught anywhere on the court.

No Press Rules-

-5th Grade: No press until last 2 minutes of the game and <15 point lead

-6th Grade: No press until 4th quarter and <15 point lead

-7th and 8th Grades: No press with >20 point lead

“No press” means that once the defensive team has secured possession of the ball (therefore becoming the offensive team), the team that has then become the defensive team must not apply any defensive pressure until the ball has moved across the mid-court line to the front court. Defensive pressure includes attempting to steal or disrupt a pass or impede the dribble of the offensive team. The first violation of the “no press” rule shall be treated as a delay of game violation; subsequent violations will result in technical fouls.

Time Outs- Live Play: Time outs may be called by a player on the court or by the head coach of the team that is in control of the ball. During loose ball situation no team has control of the ball, so no team may call time out. Dead Ball or immediately after a made basket: Either team may request time out. (Note: The team having just made the basket must request the timeout before the ball has been picked up by the other team for the throw-in. Each team is allowed 2 timeouts at 30 seconds and 3 timeouts at 60 seconds during the course of the game.

Technical Fouls- Each direct technical foul on a coach or player results in the opposing team being awarded 2 free throws and the ball at the midcourt line. A direct technical foul on a player counts towards that players 5 fouls and the team foul count. A player or coach receiving their 2nd technical foul is disqualified from that game and the following game. The school Athletic Director should be notified of any disqualifications. Examples of technical fouls include 2 delays of game, unsporting conduct, use of profanity, fighting and intentionally leaving the court in order to gain advantage upon reentering the court.

Free Throws- The lowest lane space is eliminated and all players shift up one pace.

New rule for 2014 regarding Free Throws- Players in marked lane spaces may move into the lane when the ball is released by the free throw shooter. The shooter and players not lined up in marked lane spaces must wait until the ball touches the rim before entering the lane.

Delay of Game- There are six things that cause delay of game. The first delay results in a warning. The second delay results in a technical foul assessed to the bench, which is also a technical foul assessed to the head coach.

- 1) Water on the floor after 30-second timeout is over.
- 2) Defensive player “breaks the plane” of the out-of-bounds line during throw-in.
- 3) Team fails to get out of the huddle after 30-second, 60-second or quarter horns.
- 4) Team fails to line up for free throws in a timely manner.
- 5) Offensive player handles ball after it goes through the hoop after made basket.
- 6) Violations of the “no press” rule.

Intentional Fouls- Intentional fouls result in the offended players shooting two free throws and the offended team receiving the ball at the point of interruption. Intentional fouls do not have to actually be “intentional”. They may also be called when there is excessive contact, a foul that occurs when the offending player does not make a play for the ball, or any “non-basketball” contact or holding another players jersey.

Player Control/Team Control Fouls- No free throws are awarded to the offended team. In this case a foul is committed by an offensive player with or without the ball. The foul is reported as usual and the offended team is awarded the ball at the point of interruption.

Rough Play: Post Play- The key word is displacement. If a player is displaced, it is a foul. Offensive players creating space by “backing down” a defender, or a defensive player moving an offensive player off his spot on the floor are examples of rough play fouls. These are considered fouls and should be called.

Rough Play: Hand Checking- Defenders are not allowed to have hands on the dribbler or offensive players away from the ball. Defenders are not allowed to undercut, slap, push, hold, elbow or forearm the offensive player. An offensive player who uses his hands or body to create a more favorable position has committed a foul. Examples include continuously placing a hand on the opposing player, placing both hands on an opposing player and/or continuous jabs of a hand or forearm on an opponent. These are considered fouls and should be called.

Rough Play: Loose Balls- Incidental contact does allow for contact when players are in equally favorable positions. However, a loose ball situation is not consent for an opponent to “jump on” an opponent to create a held ball. Likewise, just because a player is “going for the ball” does not give him permission to “take out” an opponent who is in a more advantageous position. Contact fouls that occur while players are the same as when the players are on their feet. These are considered fouls and should be called.

Screens: Position- A legal screener must be stationary prior to contact with feet no more than shoulder width apart and hands and arms close to the body. When these two conditions are not met, and when there is sufficient contact delivered by the screener to bump, slow or displace the offensive player, it is a foul on the screener and should be called.

Screens: “Blind Screens”: When screening a stationary player from behind (outside the visual field) the screener must allow the opponent one normal step backward without contact. When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact by stopping or changing direction. Failure to follow these requirements is a foul and should be called.

Note to coaches, players and officials: While these rules cannot always prevent injuries from occurring, when they are understood and applied by all they can minimize the risk of injury and ensure a fair game.

