

SPRING League Rules

Unless modified below, all play will be governed by the National Federation of State High School Associations Rulebook.

1. **Basketballs.** 1st-2nd grade boys/girls will use a 27.5 size basketball; 3rd-7th grade boys/girls will use a 28.5 size basketball.
2. **Jerseys.** Home team wears light color jerseys (white if available.) Visiting teams wears dark color jerseys.
3. **Goal Height.** Goal Height will vary based on age group and division. 1st-2nd grade will play on 8 foot goals. 3rd grade will play on 9 foot goals. 4th grade and up will play on 10 foot goals.
4. **Game Clock.** Each game will consist of two, 20-minute halves, with a running clock except during the last two minutes of the game. In the final two minutes of the game and any overtime periods, the clock will stop in accordance with Federation rules. For all grades, the clock will continue running in the final two minutes of the game if one team is ahead by 15 points or more.
5. **Halftime.** Halftime will be 3 minutes in duration.
6. **Overtime Periods.** Overtime period will be 2 minutes in duration. A second overtime is sudden death (first team to score)
7. **Timeouts.** There will be two full timeouts per half, with no carry-over. There will be one additional time-out per overtime period.
8. **Jump Ball.** All games will begin with a jump ball.
9. **Pressing/Defense.** 1st-2nd grade: no full court pressing or zone is allowed at any point during the game. No trapping outside of the lane, however, a defender may “help” a teammate when the opposing team drives to the basket. Double teaming is only allowed in the lane. In 3rd grade–8th grade: Pressing/Trapping/Zone defense is allowed except when a team is ahead by 15 points or more.
10. **Special Rules.** 1st-2nd grade lane violations will be called at 5 seconds; Free throw line for 1st-4th grade will be set at 12ft. One person or stack offense in 1st-2nd grade is prohibited. (This rule is at the discretion of the officials and is to eliminate one on one offense.) A warning will be issued to the head coach and a second or subsequent attempt will result in a technical foul. This rule does not apply to inbound plays. The three point goal is applicable in 1st-2nd grade and players are allowed to steal the basketball both off of the dribble and a pass once the ball crosses the half court line.
11. **Jewelry.** Players are not permitted to wear jewelry such as, but not limited to, rings, watches, earrings, bracelets, and necklaces. The only exception is jewelry that alerts medical personnel to a specific condition. Per NFHS rules.