

1. It is the coach's obligation to ensure that all players receive equal playing time in all games.
 - a. If a player misses three or more practices then he/she may receive less playing time.
2. A 28.5 size basketball will be used and basket heights will be set at eight feet.
3. Games will consist of four quarters. Each quarter will be eight minutes in length.
4. The game clock will run continuously up until the last minute of the fourth quarter.
 - a. In the last minute of the fourth quarter, the clock will stop for all dead balls, including fouls. A shooting foul called in the last minute of the game will result in two points being awarded to the offense and the ball will be given to the opposing team. If the shot is made and a foul occurs, the same rule is in effect, the offense receives two points and the ball is given to the defense.
5. The clock will stop at the 4:00 mark (or the closest dead ball opportunity) of each quarter to allow coaches to substitute players. At this time, the coaches may come onto the court to help guide the players to the right position. As the season progresses, the coaches will be asked to go onto the court less frequently. Coaches may choose when to substitute players and are not required to substitute players at the 4:00 mark. However, the clock will not stop for substituting at any other point in the game other than the 4:00 mark of each quarter. In addition, coaches may not go onto the court unless it is at the designated substitution period.
6. The clock will also stop for injuries and timeouts.
7. There will not be a jump ball to start the game. Instead, the first possession will be determined by the referee. Alternating possession will then be used to determine jump ball and possession during the remaining quarters.
8. All scores are declared final at the end of regulation. This includes ties.
9. All made field goals are worth two points.
10. Coaches may sit on the bench or stand beyond the baseline but are not allowed on the court while the game is in play. All additional coaches must be seated on the bench.
11. Each team is allowed one timeout per half which will be 60 seconds in length. Unused timeouts do not carry over.
12. All fouls will result in the ball being inbounded by the team that was fouled.

13. Individual and team fouls will not be kept.
14. Players cannot foul out. However, if a player is continuously fouling then the coach must sub that player out and review the rules.
15. Fast breaks are not allowed at any time. The defense must be set before the offense can take the ball inside the three point line.
16. Defensive Rules:
 - a. Teams may play zone or man-to-man defense.
 - b. Defenders must stay inside the three point arc of the basket they are defending.
 - c. Defenders can only steal the ball when it is inside the three point arc they are defending.
 - d. In the last minute of the fourth quarter, defenders may guard the offensive player and may steal the ball after it crosses half court.
17. There will be a 10-second back court violation and three second lane violation, but they will be at the referee's discretion and used loosely.
18. Teams may not stall while on offense. The offense must progress toward the basket and attempt to score in a reasonable time frame. If a referee or park district administrator determines a team is stalling, a warning will be assessed to that team. If it occurs a second time, the offensive team will lose possession of the basketball and the opposing team will receive two points along with the ball.
19. Rolling the ball is not allowed under any circumstance.
20. With the exception of the rules listed above, IESA governing rules will be applied.