



## High School Winter Rules – 10/29/2010 rev b

NJB has adopted the National Federation Rule Book for High School & Tournament Play.

The following are points of emphasis:

**CLOCK:** There will be (4) eight minute periods

**FREE THROW BONUS RULE:** One and one begins on the 7th team foul in both halves. Double bonus on the 10th team foul

**TIME OUTS:** (3) Full time-outs and (2) 30 Second time-outs.

**OVERTIME PERIOD:** The first overtime period shall be (3) minutes regulation clock. Any additional overtime periods shall be (2) minutes in duration. The clock will be regulation.

**HALF-TIME:** Half-time will be (3) minutes.

**SHOT CLOCK:** All games shall be played without the shot clock. NOTE: The (10) second rule in the back court will apply for boys and girls games.

**PLAYER PARTICIPATION:** Free substitution for all contests.

**MERCY RULE:** If a team has a **25 point** lead in the **fourth (4th)** Period, the clock will become a running clock, except for time-outs. The clock will become a regulation clock if the point difference reaches **10** points. Defense will not be allowed to full-court press during the mercy rule. Teams may begin their defense **at the half court line**. It is recommended that top players be removed and the substitutes play.

**BLUE CARD:** The Blue Card Policy will be enforced. Coaches are responsible for the behavior of their bench and fans. Referees are required to give this card to the Head Coach when adult sportsmanship is not up to NJB standards, according to our Mission Statement. Poor sportsmanship includes: ALL Coaches and team fans. (Exception: Team Players)

After the official warning at the Coaches/Referee pre-game, the following will happen:

- 1st Infraction - One (1) Technical Foul goes directly to the Head Coach.
- 2nd Infraction - Two (2) Technical Fouls and the Head Coach is removed from the gymnasium. **Any ejections will result in a two (2) game suspension.**
- 3rd Infraction - The game is over AND the offending team is placed on immediate suspension.

### **REGULATIONS:**

**The Official NJB Mikasa composite basketball will be used during the game.**

**Player and Team Certification process will be communicated and implemented by the High School Coordinator by the next game.**

\* Protests: Must be made BEFORE the start of the game.

**NOTE:** Any game played by non certified teams and or players is a forfeit.