

Boys and Girls Basketball Rules

Last update: 2024-2025

Equipment:

- Boys use 29.5
- Girls use 28.5
- Home team wears white jerseys (when possible); tops must be tucked in.
- Visiting team wears dark jerseys (when possible); tops must be tucked in.
- All players must wear athletic shoes
- Bottoms must be pocket-less, belt loop free
- Tops must be matching with visible numbers on front and back
- Home team is responsible for providing an official book/scorekeeper.

Game Rules and Regulations:

1. All games will be conducted according to the National Federation of State School Association rules and/or the Colorado High School Activities Association Guidelines, except for modifications made by the Denver Metro League.
2. DML Modifications
 - a. Zone or Man defense is acceptable.
 - b. Official warmups begin 5 minutes before game time.
 - i. If a team arrives after the designated start time, they may not be granted warmup time unless the host team and officials allow it.
 - c. Each team is given 4 time-outs for the entire game; Two (2) 60-second timeouts and two (2) 30-second timeouts.
 - d. Two 20 minute halves with running clock will be played for all games
 - i. One Adult at the Scorer's Table
 - ii. Clock will stop during the last 2 minutes of **each** half.
 - iii. Exception: SECOND HALF ONLY - final two minutes will not stop if the difference in score is 11 points or more.
 - e. Halftime will be 5 minutes.
 - f. Three-point baskets count so long as there are permanent markings on the court.
 - g. Jewelry is prohibited.
 - h. MERCY RULE: If a team falls behind by an amount equal to 20 points or more, the winning team is not allowed to play full-court defense.
 - i. OVERTIME
 - i. Overtime will be an additional period of 2 minutes and will use regulation stoppage rules.
 - ii. Each team will receive 1 full timeout during the overtime period (previous timeouts do not roll over)
 - iii. If the game is tied after an overtime period, a new overtime period will be started using the same rules as above.
3. Coach conduct

- a. One coach (HC) is permitted to be standing in the coach's box during play. Bench coaches must remain on the bench.
 - i. First offense - warning
 - ii. Second offense - technical foul
- b. Head coach is responsible for submitting their full, complete, accurate lineup to the official scorekeeper prior to the start of the game. Any adjustments after the start of the game will result in a technical foul.