

Okun Fieldhouse Basketball Rules



NFHS Basketball Rules will be enforced with the following JCPRD exceptions:

All Divisions

Basketball Size:

- 1st – 2nd Grade Boys & Girls 27.5" basketball (Provided on Game day)
- 3rd – 8th Grade Boys and 3rd – High School Girls — 28.5" basketball
- High School Boys — Regulation Boys High School Basketball (29.5")

Time-outs:

- HS: 2 30-sec time-outs per half; 1 30-sec time-out per overtime; no carryover
- 5th- 8th: 2 30-sec time-outs per half (no carryover); 1 30-sec time-out per overtime (no carryover)
- 1st-4th: 2 30-sec time-outs per half (no carryover); 1 30-sec time-out per overtime (no carryover)

Pressing:

- Teams may NOT press once ahead by 20 points

Roster Limitations:

- Player may NOT play on 2 teams within the same grade/ability level registered. When grades/ability levels are combined, a player listed on two rosters can only play on both rosters if each team registered for different grades/ability levels.
- The player in the highest school grade determines level of team. Players may play up NOT down.

Overtime: 2 minutes; 2nd OT - Sudden Death

High School Divisions - Full Court

- Games will consist of two (2) 20-minute running clock halves. 2-minute overtime will be stop clock.
 - EXCEPTION: Last 2 minutes of 2nd half with a 10-point spread or less
 - EXCEPTION: With a 20-point spread or more the game will be ended at the 2-minute mark of the 2nd half.
- Double bonus at 10 fouls of each half (NO one-and-one)

5th - 8th Grade Divisions - Full Court

- Games will consist of two (2) 20-minute running clock halves. 2-minute overtime will be stop clock.
 - EXCEPTION: Last 2 minutes of 2nd half with a 10-point spread or less
- Double bonus at 10 fouls of each half (NO one-and-one)

3rd - 4th Grade Divisions - Short Court

- Games will consist of four (4) 10-minute running clock quarters
 - EXCEPTION: Last 2 minutes of 2nd half with a 10 point spread or less
- Goal Height:
 - 3rd Grade — 9 feet
 - 4th Grade — 10 feet (free throws can be shot at either the 12 ft. or 15 ft. line)
 - If grades are combined, the goals will be set at the regulation height for the highest grade level. Coaches of the lower grade level may request their goal to be lowered to the regulation height for their grade level. Requests must be made with the Youth Sports Coordinator within 24 hours of game time.
- Substitution Rules
 - ALL Players must start one (1) quarter per game
 - Substitution may occur freely (the clock will not stop)
- Double Team/Pressing (these apply to 1st, 2nd, 3rd, & 4th Grade)
 - Full Court pressing will not be allowed
 - Teams must play man-to-man defense
 - Double teams and traps are not allowed except in the lane
- Double bonus at 5 fouls of each quarter (NO one-and-one)

1st – 2nd Grade Divisions - Short Court

- Games will consist of four (4) 8-minute running clock quarters
 - EXCEPTION: Last 2 minutes of 2nd half with a 10-point spread or less
- Goal Height:
 - 2nd Grade — 8 feet
- Substitution Rules
 - ALL Players must start one (1) quarter per game
 - Subs will take place at the 4-minute mark of each quarter. The clock will stop for 1 minute for the change.
- No Free throws. A foul will be a side out of bounds.