

SVNJB WINTER DIVISIONAL RULES | COMPETITIVE LEVEL

SVNJB has adopted the National Federation High School Rules for League & Tournament Play with the following modifications:

CLOCK: There will be (4) eight minute periods

FREE THROW BONUS RULE:

[NEW NFHS RULE 2023] Two (2) free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter. (No double bonus.)

TIME OUTS: Each team shall have (3) 45 second time outs throughout the game

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.

DEFENSE:

Division 1: Any Defense allowed during game

Division 2 & 3: No full court press allowed in first half of game.

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

SHOT CLOCK: All games shall be played without shot clock. NOTE: (10) second rule in backcourt will apply for all games.

PLAYER PARTICIPATION: Each participant eligible shall play at least one complete quarter in the first half of the game. Open substitution is allowed in the second half.

A.) Player disadvantage rule is not enforced during competitive level-Divisional play

COACHES MUST SIT RULE: All coaches shall remain seated on their team bench during the contest. Coaches are permitted to stand temporarily to cheer a play or instruct players, but must return to their seat as the live ball continues.

MERCY RULE: If a team has a **20 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 15 points. Defense will not be allowed to full-court press during the mercy rule. Teams may begin their defense **at 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.

3rd Infraction - The game is over AND the offending team is placed on immediate suspension.

The intent is to not allow coaching disruptions while game is in process, including end of quarter and called timeouts.

REGULATIONS:

The Official NJB Mikasa composite 10-panel basketball will be used during the game.

- If NJB composite ball is not available, an Official brown High School ball is acceptable