

All games will follow National Federation of High School (NFHS) Rules with the following exceptions for each division.

| Age Group/Division | Developmental | | Elementary | | Middle School House | | High School House | |
|-------------------------|--|--|--|---|--|---------------------------------------|---|---|
| Description | 2 nd Grade | 3 rd Grade | House | Select | 6 th Boys & MS Girls | 7 th /8 th Boys | 9 th /10 th Boys | 11 th /12 th Boys |
| Rim Height | 8'6" | 9' | 9'6" | 10" | 10' | 10' | 10' | 10' |
| Free Throw Line | N/A | 12' Relaxed* | 14' Relaxed* | Relaxed* | Standard | Standard | Standard | Standard |
| Ball Size | 27.5" | 28.5" | 28.5" | 28.5" | 28.5" | 29.5" | 29.5" | 29.5" |
| Quarter Length | 10 minute running | 6 minute quarters | 6 minute quarters | 6 minute quarters | 6 th Boys: 6 min MS Girls: 7 min | 7 minute quarters | 7 minute quarters | 8 Minute quarters |
| Defense | Man to Man Only - See Note 1 | | | No Restrictions | | | | |
| Steals | No Steals | No steals – see Note 2 | | No Restrictions | | | | |
| Double Teaming | No Double Team at all | No double teaming except when dribbler is in lane | | No Restrictions | | | | |
| Full Court Press | Never Allowed | | Allowed only in the 4th quarter except if ahead by 10+ | Select and Middle School House: Allowed anytime except if a team is ahead by 10 or more points | | | High School House: Allowed anytime except if a team is ahead by 15+ points | |
| Inbounds Pass | Inbounds at half court - See Note #3 | | | No changes to NFHS Rules | | | | |
| Isolation Plays | Isolation Plays are never permitted in any age group (See note 4 for definition of Isolation Play) | | | | | | | |
| Quarter/Half Break | 1:00 minute break at end of first and third quarter. 3:00 Halftime break for all age groups | | | | | | | |
| Timeouts | 3 full timeouts (60 second timeouts) per game for all age groups | | | | | | | |
| Substitutions | At quarter and half only | At the quarter break, and at a dead ball closest to 3:00 of each quarter | | NFHS Rules | | | | |
| Substitution Exceptions | As needed for injury | As needed for injured player, player who fouled out or has excessive fouls | | NFHS Rules | | | | |
| Overtime | No overtimes. All games will end after four quarters of play. Games may end in a tie. | | | | | | | |
| Start of game | Game will not start with jump ball. The visiting team will start with possession, and alternating possession rule will remain for subsequent held balls. | | | | | | | |
| Duration of Game | Games must end at the designated end time on the schedule. If necessary, running clock in 4th quarter to keep game on time. | | | | | | | |
| Playing Time Rules | Min: 50% Max: 75% | Min: 50% Max: 75% | Min: 50% Max: 75% | Min: 25% Max: 75% | Min: 50% Max: 75% | Min: 50% Max: 75% | Min: 25% Max: 75% | Min: 25% Max: 75% |

Note 1 - Defensive Restrictions: All defensive players start behind the three-point arc until first pass in front court is made *First free pass only applies to passes made between half court and the foul line extended. Passes made inside the free throw line extended are not restricted*

Note 2 - No reach in steals: When offensive player has possession looking to pass, or, is dribbling, defender cannot reach in and attempt to steal. IF offensive player loses possession...fumbles ball, or, dribbles it off foot, etc. it is considered a loose ball and defender can steal it.

Note 3 - Inbounds pass: All dead ball inbounds plays (not after a made basket) taken at half court; free inbounds except if inbounds pass is made below the foul line. Inbounds must be in front court; no passes into back court.

Note 4 – Isolation Play Definition: Isolation plays defined as a play where all offensive players except the ball handler are sent outside of the three point area during the play.

***Definition of Relaxed Free Throw:** Player must start behind free throw line. Momentum may carry player one step beyond line. Player cannot run in to go after the rebound.

Penalty for rules violations: 1st offense: Warning Issued. Subsequent offenses: Team Technical Foul at Referee's discretion