



High School

BASKETBALL RULES

GOAL: The goal of the High School basketball program is to provide a positive and fun learning experience for all participants. Emphasis is placed on learning the fundamental skills, basic rules of the game, and good sportsmanship while stressing equal participation for all.

1. Basket Height = 10 ft.
2. Ball Size = 28.5 Girls, 29.5 Boys
3. Number of Players: 5 players
4. Length of Game: A game will consist of four, 8-minute quarters with a running clock. There will be a one minute break between quarters and a five minute break at half time.
5. Start of Game Possession: Jump ball at mid court.
6. Substitutions: At the 4 minute mark of each quarter, there will be an automatic substitution. We recommend using a rotations to ensure all players receive equal playing time.
7. Timeouts: Coaches get one 30-second timeout per half. Timeouts do not roll over.
8. Defense
 - a. Players can steal the ball off the dribble.
 - b. Defense can intercept passes.
 - c. Player to player defense full court and half court.
 - d. If a team is ahead by 10 points or more they cannot play full court defense.
 - e. Double teaming is allowed.
 - f. No zone defense.
9. 5 seconds closely guarded: When the offensive player is holding or dribbling the ball.
10. Backcourt: 10 seconds.
11. Fouls: Shooting fouls will result in free throws. The clock will stop. All other fouls the clock will remain running.

12. Free Throws: Will be taken at 15'. Players have 10 seconds to shoot.
13. Number of players permitted on free-throw lane:
 - a. Offense may have 3 players on the lane, including the shooter.
 - b. Defense may have 4 players on the lane.
14. Scoring: Score will be kept. We will need volunteers on game days to assist with the score board.
15. Overtime: There will be no overtimes.
16. Officiating
 - a. College volunteers, adult volunteers and Lewiston Recreation Staff will officiate games. If we are low on helpers, coaches may be asked to help officiate.
 - b. Not all fouls or infractions may be called. Please remember the referees are not sanctioned officials and need to be treated with respect. All concerns should be address to Alyssa Davis, Deputy Recreation Director.
 - c. Individual and team fouls will be recorded.
 - i. Players are allowed five individual fouls
 - ii. At seven team fouls the opposing team will shoot one-one foul shots.
 - iii. At ten team fouls the opposing team will shoot two foul shots.
17. Spectators: All spectators are required to sit upstairs. All spectators, coaches, and players are not allowed on the stage, including the stairs.

CONTACT INFORMATION

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