

HIGH SCHOOL HOOPS' LEAGUE

(powered by Upward Stars-Nashville)

Game Rules:

- **Gameplay Rules:** Rules will remain consistent with the NFHS (National Federation of State High School Associations) rules and regulations of play. Any variances from the NFHS rules and regulations of play will be listed below.
- **Clock:** 50 Minute Games (25 minute halves; running clock)
 - The clock stops in final minute of each half on all whistles
 - If a team is leading by 20 points or more, the clock will continuously run in the last minute.
- **Subs:** Substitutions will take place every five minutes, ensuring quality/quantity playing time for each athlete (max. team size = 9 players); **NOTE: In the FINAL FIVE MINUTES of the second half, coach discretion/choice.**
- **Timeouts:** Each team receives two, 30 second timeouts per half (do not carry over to 2nd half)
- **Overtime:** 1 minute overtime (clock stops on all whistles); if game is tied at the end of overtime, first team to lead by 2 points wins
- **Mercy Rule:** If a team is leading by 25 points or more, the deficit on the scoreboard will remain at 25 until the deficit is less than 25 (Note: official score will be kept in the scorebook).

Fouls/Free Throws

In an effort to keep the game moving (*i.e. NOT wasting game time*), the following rules are in place relating to fouls:

- ALL SHOOTING fouls: If fouled in the act of shooting a 2-pt. basket, offensive player is awarded one free throw - *if the free throw is made, offensive team will receive **TWO points***; If fouled in the act of shooting a 3-pt. basket, offensive player is awarded one free throw – *if the free throw is made, the offensive team will receive **THREE points***.
- If a player makes a 2-pt. basket or 3-pt basket, and is fouled, the basket counts and the player is awarded one free throw (**worth 1 point**)
- Hard/flagrant fouls (not equal to “intentional fouls”) will NOT be tolerated for any reason. An obvious hard/flagrant foul, as ruled on by the court official, **will result in the immediate awarding of 2 points** to the other team and potentially the removal of the player who committed the foul.
- **Once a team has committed TEN fouls in a half**, the opponent is awarded 1 free throw (**worth 2 points**)
- A player will foul out on their 6th foul
- A technical foul will result in one free throw (**worth TWO points**).

Sportsmanship (and Technical Fouls)

If a player receives a technical foul, he/she will not be allowed to play the remainder of the half. If a player receives a 2nd technical foul during the season, the player will **NOT** be allowed to finish the season (**no partial refunds given**). **Bottom line – Respect your coach, the opponent, and the officials; disrespect to others and the game will not be tolerated.**