

2025-2026 CIVITAN BASKETBALL RULES - *Updated 08/17/25*

All games will be conducted under TSSAA High School Basketball Rules unless otherwise stated.

Except for game conditions, the gym supervisor will have total control of gym facilities. No warmup drills or balls bouncing around the court, in the halls or anywhere else in the school except on court during your warm-up time.

Uniform requirement – uniforms (jersey and shorts) are supplied by the Civitan for rec league. Open league provides their own uniforms but must be approved by the director. Tennis shoes or basketball shoes MUST be worn in order to participate.

Any player who plays for any TSSAA school team (public or private) WILL NOT be eligible to participate in any city leagues. This includes 7th & 8th grade teams, "B" teams, J.V. and any other sanctioned high school or college teams.

Only players and coaches will be allowed on the team bench. Only head coaches can stand during the game in the coaches' box or area assigned by officials (from one end of the bench to the other end of the bench unless otherwise noted in the gym.)

Technical fouls count towards each person's personal fouls (limit of 5 per game). All technical fouls will result in 2 shots (except backcourt guarding). Intentional foul results in 2 shots plus ball. Upon receiving a 2nd direct technical foul, or a 3rd indirect technical foul, a coach or player must be removed from the game and the gym. Person ejected must leave the gym immediately or forfeit of the game will occur. Head coach must remain seated for the remainder of the game if they receive an unsportsmanlike technical.

Each team is entitled to 4 charged time-outs per game. During each extra period, each team is entitled to at least 1 time-out. Time-outs accumulate from the 1st half to the 2nd half. Unused timeouts accumulate and may be used in any overtime period. Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any overtime period at the expense of a technical foul for each.

Successive time-outs by the same team shall be granted at any time. In no case shall successive charged time-outs be granted after expiration of playing time for the 4th quarter or after the expiration of any overtime period.

5 team fouls each quarter will result in two free throws. Team fouls will reset to zero beginning of each quarter. Free throw restrictions (lane violations, etc.) – Players in the lane may leave on the release, the shooter and players outside the arc wait until the ball hits the rim.

Foul lines;

-10' free throw line for 1st through 3rd grade boys and girls. 4th Grade Girls

-12' foul line will be drawn for foul shot purposes for 4th grade boys and 5th Grade girls.

-15' free throw line for 5th to 8th grade boys and 6th to 9th grade girls

Lane Violations: boys and girls: 1st through 3rd grade is 5 seconds;

All other grades, boys and girls 3 seconds. (Lane violations includes the entire lane for all leagues)

All leagues play with 3-point field goals.

Basket height for boys and girls grades 1st through 3rd - 8' 6"

Basketball Size:

1st/2nd grade boys and girls 27.5

All girls and boys grades 3rd through 5th : small size 28.5.

Girls grades 6-9 small size 28.5

Boys 6th through 8th regular size.

Backcourt Guarding:

1st, 2nd, 3rd, and 4th grade boys and 1st, 2nd, 3rd, 4th, 5th, and 6th-9th grade girls - no back court guarding entire game.

5th, 6th, and 7th grade boys – Last quarter only

8th grade boys – TSSAA rules (anytime).

Open League:

3rd Open Boys – Only 2nd Half

4th – 6th Open Boys – Can press entire game

The first three violations of the backcourt guarding rule will result in the team receiving a warning, the fourth and each successive one after that is a 1 shot technical foul (3 warnings per game, NOT per half) (Back court guarding technicals to not count as personal or team fouls or technicals on the coach and/or player)

Note: If the ball is brought into front court and then is knocked out of the bounds and the offense remains possession and when bringing the ball into play the offense throws the ball into back court the defense can NOT go into back court unless the backcourt guarding rules apply (see above when teams can back court guard)

1st – 3rd grade boys and girls:

On defense there will be no double-teaming/trapping allowed outside the 3 point line until the 4th quarter. If a team is winning by 10 or more points in the 4th quarter, this rule will be back in place.

The first three violations of this rule will result in the team receiving a warning, the fourth and each successive one after that is a 1 shot technical foul (3 warnings per game, NOT per half)

Bench: Warm-up on the opposite goal of your bench during warm-ups before a game.

Game time/running clock:

Grades 1st to 5th boys and girls – Game length will be four (4) 8 minutes running quarters and stop on each dead ball during the last 1 minute of the all quarters. 1st Overtime – 1 minute – stop on all free throws and each dead ball. 2nd Overtime – first to score (free throw or field goal) wins.

Grades 6th to 9th girls and 6th to 8th boys – Game length will be four (4) 8 minutes running quarters and stop on each dead ball during the last 1 minute of all quarters. 1st Overtime – 1 minute – stop on each dead ball. 2nd Overtime – first to score (free throw or field goal) wins.

Playing rule clarifications:

Boys 1st through 7th/Girls 1st through 9th grade - each player must play 2 quarters MINIMUM and MUST sit out 1 quarter. Exception: If one team has only 5 or 6 players for a particular game, the sit out rule is not in effect for EITHER team (even if the other team has 8 players). The 2-quarter playing rule is still in effect. The number of players per team is based on how many players are there at the start of the game. Once the game has started it will be played by those playing rules for the completion of the game. Note: **If there has not been an injury or player fouling out then there should not be any subbing until the fourth quarter or until every player has completed their 2 quarter playing requirement.**

If a player enters the gym after the start of the game then it is the coach's discretion on playing time. Note: All players that were there on time must meet all playing requirements.

Boys 8th grades must play 2 quarters minimum, there is no sit-out rule in these games. Playing requirements must be met before any subbing of players (except for fouling out or injury). Note: Without injury or fouling out, there should not be any subbing until the 3rd quarter or until every player has completed their 2 quarter playing requirement.

Once a player starts a quarter, they finish that quarter (unless injury or fouling out). After a player(s) have played their 2 quarters required time and sit out their one quarter (if the sit out rule applies) they can be used as a "free substitute" and enter/leave the game at any time. Under the "free substitute" rule the player entering the game and the player leaving the game MUST have played their 2-quarter minimum and sit out their 1-quarter (if the sit out rule applies to their league).

If a player fouls out or is injured before playing 2 full quarters and sitting out one quarter (if the sit out rule applies to their league) it will count for that player as meeting their playing requirement. If a sub is put into the game for the injured or fouled out player, then the player entering the game cannot count that quarter as a "sit out" quarter or a quarter played. (One option for coaches is to finish the quarter with four players)

If an injured player can return to the game, he/she must be reentered into the game and complete the remaining part of their playing requirements. If an injured player can't return he/she has effectively satisfied his/her playing requirements.

If a coach is beckoned to come out onto the floor by an official to attend to an injured player and the injured player can stay in the game, he does not have to sit out a tick of the clock.

Start Time for Games:

Games will be played on their scheduled time, not early.

Bench Personnel:

There is only to be one head coach and two assistant coaches on the bench during a game. There are to be no more than two assistant coaches on the bench. All assistant coaches must be background approved and signed up as an assistant coach through Civitan website. Assistant coaches must stay seating during the games, only the head coach may stand up while game is in play.

Picking up Players:

Teams are not allowed to pick up players to fill in their games. Including younger age divisions, open or rec league divisions. Teams can not pick up players for regular season games or tournament games.

- Teams may start a game with four players in case of injuries, sickness, travel, etc

*Players are not allowed to play in both the rec league and open league in the same season due to scheduling conflicts.

Protesting a Game

In the event of a protest, teams will need to pay a \$100 protest fee. If the protest is approved, the money will be given back. If the protest is not approved, then the \$100 protest fee will go into the general fund account of Civitan Basketball. Money must be delivered to the Parks Department at City Hall by Monday afternoon. Email must be sent by Sunday regarding protest.