

# JFC High School Basketball Rules and Regulations

## Game Format:

- Games will consist of two twenty minute halves. Jump ball to start regulation and OTs.
- The clock will run continuously, but will stop under one minute in the first half for dead balls, and under two minutes in the second half for dead balls and made buckets.
- Games will be played five on five, on a regulation 10 foot rim, with a 29.5 sized ball. Games will run on the courts that run sideways in the gym for freshmen/sophomores and run the full regulation court for juniors/seniors.
- Each team will be allowed two timeouts maximum PER HALF. One extra if OT.
- Defense may press at any point in a game, EXCEPT when leading by 20 points or more. At that point defense must start at half court, until the lead is less than 20.
- \*NEW RULE: Games that are at a 20 point lead or more under 2 minutes will be called early. This is to avoid teams showboating and/or disrespectful basketball.
- Players foul out at five fouls. One and one at seven team fouls, two free throws at 10 fouls.
- Overtime will be two minutes long and the clock will stop on all dead balls/ made buckets. Continues until a team wins.
- The regular season will be 10 games in length. Every team is NOT guaranteed a playoff game. It will depend on gym availability. But at least the top eight teams in each division will make it.

## Other Rules/Regulations:

- For freshmen/sophomore teams built by the league director, please give players equal playing time.
- \*NEW RULE: Any technicals fouls result in a five minute benching for a player. Two in a game is an ejection and one game suspension. Three or more in a season will result in more severe actions, at the discretion of the league director/sports & rec director.
- Players and coaches are asked to arrive 10 minutes before their game, so that we can stay on time.
- For every game we will have a halftime devotion at mid court for all the players.
- Games will be officiated by OHSAA qualified officials. We will make sure that our referees are respected. No arguing or yelling at officials, please.
- Lastly, this league is all about having fun and learning a little more about Jesus! Everyone wants to win, but ultimately we want EVERYONE to have a great experience!