

Official ITS Basketball Rules

All general rules of basketball apply as governed by the National Federation of State High School Associations (N FHS), unless otherwise noted below.

Adopted: 1-15-08

Amended ~~5-16-23~~ 9/23/25

1. PLAYING COURT AND EQUIPMENT

- 1.1. Facilities: Coaches, players and fans are expected to demonstrate appropriate respect for the various game locations by following the rules displayed at each site.
- 1.2. Rim Height: The rim height shall vary based on each division (See Appendix A for court dimensions)
 - 1.2.1. *A, B & C League*: The standard rim height shall be 10 feet.
 - 1.2.2. *D League*: The standard rim height shall be 8 feet. If the host site does not have adjustable baskets, a portable basket should be used whenever possible.
- 1.3. Game Ball: The game ball will be provided by Inter Tribal Sports. If an official game ball is not available, a game ball should be agreed upon by both teams and approved by referee prior to the start of each game based on the following sizing criteria:
 - 1.3.1. *A & B League*: 29.5" basketball
 - 1.3.2. *A-League (girls)*: 28.5" basketball
 - 1.3.3. *C & D League*: 27.5" basketball
- 1.4. First Aid Kit: The host site or ITS staff shall provide a first aid kit. Essential supplies include ice packs, bandages and gauze wrap.

2. PLAYERS AND TEAMS

- 2.1. Divisions: Teams will be divided into age-appropriate divisions as defined as follows. Inter Tribal Sports reserves the right to adjust or combine divisions as participation dictates.
 - 2.1.1. *A-League (coed)*: 18 years and younger
 - 2.1.2. *A-League (girls)*: 18 years and younger
 - 2.1.3. *B-League (coed)*: 14 years and younger
 - 2.1.4. *C-League (coed)*: 11 years and younger
 - 2.1.5. *D-League (coed)*: ~~7 years~~ 8 years and younger (5 years and under with approval of the parent and tribe)
- 2.2. Eligibility: All players must be of the appropriate age on the day of the first official game of the season. If a player's birthdate falls on opening day, they are considered the older age for that day and rest of the season. Those turning older during the season will be eligible to continue playing for the team with which they began the season. Players may

not play down to lower age divisions but may play up with parental consent.

2.2.1. *18-Year-Old Participation:* All 18-year-olds are required to have a background check in order to participate as a player.

2.2.2. *A & B League Eligibility:* The basketball program is open to all communities of each participating tribe/tribal organization. However, some restrictions have been placed on individuals that play in the A & B League. The following summarizes those restrictions as outlined in 100.1 Eligibility Policy (see policy for more details):

2.2.2.1. Participants must self-identify as Native American or

2.2.2.2. Be an immediate family member of a tribal member (child, stepchild, foster child, sibling, stepsibling, half-sibling, etc.) or

2.2.2.3. Live on the reservation or

2.2.2.4. Attends a school on a reservation. NOTE: In order to participate in the A & B-League under the on-reservation school student provision, any non-native youth must have previously participated in at least one sport in two different calendar years.

Teams may lodge a protest of ineligible players with the site supervisor and then must complete a formal protest form within 24-hours of the game. Teams found in violation of the eligibility rule will be subject to forfeiture of games and non-credit for all other eligible players for each game in which the infraction occurred.

2.3. Rosters: Team rosters and player paperwork must be submitted to the ITS office by the published due date. Player additions and deletions can be made throughout the season, but all appropriate paperwork must be submitted for a new player to be eligible to participate in games. (see 100.2 Registration Policy for more details)

2.4. Players: A team consists of five (5) players. Teams must participate with a minimum of four (4) players on the court at all times. No changes or adjustments will be made to the rules to accommodate the decreased number of players.

2.5. Player Equipment: Players must wear athletic shoes with non-marking soles.

2.5.1. *Eye Glasses:* Players that wear eye glasses must secure them with a safety strap

2.6. Illegal Player Equipment: Players will not be permitted to wear any item that may cause a safety concern. This includes but is not limited to jewelry such as rings, bracelets, necklaces, earrings or other body jewelry; open toe shoes; and hard splints or casts; hats with rigid bills or visors. The player must remove the illegal items prior to the start

of game play or when requested by league officials.

- 2.7. **Uniforms:** Players must wear the ITS-issued uniform in order to be eligible to play which includes jersey and shorts. Numbers on jerseys are required for the purposes of scorekeeping. In addition, numbers may be single or double digit using any combination of 0, 1, 2, 3, 4, and 5. All players on each team should have a different number whenever possible. If a uniform issue is noticed during the game, the player shall be permanently removed from the game or given the opportunity to comply with the 100.4 League Uniform Policy. Failure to do so will result in a forfeit. All uniform issues must be resolved before the end of the game, disputes will not be permitted after the game has ended.

3. GAME PRELIMINARIES

- 3.1. **Duration of Games:** Games consist of two 20-minute halves with a 5-minute halftime. Running clock except for the last two minutes of the second half. Clock stops on all called timeouts. In the last two minutes of the second half the clock will stop on all out of bounds plays and violations. The host site is encouraged to have electronic scoreboards available when possible. Game officials have the final authority on game clock decisions.
- 3.1.1. *D-League:* Games will have a running clock throughout, except for timeouts.
- 3.2. **Timeouts:** Each team will receive two (2) 30second timeouts per half. During each overtime (if multiple), teams will receive one (1) 30-second timeout. Timeouts cannot be carried over into the next half or next overtime play.
- 3.3. **Game Times:** The clock starts at scheduled game time unless the court is not yet available due to the length of the preceding game. There is no grace period for teams that are not ready to play at game time (see rule 3.4). The teams may agree to scrimmage in the event of a forfeit but may not exceed the 45-minute time limit and must be off the court 10 minutes prior to the start time of the next scheduled game.
- 3.4. **Late Arriving Teams:** *The following is a summary of the 600.5 Late Arriving Teams Policy, see the complete policy for additional details.* If a team that has not arrived or is not ready to play at the scheduled game time, the late-arriving team policy may be enacted by the game official. As stated in the policy, the game clock will start, and the opposing team will receive one (1) point each minute until the game begins. “Ready to play” is defined as a minimum of four players on the field wearing appropriate uniforms and flag belts. If neither team is ready to play, no points shall be awarded, but the game clock will run. If a team is present, but not ready to play, they may use their timeout to stop the clock prior to the actual start of the game. The game clock shall not be stopped for any other reason. If the game has not

begun at the end of 20-minutes, at which point the score would be 20-0, the game will officially be considered a forfeit and the final score shall be recorded as 20-0.

3.5. Adverse Weather: *The following is a summary of the 600.2 Weather Condition Policy, see the complete policy for additional details.* Three days prior to the games or event, the weather forecast will be checked at www.weather.gov to determine if cancellation of game is a possibility. The National Weather Service's website will be the standard resource to access the forecast for the zip codes for the outdoor game sites. No later than 1:00 pm on the day before the scheduled games, the weather forecast will be evaluated according to the criteria detailed in the policy, a final decision will be made, and all affected teams will be notified of any schedule changes via a phone call and email.

3.6. Protests: Game protests are only permitted for ineligible players (see Rule 2.2.2.).

3.7. Player Check-in: Coaches are responsible for checking in their players on the designated ITS scoresheet. The scoresheet is the official document used to track games played. Coaches must account for all players present in order to earn credit; this includes any players that arrive late. The coach must initial the certification statement on the scoresheet to verify player attendance.

4. SCORING

4.1. D League Scoring: Score of the D-League games will not be kept. Therefore, league standings will not be tracked.

4.2. Mercy Rule: If at any point during the game, a team has a 20-point lead, the scorekeeper/ITS staff shall notify the referee to implement the mercy rule. The lead team may not employ back court defense and the clock will run continuously except for timeouts until which time the point differential drops to below 15-points.

4.2.1. Score Display: In the event of a grossly lopsided score, the ITS staff may or at the request of the referee or coach reset the game score display to "0-0". However, the scorekeeper shall continue to track the score on the scoresheet.

4.3. Tie Games: In the event that a game is tied after the end of regulation, 3-minute overtime will be played. The stop clock will be used in the final minute and each team will be permitted one 30-second timeout (see rule 3.2). In the event of a tie at the end of overtime, the game will be considered a tie for all regular season games. However, during play-off or tournament games the overtime procedure will be repeated until a winner is determined.

5. GAME PLAY

5.1. D League Game Play: The following rules 5.1.1 & 5.1.2 are specific to D-league only, to

encourage young basketball players to develop strong fundamental dribbling and shooting skills.

5.1.1. Steals: Defenders are not allowed to steal the ball from a dribbling opponent; ball may be stolen on an attempted pass.

5.1.2. Shot Blocking: Defenders cannot under any circumstances block shots, they may play hands up defense but if the shot is deterred ball will remain in the offenses possession and inbound from the sideline

5.1.3 To introduce a simple, visual method to help young basketball players learn defensive positioning and matchups by using color-coded wristbands. Each team will receive a set of five wristbands in different colors Players will be assigned a wristband color at the start of the game. Players are responsible for guarding the opponent wearing the same color wristband.

5.2. Coaches: One coach per team is permitted on the court for D-League games only. Coaches must not interfere with game play. In the event coach's interference occurs, play will be stopped, and the ball will be awarded to the other team as a thrown-in in bounds from the sideline.

5.3. Three Point Line: Three-point field goals will be awarded only if a three-point line is marked on the court surface. If there is not a line, all field goals will be worth two points.

5.4. Free Throw Line: The free throw line will be at 15 feet (standard distance, see Appendix A), for A and B-Leagues. Free throw line distance for C and D-Leagues will be at the discretion of the official.

5.5. Backcourt Defense: The rules governing backcourt defense vary by league.

5.5.1. *A & B-League*: Backcourt defense is permitted throughout the entire game, except when mercy rule has been implemented (see rule 4.2).

5.5.2. *C-League*: Backcourt defense is not permitted except within the last two minutes of the second half.

5.5.3. *D-League*: Playing backcourt defense is not permitted at any time. Defensive players may only defend once an offensive player has crossed the half court line.

5.6. Multiple Division Rule: Players cannot move from 1 team to another during games scheduled to start at the same time, even if the first game has ended.

6. CHAMPIONSHIPS

6.1. Championship Eligibility: In order to be eligible for play-offs or tournament play,

players must play in at least 50% of the regular season scheduled games. Game forfeiture credit, game day credit given to ineligible players that participate in a game, may not exceed 30% of the scheduled games per season. Any team found to be playing with ineligible players will forfeit all games in which the ineligible player participated. A registered player can receive one game day credit for every missed regular season game they are scheduled to play due to participation in ITS sanctioned events. The ITS office must be informed of any players no later than one week after games have been played.

6.1.1. *Multiple Division Rule:* Players will be permitted to participate in multiple divisions during championship play provided they qualify under Rule 6.1 & Rule 2.1. Adjustments to game schedules will not be made to accommodate such players. Players cannot move from 1 team to another during games scheduled to start at the same time, even if the first game has ended.

6.1.2. *Multiple Team Rule:* Players are permitted to play for multiple teams for the same tribe within the same division during the regular season. For the purpose of championships, players may only participate on the original team they were registered.

6.2. Championship Seeding: Teams will be seeded in the championship tournament based on the regular season standings win percentage (www.intertribalsports.org). In the event of a tie, head to head record will serve as the primary tie breaker. If a tie still remains the tie breaker will be determined by fewest average points allowed per game during the regular season. In the event that more than 2 teams are tied, the tie breaker will be determined by the fewest average points allowed per game during the regular season. In the unlikely event a tie remains, a coin toss will be the final tie breaker.

7. OFFICIATING

7.1. Referees: Inter Tribal Sports will hire referees for regular season and championship games for A, B & C Leagues. Two referees will be required for all A & B League regular season and championship games. During playoffs or championships, two referees will be required for semifinals and championship games for C-league. In the event that hired referees are not present, ITS staff and/or community volunteers will referee. Calls should not be disputed by coaches or players. ITS staff, coaches or volunteers will referee for D-League games.

7.2. Scorekeepers: Each participating team is required to provide a volunteer to keep the official scorebook during their scheduled A, B and C league games. The visiting team shall

keep score during the first half and the home team shall keep score during the second half. An ITS staff member will be responsible for the time clock. Volunteers may request to keep score the entire game if desired. If a volunteer is not available for each half, late arrival procedures will be followed until a volunteer is present. In the event of a dispute, the site supervisor and/or referee will make the final determination. Volunteers 18 years or older are required to have a background check. Please see policy 300.1 Background Check for further information.

8. CONDUCT AND SPORTSMANSHIP

- 8.1. Sportsmanship: Prior to and following each game, players will move to the center of the court and shake hands with their opponents.
- 8.2. Coach Conduct: Coaches are required to sign and adhere to the Coaches' Conduct Agreement.
 - 8.2.1. Coaches' Online Certification: Coaches are required to complete the online coach's certification form.
 - 8.2.2. Coach Certification: *The following is a summary of the 200.2 Coach Certification Policy. Please see the complete policy for additional details.* To be eligible to coach, head and assistant coaches must be in good standing and submit all required forms to be certified. Eligibility requirements include but not limited to: background check, Coaches Online Certification, register online as a coach, agree to and abide by the 200.3 Coaches Conduct and Ethics Policy, and attend pre-season meeting/coach's clinic, if any. Coaches that complete the certification process shall receive an ID badge as specified by the 200.4 Identification Badge Policy. The ID badge must be clearly always displayed during league games. Coaches without ID badges will not be allowed to coach or be present in the immediate area of the playing surface or field (i.e. bench, dugout, or sideline).
- 8.3. Player Conduct: Players are expected to always display good sportsmanship. Trash talking, profanity, cheap shots, and fighting will not be tolerated. Please see policy 100.5 Player Conduct for further information.
- 8.4. Fan Conduct: Coaches and/or Board representatives are responsible for the behavior of their team's fans. Unruly or unsportsmanlike conduct by fans will not be tolerated and will result in a technical foul against the fans' team. In addition, fans may be subject to ejection from the facility. This may further result in forfeiture of the game or expulsion of team from the league.

- 8.5. Board Review: The Board Disciplinary Committee will review cases of poor sportsmanship and conduct issues and has the authority to issue penalties against players and coaches at their discretion.

D-League Basketball Referee Guidelines

The following are some basic guidelines when refereeing D-League Basketball games. Should you have any specific questions, please contact the office for clarification.

Pre-Game Information

- Required referee Equipment
 - Whistle
 - Referee Jersey (Staff shirt okay if jersey unavailable)
 - Stopwatch (in case clock unavailable)
- Location equipment/supplies
 - Basketball Size 27.5"
 - The standard rim height shall be 8 feet.
 - Electronic Clock
- Review and prepare scoresheets, indicate that you are the referee
- Gather teams together to shake hands
- Other game information
 - 1 coach from each team is allowed on the court (but shall not obstruct play) but only if they have an ITS coach's Badge for that year
 - Remind players to listen for the whistle and stop when blown
 - Determine the basket (direction) each team will be using
 - Games will be based on the running clock, expect during timeouts
 - Remember this is a developmental league and should be refereed as such
 - Communicate with appointed Site Supervisor

Game Mechanics and Rule Enforcement

- **Referee Mechanics:** Employ a front court floor coverage method in which the official (you) works the area from the top of one three-point arc to the other along the opposite side as the benches still remaining close to the players throughout the game.
- **Tip-off:** Starting the game, throw the ball up in the air at center court with one player from each team. Run over to turn on the timer as soon as the game starts.
- **Out of Bounds:** If the ball goes out of bounds, blow the whistle. It is then awarded to the opposing team that last touched the ball. Hand the ball to the player that has been selected to throw the ball in bounds. Players may not throw the ball to themselves.
- **Baskets:** Do not blow the whistle. Have the opposing team drop back beyond half court. Give the ball to a player of the opposing team that scored. The player must stand behind the baseline (under the basket) and throw the ball in to another player.
- **Jump Ball:** If more than one player has possession of the ball, blow the whistle and make a double thumbs up motion. The ball will be awarded to the teams alternating each time (i.e. red, blue, red, blue, etc.). The ball will be thrown in from out of bounds nearest the site of the call.
- **Rule Enforcement:** When making a call, explain the rule as well as what the player should be doing. The calls should be consistent and fair for both teams throughout the game. **Do not** let the game get too physical or out of control. Your number one concern is the safety of the players. If necessary, blow the whistle, stop the game, and restart once things calm down. The following will further clarify the enforceable rules and how to interpret them for D-League games. Please use your discretion when enforcing the rules.
 - **Backcourt Defense:** D-League teams are not permitted to employ a backcourt defense. Once the team has gained possession of the ball, the opposing team must retreat beyond the half court line. As referees, continue to remind players to move back. If a problem ensues, blow the whistle, move the players back and throw the ball in from out of bounds.
 - **Traveling:** You should be constantly reminding players to dribble the ball. We want to avoid the players that run with the ball all the way down the court without dribbling. A good rule of thumb is to be to call traveling when the player has taken 6-7 steps. In these cases, blow the whistle, move your arms in a circular motion and award the ball to the opposing team from the sidelines.
 - **Other Fouls:** Even for the young players, games can get somewhat physical. As a referee, you need to keep that game under control and in check. Therefore, you should call holding, pushing, kicking, etc. In these instances call the violation and have the opposing

team through the ball in from the sideline.

Post-Game Information

- Have players shake hands after the game.
- Reset all equipment for next game (if necessary)
 - Game Clock
 - Baskets
 - Proper Size Ball (A & B: 29.5; C & D: 27.5)

Cultural Competency

- Native American Culture, Hair, Language & Tone, Respect
- When in doubt ask S.S

Provided by the NCAA

