

# JFC High School Basketball Rules and Regulations

## Game Format:

- Games will consist of two twenty minute halves. Jump ball to start regulation and OTs.
- The clock will run continuously, but will stop under one minute in the first half for dead balls, and under two minutes in the second half for dead balls and made buckets.
- Games will be played five on five, on a regulation 10 foot rim, with a 29.5 sized ball. Games will run at The Dome on Portage St. for all grades 9th-12th, on Friday nights.
- Each team will be allowed two timeouts maximum PER HALF. One extra if OT.
- Defense may press at any point in a game, EXCEPT when leading by 20 points or more. At that point defense must start at half court, until the lead is less than 20.
- Games that are at a 20 point lead or more under 2 minutes will be called early. This is to avoid teams showboating and/or disrespectful basketball.
- Players foul out at five fouls. 1 and 1 at seven team fouls, two free throws at 10 fouls.
- Overtime will be two minutes long and the clock will stop on all dead balls/ made buckets. Continues until a team wins.
- The regular season will be 10 games in length. Every team is NOT guaranteed a playoff game. **The top eight teams in each division** will make it. IF we have a cancellation of a week of games due to snow, every team will make playoffs and that cancellation week will not be made up. Otherwise, any extra cancellation games will be made up.

## Other Rules/Regulations:

- **\*NEW RULE\*** - 9th/10th Grade teams are allowed ONE 11th grader, if you so choose, but this 11th grader CANNOT also be playing in the 11th/12th grade league.
- For 9th/10th teams built by the league director, please give players equal playing time.
- Any technicals fouls result in a five minute benching for a player. Two in a game is an ejection and one game suspension. Three or more in a season will result in more severe actions, at the discretion of the league director/sports & rec director.
- Players/coaches, PLEASE arrive 10 mins before game time, to stay on time.
- Teams MUST have a parent/adult 21+ on the bench for every game. First week there will be grace given, but going forward **a team without an adult on the bench will receive an AUTOMATIC LOSS for that game, regardless of the outcome.**
- For every game we will have a halftime devotion at mid court for all the players.
- Games will be officiated by OHSAA qualified officials. We will make sure that our referees are respected. No arguing or yelling at officials, please.
- SUB RULE: 7 or more rostered players at a game, no off roster subs allowed. 6 rostered players at a game, one sub allowed. 5 or less rostered players, two subs allowed.
- Lastly, this league is all about having fun and learning a little more about Jesus! Everyone wants to win, but ultimately we want EVERYONE to have a great experience!