



Basketball Rules & Regulations

The C.S.A.L. Basketball Program will follow the Basketball Rules of the National Federation of State High School Athletic Association Format With the following components:

Game Time:

1. Four quarters, each eight (8) minutes duration, running time.
2. In the last minute of the 1st, 2nd, and 3rd quarters – the clock stops on every whistle, and restarts on the official's signal.
3. In the last two minutes of the 4th quarter – the clock stops on every whistle, and restarts on the official's signal.
4. Clock stops entire game for injuries, time-outs, and free throws.
5. One minute rest between quarters / Five minute rest for half-time
6. The game is terminated after the third (3rd) quarter when a team is leading by 30 points. (If the 30 point lead is obtained in the fourth quarter, the game ends immediately.)

Overtime:

1. Each overtime period shall consist of two (2) minutes.
2. Clock stops on every whistle, and restarts on the official's signal.
3. Clock stops for injuries, time-outs, and free throws.
4. Each team is awarded one (1) additional time-out for the over-time period.
5. Over-time periods are played until a winner is declared.

Time-Outs:

1. Three (3) 60 second time outs and two (2) 30 second time outs per game.
2. One additional one-minute time out for each overtime period.
3. A player/head coach may orally or visually request a time out.

Fouls:

Personal: After five (5) personal fouls that player is disqualified.

Team: Teams will shoot two (2) shots on the 5th foul, and on every subsequent foul for the quarter. Fouls must be successive in each quarter.
Fouls reset at the beginning of each quarter.

During multiple free-throw personal fouls, substitution may be made only before the final attempt in the sequence and after the final attempt has been converted.

On foul shots, players may enter the lane area upon the shooter's release of the ball. The shooter and all other players must wait until the ball hits the rim of the goal.

Press Rule: Teams may press at any time during the game.

Coaches are reminded of the rules on sportsmanship and running up the score.

Basketballs: Senior Boys--Official leather basketball, minimum of 29 ½ inches to maximum of 30 inches

Junior Boys, Jr & Sr Girls--Womens' leather basketball, minimum of 28 ½ inches to a maximum of 29 inches

GOALS: All teams play on a 10 foot goal.