



High School Hoops - League Rules

Sportsmanship: Everyone must use good sportsmanship and conduct themselves in a professional and respectful manner at all times.

- This includes all coaches, players, parents, and fans. **Parent Managers** are responsible for the behavior of everyone associated with their team.
- We have a **zero tolerance** policy and will not tolerate bad sportsmanship from anyone.
- **Consequences** will include technical fouls, ejections, suspensions, removal from the league and any means necessary.

Eligibility: This league is for students in grades 9-12 who are **NOT** playing for their high school. Players may **NOT** play for more than one team in the same grade/division or play lower than their grade. All players must be on the roster, which is locked on the due date. If eligibility is questioned, the player must produce a valid picture ID or not play.

Jerseys: All players must wear the reversible jerseys provided by JC Parks. Teams listed as home will wear light side out. Teams listed as away will wear dark side out.

Game Time: Game time is forfeit time. Please make sure your team is available 15 minutes prior to start time. Teams may begin play with four players.

Volunteers: Each team will supply one volunteer for each game to keep the game clock OR scoresheet.

Basket Height: 10 feet for all grades.

Basketballs: Warm-up basketballs are the responsibility of each team. JC Parks will supply the game ball.

Basketball Sizes:

- **Women's ball (28.5)** will be used for all girls.
- **Men's ball (29.5)** will be used for all boys.

Length of Game:

- ALL games will be two 20-minute halves with a five-minute half-time.
- **A running clock shall be used, except for the last two minutes of the game if the point differential is 20 points or less.**
- **Otherwise, the clock will stop only if:** a timeout is called, an injury occurs, or disciplinary action is taken by an official towards a player, coach, parent, or fan.

Timeouts: Each team gets two 1-minute timeouts per half during regulation play. Time outs do not carry over.

Overtime:

- All overtime periods will be two minutes **without** a running clock.
- One 30-second timeout for each overtime period. Time outs do not carry over.

3's: Three-point baskets will count for all grades.

Defense: Man-to-man or zone defense will be allowed for all grades.

Full Court Press: All full court press violations will result in a warning.

- If a team has a **15-point** lead or more, they cannot full court press.

Lane Violations:

- Three seconds in the lane is enforced.

Fouls: Players will foul out upon committing their 5th personal foul. 1-and-1 shot on the 7th team foul each half. Two shots on the 10th team foul each half.

Shoes/Jewelry: Street shoes, jewelry, ear rings, etc. are not allowed.

Dunking: Dunking is allowed, but excessive hanging on the rim will result in a technical foul.

All Other Rules: If not stated above, MSHSAA rules will govern play.