

BOYS AND GIRLS BASKETBALL RULES

Parochial Athletic League

Except as designated below, CIF rules will apply.

Sec-1 Equipment

All players must wear tennis shoes during the course of play. No protective casts and/or jewelry (rings, watches, chain necklaces) shall be worn. Varsity teams will use a regulation size basketball. J.V. will use a women's size ball. All girls divisions will use a women's size basketball. All players must wear numbered jerseys.

Sec-2 Starting Time

All five players must be present and ready to play within five minutes of scheduled game time. If a team has less than three eligible players at any time, a forfeit will be declared.

Sec-3 Game Time

Varsity games will consist of two 20 minute halves and Junior Varsity games will consist of two 16 minute halves, running time. Stop time will only be used in the last two minutes of the game. (If a team is leading by 10 or more, stop time will not occur any time during the last 2 minutes of the game.

Sec-4 Time Outs

Each team will be allowed three time-outs per game. Unused time-outs will not carry over into overtime. In overtime, each team will be given 1 timeout.

Sec-5 Scoring

Shots taken in front or on the 3-point arc will be worth 2 points. Shots taken behind the 3-point arc (both feet) are worth 3 points (on all courts with a 3 point arc). All free throws will be worth 1 point. Any player fouled while unsuccessfully attempting a 3-point shot will receive 3 foul shots.

Sec-6 Jump Ball

A jump ball will be used to start the first half and any overtime periods. All other jump ball situations will be determined by the alternate possession rule.

Sec-7 Free Throws

In free throw situations, all players must wait until the ball hits the rim or the backboard before entering. All players not occupying a lane space must stand behind the free throw line extended and cannot pass the line until the ball hits the rim or the backboard. J.V. players will shoot from 12 feet.

Sec-8 Bonus Free Throws

On the seventh team foul of the half, the opposing team is awarded the "one and one". On the tenth team foul of the half, the opposing team will be awarded two shots as the bonus. This bonus situation will carry over into any overtime periods.

Sec-9 Technical or Intentional Fouls

Technical fouls shall be assessed for unsportsmanlike conduct, too many players on the court, delay of game, or extra time outs. All technical fouls will be two shot fouls. All technical fouls will count as a team foul, and if on a player, will count as a personal foul as well. A player or coach receiving two technical fouls in a single game will be ejected from the game

Intentional or flagrant fouls are two shot fouls as well. After an intentional foul, the team fouled will retain possession of the ball. Flagrant fouls (a foul with intent to injure) are grounds for disqualification.

A player will be removed from the game upon receiving his/her fifth personal foul.

Sec-10 Block - Charge

Charge/Block defined: A defensive player has established a legal position by having two feet on the floor and facing his opponent in a neutral stance. A defensive player may raise his hands vertically while on the floor and may jump vertically with arms extended vertically and still be in a legal guarding position. If the shooter initiates the contact by not going up straight, he/she has drawn an offensive foul. In addition, if the dribbler and his defender are moving in parallel paths in the same direction, neither player may encroach on the established path of his opponent and cause contact.

Sec-11 Full Court Press

A team that is 20 points (or more) ahead will not be allowed to press. Keeping that restriction in mind, varsity teams will be allowed to press the entire game. J.V. teams will only be allowed to press during the last two minutes of the game, and at any time during any overtime period.

A warning will be given for the first press violation. The second violation will result in a technical foul being called.

Sec-12 Defensive Restrictions

There will be no restrictions on the type of defense (zone, man to man, etc.) that may be employed.

Sec-13 Overtime

Overtime will only be used in the playoffs. Overtime will consist of three minutes with regulation stop clock the last minute.