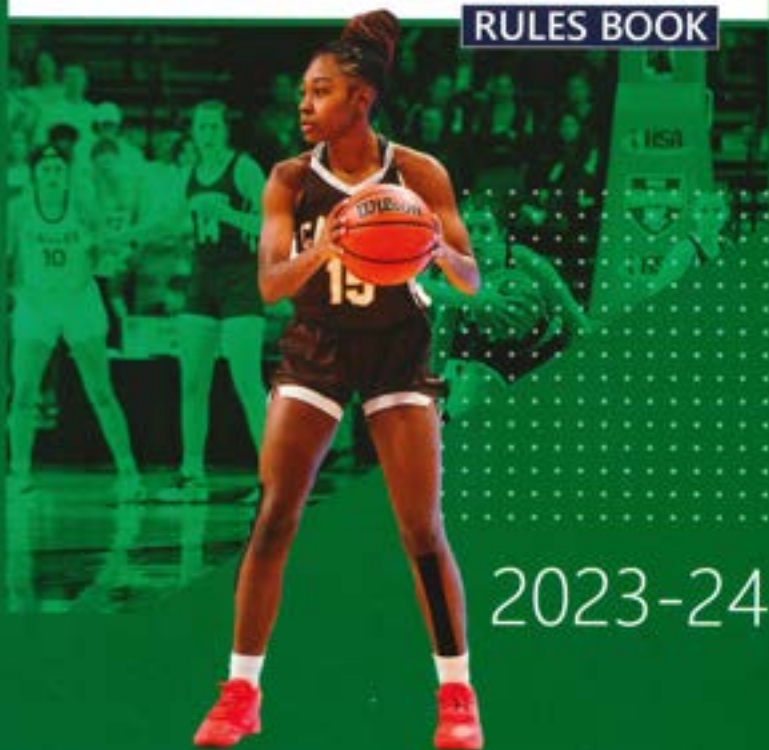




PLAY. PERFORM. COMPETE. TOGETHER.

BASKETBALL

RULES BOOK



2023-24

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

BKR24



2023-24 NFHS

BASKETBALL RULES BOOK

Dr. KARISSA L. NIEHOFF, Publisher
Lindsey Atkinson, Editor
NFHS Publications

To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations (NFHS) writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for athletes, coaches and officials with disabilities.

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Table of Contents

2023-24 Basketball Rules Changes.....	3
2023-24 Points of Emphasis.....	4
2023-24 Basketball Rules Committee.....	7
Basketball Court Diagram.....	8
Supplement to Basketball Court Table.....	9
Rule 1. Court and Equipment.....	10
Rule 2. Officials and Their Duties.....	17
Rule 3. Players, Substitutes and Equipment.....	23
Rule 4. Definitions.....	30
Rule 5. Scoring and Timing Regulations.....	46
Rule 6. Live Ball and Dead Ball.....	50
Rule 7. Out of Bounds and Throw-in.....	53
Rule 8. Free Throw.....	57
Rule 9. Violations and Penalties.....	58
Rule 10. Fouls and Penalties.....	65
Rules by State Association Adoption.....	73
Shot Clock - State Association Adoption.....	74
Comments on Rules Changes.....	77
Technical Foul Penalty Summary Chart.....	78
Official NFHS Basketball Signals.....	79
Basketball Rules Fundamentals.....	81
Appendices.....	82
Index.....	103

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time. Please see pages 85-87 for these position statements.

Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the rules interpreter designated by the respective state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.

2023-24 Basketball Rules Changes

(For comments on the 2023-24 rules changes, see page 77)

2-1-3 NOTE (NEW) — Requires the shot clock operator to sit at the scorer's and timer's table, if using a shot clock.

3-4-5 — Clarifies that teammates must all wear like-colored uniform bottoms but may wear multiple styles.

3-5-6 — Allows undershirts worn under visiting team jerseys to be black or the single solid color similar to the torso of the jersey. All teammates wearing undershirts must wear the same solid color.

4-8-1 — Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half and establishes the bonus as two 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.

4-36, 6-4-3, 7-5-2 thru 4, 9-1 PENALTY 3, 9-4 PENALTY, 9-5 PENALTY, 9-6 PENALTY, 9-8 PENALTY, 9-9 PENALTY, 9-12 PENALTIES 3 & 4, 9-13 PENALTY — Establishes four throw-in spots (the nearest 28-foot mark along each sideline or the nearest spot 3-feet outside the lane line on the end line) when a team is retaining or gaining team control in its frontcourt due to a violation, a common foul prior to the bonus, or other stoppages in play other than an out of bounds.

7-6-6 — Allows the official administering a throw-in to the wrong team to correct the mistake before the first dead ball after the ball becomes live unless there is a change of possession.

9-3-3 — Establishes that a player may step out of bounds without penalty unless they are the first player to touch the ball after returning to the court or if they left the court to avoid a violation.

2023-24 Basketball Editorial Changes

2-1-1, 4-3-2, 4-19-13, Shot Clock Guidelines

REMINDER:

The style of the number may be the team jersey color when bordered with not more than two ¼-inch solid border(s) contrasting with the team jersey color, which shall be eliminated by 2024-25.

2023-24 Points of Emphasis

Uniforms, Equipment and Apparel

The NFHS regularly receives questions regarding the legality of uniforms, equipment and apparel. It is imperative that not only officials understand the rules governing uniforms and equipment, but coaches and players as well. Uniform jerseys must comply with the rules listed in 3-4, 3-5 and 3-6. The rules are concise and clear regarding what is and is not permissible on the jersey. An NFHS basketball uniform guide was created to illustrate the proper uniform design graphically. That document and an animated presentation can be found on the NFHS website.

Uniforms

- A. Requests to make an exception to Rule 3-4, Uniforms (e.g., Pink Out night, Retro/Throw Back night, Military Appreciation night) must be submitted to the state association before the event for approval. Uniform requirements MAY NOT be altered by mutual agreement between schools or coaches.
- B. As has been the rule in the past, uniform bottoms do not have to match the torso of the uniform; however, with the adoption of Rule 3-4-5, uniform bottoms must be like-colored among teammates. To provide clarity, the following examples are provided:
 - Teammates may wear multiple styles of uniform bottoms, which may include shorts, skirts or pants.
 - The color of the uniform bottoms are not required to be the same as the uniform top; however, the bottoms must be a consistent color among teammates. The bottom style may differ for every player, but the color must be the same.Example – A1 is wearing a white jersey and red shorts. A2 is wearing a white jersey and a red skirt. Legal, as long as the bottom is red for all five players.
- C. Rolling and/or tucking of uniform bottoms is permissible, as long as the compression tights/sleeves, if worn, are color compliant.

Equipment and Apparel

- A. Undershirts, if worn, must adhere to the following:
 - Home Team – Shall be white, shall be hemmed, and shall not have frayed or ragged edges. If the undershirt has sleeves, they shall be the same length.
 - Visiting Team – Shall be a single solid color similar to the torso of the jersey OR be solid black. The undershirt shall be hemmed and shall not have frayed or ragged edges. If the undershirt has sleeves, they shall be the same length. Team members may wear either a single solid color similar to the torso of the jersey or black, but not both.Example – Visitor B1 wears a purple jersey and a black undershirt. Visitor B2 is wearing a purple jersey and purple undershirt. Illegal. Both undershirts are a legal color; however, teammates must wear the same color undershirt. This situation would be legal if all teammates wore a black undershirt or if all teammates wore a purple undershirt.
- B. Arm sleeves, knee sleeves, lower leg sleeves, compression shorts and tights are permissible:
 - Anything worn on the arm and/or leg is a sleeve, except a knee brace, and shall meet the color restrictions.
 - The sleeves/tights and compression shorts shall be black, white, beige or the predominant color of the jersey, and the same color sleeves/tights shall be worn by teammates.
 - All sleeves/tights and compression shorts shall be the same solid color and shall be the same solid color as any headband or wristband worn.

Coaches and school administrators must ensure that legal uniforms are being ordered and purchased from manufacturers/distributors.

If in doubt, PRIOR to purchasing uniforms, equipment or apparel, confirm legality with the local state association.

Bench Decorum

The rules committee is concerned about bench decorum rule violations by coaches and bench personnel. Only through enforcing existing rules will coaches and bench personnel exhibit appropriate and acceptable behaviors. Coaches are expected to remain in the coaching box. The extension of the coaching box six years ago was intended to allow coaches to communicate with their players near the end line without violating the Coaching Box rule or creating a need to come onto the playing court.

Coaches who go beyond the 28-foot line, or more importantly, onto the playing court, gain a distinct advantage, which is not within the spirit and intent of the rules. Coaches are reminded that while the bench area expands during a time-out, the bench area does not extend beyond the 28-foot line. Coaches and other bench personnel may not move to the expanded bench area until the time-out begins to ensure bench personnel do not create inadvertent contact with opposing players still out on the playing court. Coaches who leave the expanded bench area to engage officials inappropriately are subject to a warning or a bench technical foul.

Misconduct by players, coaches and bench personnel is not permitted. There is continued support for officials to use all the tools at their disposal. These tools include promptly issuing an administrative warning for misconduct by coaches and bench personnel or assessing a technical foul if warranted. Players' taunting, baiting, finger-pointing, trash-talking, and using inappropriate gestures have increased during the past several seasons. Specifically, trendy hand gestures and body language meant to demean, and single-out opponents is not a reflection of good sporting behavior and has no place in the interscholastic setting. Players and coaches are permitted to celebrate an individual or team accomplishment, but they cannot direct that celebration toward their opponent. Also, players and coaches are not allowed to disrespectfully or inappropriately address and/or gesture at an official after a ruling is made on the court.

Player and coach behavior, which in the official's judgment is determined to be a taunt of an opponent or a disrespectful act toward an official, shall be penalized by assessing a technical foul.

Assistant coaches are not authorized to approach the scorer's table at any time. The head coach is permitted to go to the scorer's table to request a 60-second time-out to confer with personnel regarding a correctable error or to prevent or rectify a timing or scoring mistake/error or an alternating possession mistake.

Throw-Ins – Proper Locations

Proper inbound spots contribute to the overall flow and fairness of the game. When the ball is inbounded from the correct location, it ensures that the offense and defense have an equal chance to contest the possession. It prevents teams from gaining an unfair advantage by manipulating the inbound spot, which could disrupt the balance of the game. Coaches design specific plays and offensive/defensive strategies based on where the ball will be put in play. It is, therefore, essential for game officials to be diligent in administering the ball at the proper throw-in location.

With the adoption of Rules 7-5-2 through 7-5-4 coaches, players and officials are reminded of the following rules governing throw-in locations:

- A. Anytime a team causes the ball to go out of bounds in either the frontcourt or the backcourt, the throw-in occurs from the spot where the ball went out of bounds.
- B. When a violation by either team, a foul before the bonus by either team or dead ball (i.e., an inadvertent whistle or a held ball) occurs that will result in a throw-in, offi-

Officials must ask themselves three questions: Where did the violation/foul occur? Is the throw-in team in its frontcourt or backcourt? Where was the ball when the interruption occurred?

1. If the throw-in is to be in the team's frontcourt, it shall be at either the nearest 28-foot mark along each sideline or the nearest spot 3 feet outside the lane line and the end line. (Diagram 5)
2. If the throw-in is to be in the team's backcourt, the throw-in shall be at the designated spot nearest to where the foul, violation or other stoppage in play occurred.

End-of-Game Protocols

As a game nears the end of playing time, officials need to remind each other of the game-ending procedures to prevent potential issues. Oftentimes, late game time-outs will provide the best opportunities to:

- A. Confirm the following with the scorer:
 1. Accuracy of the official scorebook;
 2. The number of time-outs remaining for each team (inform the head coach if the team has used its last time-out);
 3. The number of team fouls and impact on the bonus.
- B. Remind the timer of the following:
 1. Watch the officials for the clock-start and clock-stop signals;
 2. Be prepared to assist in aiding the officials regarding whether a last-second shot was released prior to the end of time, especially if the gym is loud and the officials cannot hear the final horn.
- C. Officials should discuss the following:
 1. Last-second shot responsibility (trail official 2-person, center/trail 3-person);
 2. Unless the ball is tapped, no try can be attempted on a throw-in or free throw with three-tenths (.3) of a second or less remaining;
 3. Intentional/flagrant fouls are two shots and a designated spot throw-in, as discussed during the pre-game conference;
 4. If a foul occurs as the game-ending horn sounds and the score can be tied or the game won by the ensuing free throws, the official must administer the free throws. If the free throws will not change the outcome, the free throws will not be attempted.
- D. If the score is tied at the end of regulation time, inform each team and the table officials of the overtime procedures (length of overtime period, additional 60-second time-out, etc.).
- E. Following the game-ending horn, the referee should confirm with the scorer that everything is correct, then leave the floor with their partner(s). In situations when the score is separated by three points or less, it may be necessary to verbally confirm with the scorer. In games where the margin of victory is larger, a visual signal such as a thumbs-up will suffice. Be confident that everything is correct, as the officials' jurisdiction ends when they leave the visual confines of the playing court.

NFHS Basketball Rules Committee



Dr. Karissa L. Niehoff
NFHS
Publisher



Lindsey Atkinson
NFHS
Editor



Billy Strickland
Anchorage, AK
Chair - 2025



Mary Klinger
Somerset, NJ
Coaches - 2026



Arthur Hardin
Winston-Salem, NC
Officials - 2025



Dan Shepardson
Hinesburg, VT
Section 1 - 2024



Ty Gafford
Charlottesville, VA
Section 2 - 2025



Stacey Franklin
Orangeburg, SC
Section 3 - 2024



Brian Lewis
Indianapolis, IN
Section 4 - 2026



Ben Boothe
Lenexa, KS
Section 5 - 2025



Amy Cassell
Oklahoma City, OK
Section 6 - 2023

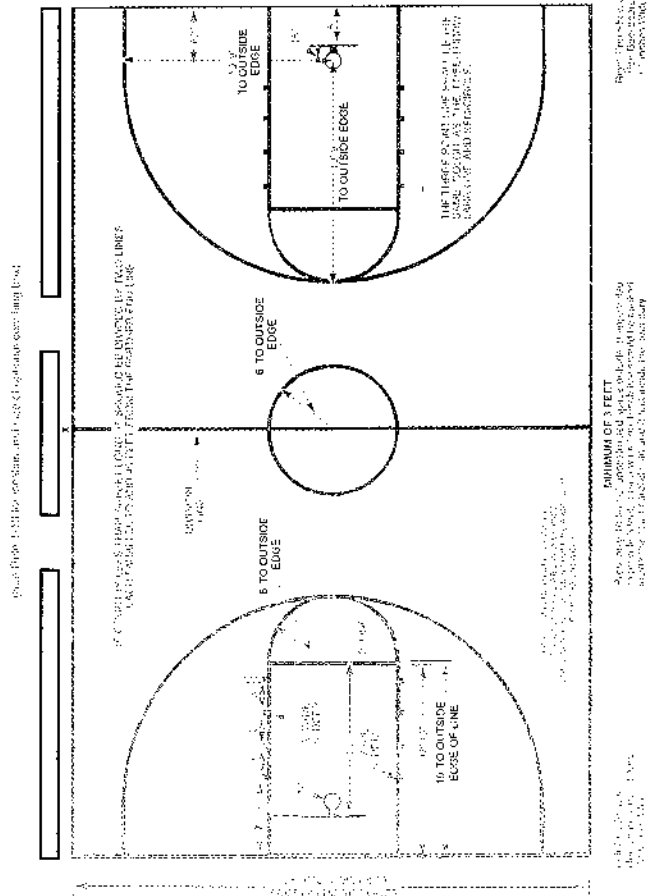


Lisa Bishop
Las Vegas, NV
Section 7 - 2026



Falisha Wright
Troutdale, OR
Section 8 - 2023

DIAGRAM 1 Basketball Court Diagram



NOTE: Except as specifically stated in the rules, information on court diagrams in this book is suggestive only; it is not required by NFHS rules. The construction and layout of all courts and fields used for high school competition are subject to any controlling laws and building codes, and to the sound judgment of the persons in charge of the facilities.

Table 1 Supplement to Basketball Court

Court Specifications:

1. If possible, building plans should provide for a court with ideal measurements as stated in Rule 1-1, ample out-of-bounds area and necessary seating space. A long court permits use of two crosswise courts for practice and informal games.
2. It is recommended that the area above the court be clear of any obstructions and be at least 25 feet or higher.
3. Instead of the 2-inch minimum boundaries, it is legal to use contrasting-colored floor areas by painting the out-of-bounds area, the center restraining circle, and the restricted parts of the free-throw lanes so that the mathematical line between the two colors is the boundary. If such contrasting colored out-of-bounds belt is used, it should be at least 8 inches wide.
4. It is recommended that a belt 8 inches wide or more in width be used to mark the boundaries on all courts which have at least 10 feet of open space between the boundary lines and the seating. This plan is urged for all new construction and for other similar courts when the boundaries are remarked.
5. It is recommended that there be a 2-inch wide broken line consisting of 12-inch segments, 12 inches apart, of a color different from that of the boundary, at a minimum of 6 feet outside the court extending from sideline to sideline and parallel to the end line.
6. Coaching box – tableside. Bounded by a line drawn 28 feet from the end line towards the division line. A line, perpendicular to the 28-foot line and placed at each end, with a minimum length of 2 feet, shall be extended toward the team bench so that the coaching box boundary is evident. The same directions should be followed for the other side of the scorer's table.
NOTE: State associations may, on an individual basis, alter the length and allow alternative bench locations.
7. The court should be uniformly and adequately lighted. Lighting engineers should be placed in charge of this important factor when planning any new installations. For information on recommended specifications for lighting, you may contact: Illuminating Engineering Society of North America, 120 Wall St., 17th Floor, New York, NY 10005, 212-248-5000.

FACILITIES

Because facilities used for high school athletics come in many shapes, sizes and conditions, on-site event management may on occasion conclude that compliance with NFHS directives about event configuration is not feasible. Under all circumstances, on-site event management should utilize set-ups that minimize risk. If a given facility cannot be made reasonably hazard-free, the event should be relocated.

THE INTENT AND PURPOSE OF THE RULES

The restrictions which the rules place upon the players are intended to create a balance of play; to provide equal opportunity between the offense and the defense; to provide equal opportunity between the small player and tall player; to provide reasonable risk minimization; to create an atmosphere of sporting behavior and fair play; and to emphasize cleverness and skill without unduly limiting freedom of action of individual or team play on either offense or defense.

Therefore, it is important to know the intent and purpose of a rule so that it may be intelligently applied in each play situation. A player or a team should not be permitted an advantage which is not intended by a rule. Neither should play be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.

It is the policy of the NFHS Basketball Rules Committee that there be no deviation from the rules unless experimental approval has been granted by the NFHS liaison to the rules committee.

THE GAME – Basketball is played by two teams of five players each. The purpose of each team is to throw the ball into its own basket and to prevent the other team from scoring. The ball may be thrown, batted, rolled or dribbled in any direction, subject to restrictions laid down in the following rules.

Rule 1 Court and Equipment

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

SECTION 1 PLAYING COURT DIMENSIONS

The playing court shall be a rectangular surface free from obstructions and with dimensions not greater than 94 feet in length by 50 feet in width. **IDEAL MEASUREMENTS ARE:** High School Age – 84 by 50 feet. These are the dimensions for the playing court only. Suggestions about construction and lighting are in Diagram 1.

SECTION 2 SIDELINES, END LINES

ART. 1 . . . The playing court shall be marked with sidelines, end lines and other lines as shown in Diagram 1. There shall be at least 3 feet (and preferably 10 feet) of unobstructed space outside boundaries. The sidelines and end lines shall be a minimum of 2 inches in width. If it is desirable to use contrasting colored-floor areas instead of the lines, see Table 1, No. 3.

ART. 2 . . . If, on an unofficial court, there is less than 3 feet of unobstructed space outside any sideline or end line, a narrow broken line shall be marked on the court parallel with and 3 feet inside that boundary. This restraining line becomes the boundary line during a throw-in on that side or end, as in Rule 7-6. It continues to be the boundary until the ball crosses the line.

SECTION 3 CENTER RESTRAINING CIRCLE, DIVISION LINE

ART. 1 . . . A restraining circle shall be drawn at the center of the court with a radius of 6 feet measured to the outside edge. The edge of the circle shall be designated with a minimum of a ¼-inch-wide single line but no wider than 2 inches. See Table 1, No. 3 if the use of contrasting colored-floor areas instead of a line is desirable. Spaces for nonjumpers around the center circle are 36 inches deep.

ART. 2 . . . A division line 2 inches wide, shall divide the court into two equal parts. If the court is less than 74 feet long, it should be divided by two lines, each parallel to and 40 feet from the farther end line.

ART. 3 . . . Shadow-bordered lines are permissible. A shadow line is a line that designates the required width by use of border or outline lines at least ¼-inch wide, which shall lie within the required width. Border lines that are the natural color of the court are permissible. The area within these lines need not be one color, but the continuous outline shall be clearly visible to the officials. If the floor has a logo in the center of the court, that logo should not distract from the visibility of the division line or center circle.

SECTION 4 THREE-POINT LINE

ART. 1 . . . A three-point line, 2 inches wide in the form of a semicircle, shall be drawn at each end of the court as shown in Diagram 1. The semicircle has a radius of 19 feet 9 inches from a point in the middle of the free-throw lane directly below the center of the basket to the outside edge of the line. The semicircle shall be extended with a 2-inch wide line perpendicular to the end line, the length of which shall be 63 inches from the inside edge of the end line.

ART. 2 . . . The three-point line shall be the same color as the free-throw lane boundary lines and free-throw semicircle.

SECTION 5 FREE-THROW LANE

ART. 1 . . . A free-throw lane, 12 feet wide measured to the outside of each lane boundary, and the semicircle with the free-throw line as a diameter, shall be marked at each end of the court with dimensions and markings as shown in Diagram 1. All lines designating the free-throw lane, but not lane-space marks are part of the lane.

ART. 2 . . . The lane-space marks (2 inches by 8 inches) identify areas which extend 36 inches from the outer edge of the lane lines toward the sidelines. There are three lane spaces on each lane boundary line.

ART. 3 . . . The free-throw lane line and semicircle shall be the same color as the three-point line. See Table 1, No. 3 if the use of contrasting colored-floor areas instead of the lines is desirable.

SECTION 6 FREE-THROW LINE

A free-throw line, 2 inches wide, shall be drawn across both semicircles, which have an outside radius of 6 feet as shown in Diagram 1. It shall be parallel to the end line and shall have its farthest edge 15 feet from the plane of the face of the backboard.

SECTION 7 BACKBOARDS

ART. 1 . . . The backboards shall be the same size at both ends of the court. The backboard shall be one of three types: (1) a rectangle 6 feet horizontally and 4 feet vertically; or (2) a rectangle 6 feet horizontally and 3½ feet vertically; or (3) a fan-shaped backboard, 54-inches wide and with dimensions as shown in Diagram 2.

NOTE: The 6-foot horizontal and 3½-foot vertical dimensions are recommended for replacement backboards or new installations.

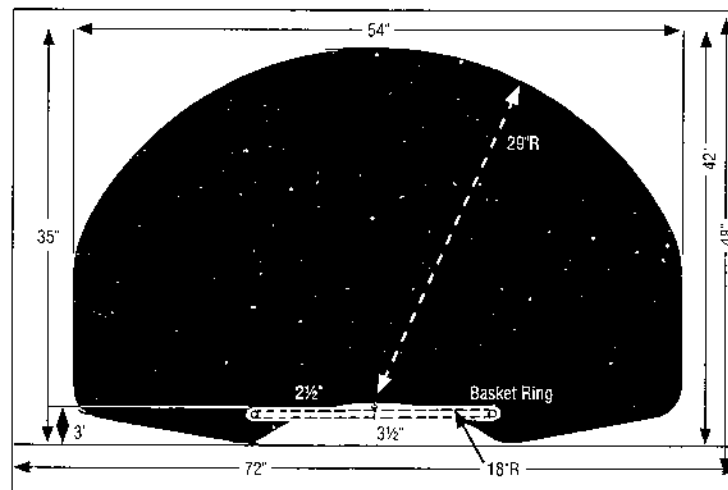
ART. 2 . . . Each of the backboards shall be of any rigid material. The front surface shall be flat and, unless it is transparent, it shall be white. Tinted glass backboards are prohibited.

Diagram 2 gives specifications for the three types of backboards. See Rule 1, Sections 7, 8, 9. It is not legal to paint a fan-shaped board on a rectangular backboard.

NOTE: For the fan-shaped backboard in transparent material, the recurved cut-out at the bottom may be filled in and the ring attached to the front of the backboard.

ART. 3 . . . If the backboard is transparent, it shall be marked as follows: A rectangle shall be centered behind the ring and marked by a 2-inch white line. The rectangle shall have outside dimensions of 24 inches horizontally and 18 inches vertically. For the rectangular backboard, the top edge of the backboard shall be level with the ring. For the fan-shaped backboard, the baseline shall be omitted, and the two vertical lines shall be extended to the bottom of the backboard. The rectangular target in a bright orange or black color may be used on a nontransparent backboard. The border of the backboard shall be marked with a white line. The border shall be 3 inches or less in width.

DIAGRAM 2



ART. 4 . . . Either type backboard may be transparent or nontransparent. No logo, marking, lettering, etc., is permitted on the backboard, backboard padding, or basket.

SECTION 8 BACKBOARD POSITION

ART. 1 . . . Each backboard shall be midway between the sidelines, with the plane of its front face perpendicular to the floor, parallel to the end line, and 4 feet from it.

ART. 2 . . . The upper edge of the backboard shall be 13 feet above the floor for the rectangular, and 12 feet 8 inches for the fan-shaped. The backboard shall be protected from spectators to a distance of at least 3 feet at each end.

SECTION 9 BACKBOARD PADDING, SUPPORT SYSTEMS

ART. 1 . . . The bottom and each side of the all-rectangular backboards shall be padded with a poly high-carb vinyl-type material that meets the Bashor resilience test with a range of 20-30. The padding shall cover the bottom surface of the board and the side surface to a distance of 15 inches up from the bottom. The front and back surfaces shall be covered to a minimum distance of ¾ inch from the bottom of the backboard. The padding shall be 1 inch thick from the front and back surfaces of the backboard. The material shall be 2 inches from the bottom edge of the backboard. It is recommended that the padding be mounted on the backboard by adhesive or material such as Velcro, channel, etc. The padding shall be a single, solid color and shall be the same color on both backboards.

ART. 2 . . . Any backboard support behind the backboard and at a height of less than 9 feet above the floor shall be padded on the bottom surface to a distance of 2 feet from the face of the backboard. All portable backstops shall have the bases padded to a height of 7 feet on the court-side surface.

ART. 3 . . . Clearances – As below and behind backboards, all support systems should be at least 8 feet behind the plane of the backboard face and at a height of 7 feet or more above the floor.

ART. 4 . . . Any backboard support, all of which is not directly behind the backboard, should be at least 6 inches behind it if the support extends above the top and at least 2 feet behind it if the support extends beyond the side. Any overhead backboard support structure which shall be forward-braced due to space limitations, architectural or structural restraints, shall meet the following requirements: A front, diagonal-brace system shall be located above a line extending upward and into the playing court at a maximum 45-degree angle from a point on a vertical line located a minimum of 6 inches behind the front side of the backboard at a minimum height of 4 feet 6 inches above the basket ring.

ART. 5 . . . Warning on misuse of portable backstops – Manufacturers and administrators should be aware of an "extreme-caution" warning relative to the misuse of portable backstops. A high degree of injury potential and a severe liability problem exists when players or spectators are allowed to hang, sit or stand on the basket ring or backboard. Administrators shall see that this practice is eliminated or that the portable units are lowered at the completion of the game. There is a high risk of severe injury, even death, if this practice is allowed to occur. A recommended warning or inscription such as "Danger – please do not get on the ring/backboard" is desirable.

SECTION 10 BASKET SIZE, MATERIAL

ART. 1 . . . Each basket shall consist of a single metal ring, 18 inches in inside diameter, its flange and braces, and a white-cord 12-mesh net, 15 to 18 inches in length, suspended from beneath the ring.

ART. 2 . . . Each ring shall not be more than 5/8 inch in diameter, with the possible addition of small-gauge loops on the bottom edge for attaching a 12-mesh net. The ring and its attaching flange and braces shall be bright orange in color.

ART. 3 . . . The cord of the net shall be not less than 120-thread nor more than 144-thread twine, or plastic material of comparable dimensions with no additional extensions. It shall be constructed to momentarily check the ball as it passes through.

SECTION 11 BASKET RING

ART. 1 . . . Each basket ring shall be securely attached to the backboard/support system with a ring-restraining device. Such a device shall ensure that the basket stays attached in the event a glass backboard breaks. Each basket ring

shall have its upper edge 10 feet above and parallel to the floor and shall be equidistant from the vertical edges of the backboard. The nearest point of the inside edge of the ring shall be 6 inches from the plane of the face of the backboard.

ART. 2 . . . Positive-lock breakaway, flex breakaway and fixed rings are legal. Breakaway basket rings shall have rebound characteristics similar to those of fixed rings. The pressure-release mechanism should ensure these characteristics, as well as protect both the ring and backboard. The design of the ring and its construction should ensure player safety.

ART. 3 . . . For those rings with a breakaway mechanism, the pressure-release mechanism shall be preset so that rings do not deflect more than ½ inch when subjected to static load of 50 pounds and may be sealed or field adjustable. When released, the positive-lock breakaway ring shall not rotate more than 30 degrees below the original horizontal position. After release and with the load no longer applied, the ring shall return automatically and instantaneously to the original position.

NOTE: It is recommended that schools have the basket rings tested for rules compliance.

SECTION 12 BALL

ART. 1 . . . The ball shall meet the following specifications:

- a. Its solid color shall be Pantone Matching System (PMS) Orange 151, Red-Orange 173 or Brown 1535.
- b. It shall be spherical.
- c. It shall have a deeply-pebbled, granulated surface with horizontally shaped panels bonded tightly to the rubber carcass.
- d. The circumference shall be:
 1. Within a minimum of 29½ inches to a maximum of 30 inches for high school boys competition.
 2. Within a minimum of 28½ inches to a maximum of 29 inches for high school girls competition.
- e. The weight shall be:
 1. Within a minimum of 20 ounces to a maximum of 22 ounces for high school boys competition.
 2. Within a minimum of 18 ounces to a maximum of 20 ounces for high school girls competition.
- f. The black rubber rib separating the panels shall not exceed ¼ inch in width.
- g. The ball shall include the NFHS Authenticating Mark. The mark can be displayed in either format shown in Diagram 3. A current list of NFHS authenticated products can be found on the website, nfhs.org, under "Resources."

DIAGRAM 3



ART. 2 . . . The ball shall be inflated to an air pressure such that when it is dropped to the playing surface from a height of 6 feet, measured to the bottom of the ball, it shall rebound to a height, measured to the top of the ball, of not less than 49 inches when it strikes on its least resilient spot, nor more than 54 inches when it strikes on its most resilient spot.

EXCEPTION: To be legal, the air pressure which will give the required reaction shall be stamped on it. The pressure for game use shall make the ball bounce legally.

ART. 3 . . . The home team shall provide a ball which meets the specifications. The referee shall be the sole judge of the legality of the ball and may select a ball provided by the visiting team.

SECTION 13 TEAM BENCH LOCATIONS, COACHING BOX, TIME-OUT AREA

ART. 1 . . . The location of each team's bench shall be designated by game management. It is recommended that the benches for team members and coaches of both teams be placed along that side of the court on which the scorer's and timer's table is located.

ART. 2 . . . The coaching box shall be outlined outside the side of the court on which the scorer's and timer's table and team benches are located. The area shall be bounded by a line drawn 28 feet from the end line towards the division line. A line, perpendicular to the 28-foot line and placed at each end, with a minimum length of 2 feet, shall be extended toward the team bench so that the coaching box boundary is evident. These lines shall be located off the court and be 2 inches wide. The same directions should be followed for the other side of the scorer's and timer's table.

NOTE: State associations may alter the length and placement of the 28-foot (maximum) coaching box.

ART. 3 . . . The time-out area shall be the area inside an imaginary rectangle formed by the boundaries of the sideline (including the bench), end line, and an imaginary line extended from the free-throw lane line nearest the bench area meeting an imaginary line extended from the coaching-box line.

SECTION 14 RED/LED LIGHT, AUDIBLE SIGNAL

A red light behind each backboard or an LED light on each backboard is permitted to signal that time has expired for a quarter or extra period. In facilities without a red light behind or an LED light on each backboard, the audible timer's signal shall indicate that time has expired.

SECTION 15 CLOCK AND SCOREBOARD

A visible game clock and scoreboard are mandatory. An alternate timing device and scoring information system shall be available in the event of malfunction.

SECTION 16 POSSESSION ARROW

A visible display shall be located at the scorer's and timer's table to indicate team possession for the alternating-possession procedure.

SECTION 17 "X" LOCATES SCORER

An "X" 12 inches long and 2 inches wide shall be placed on the floor out of bounds directly in front of the official scorer to help substitutes with the proper location. (See Diagram 1)

SECTION 18 MUSIC/SOUND EFFECTS/ARTIFICIAL NOISEMAKERS

The playing of music/sound effects shall only be permitted during pregame, time-outs, intermission and post-game. The use of artificial noisemakers shall be prohibited. The announcer shall be prohibited from making announcements during the game, such as "two minutes to go."

SECTION 19 ELECTRONIC DEVICES

The use of electronic devices is permitted during the game.

SECTION 20 NON-PLAYING PERSONNEL

Non-playing personnel, e.g., spirit participants, media, shall remain outside of the playing area during a 30-second time-out.

Non-playing personnel shall be located outside the free-throw lane lines extended toward the sidelines throughout the game.

Rule 2 Officials and Their Duties

SECTION 1 GAME AND TABLE OFFICIALS

ART. 1 . . . The official's uniform shall be a black-and-white striped shirt, black pants, predominantly black shoes and black socks.

ART. 2 . . . The game officials shall be a referee and an umpire or a referee and two umpires who shall be assisted by an official timer and scorer.

ART. 3 . . . The scorer and timer shall be located at the scorer's and timer's table on the side of the court. It is recommended that the official scorer and timer be seated next to each other.

NOTE: If using a shot clock, the operator shall be located at the scorer's and timer's table.

SECTION 2 OFFICIALS' JURISDICTION

ART. 1 . . . The officials shall make decisions for infractions of the rules committed within or outside the boundary lines. The use of any replay or television monitoring equipment by the officials in making any decision relating to the game is prohibited.

EXCEPTION: A state association may permit game or replay officials to use a replay monitor during state championship series contests to determine if a scored goal at the expiration of time in the fourth quarter or any overtime period (0:00 on the game clock) should be counted, and if so, determine if it is a two-point or a three-point goal.

ART. 2 . . . The officials' jurisdiction, prior to the game, begins when they arrive on the floor. The officials' arrival on the floor shall be at least 15 minutes before the scheduled starting time of the game.

ART. 3 . . . The officials' jurisdiction extends through periods when the game may be momentarily stopped for any reason.

ART. 4 . . . The jurisdiction of the officials is terminated and the final score has been approved when all officials leave the visual confines of the playing area.

NOTE: The officials retain clerical authority over the contest through the completion of any reports, including those imposing disqualifications, which are responsive to actions occurring while the officials had jurisdiction. State associations may intercede in the event of unusual incidents that occur before, during or after the officials' jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

SECTION 3 REFEREE'S AUTHORITY

The referee shall make decisions on any points not specifically covered in the rules.

SECTION 4 REFEREE'S PREGAME DUTIES

The referee shall:

ART. 1 . . . Inspect and approve all equipment, including court, baskets, ball, backboards, and scorer's and timer's signals.

ART. 2 . . . Designate the official timepiece and official timer prior to the scheduled starting time of the game.

ART. 3 . . . Designate the official scorebook and official scorer prior to the scheduled starting time of the game.

NOTE: A state association may authorize use of supplementary equipment to aid in game administration.

ART. 4 . . . Be responsible for having each team notified three minutes before each half is to begin.

ART. 5 . . . Verify with the head coach, prior to each contest, that all team members' uniforms and equipment are legal and will be worn properly, and that all participants will exhibit proper sporting behavior throughout the contest.

SECTION 5 REFEREE'S DUTIES DURING GAME

The referee shall:

ART. 1 . . . Designate the official to toss the ball in the center restraining circle for all jump-ball situations.

ART. 2 . . . Administer the alternating-possession throw-in to start the second, third and fourth quarters.

ART. 3 . . . Decide whether a goal shall count if the officials disagree.

ART. 4 . . . May declare the game a forfeit when conditions warrant.

ART. 5 . . . Decide matters upon which the scorer and timer disagree and correct obvious timing errors.

ART. 6 . . . Confer with the official scorer at halftime to determine the possession arrow is pointed in the proper direction to begin play in the third quarter.

ART. 7 . . . Check and approve the score at the end of each half.

ART. 8 . . . Inform each team and the table officials of the overtime procedures when the score is tied at the end of regulation time.

SECTION 6 OFFICIALS' AUTHORITY

No official has the authority to set aside or question decisions made by the other official(s) within the limits of their respective outlined duties.

SECTION 7 OFFICIALS' GENERAL DUTIES

The officials shall conduct the game in accordance with the rules. This includes:

ART. 1 . . . Notifying the captains when play is about to begin at the start of the game.

ART. 2 . . . Putting the ball in play.

ART. 3 . . . Determining when the ball becomes dead and live.

ART. 4 . . . Prohibiting practice during a dead ball, except between halves.

ART. 5 . . . Administering penalties.

ART. 6 . . . Granting and charging time-out.

ART. 7 . . . Beckoning substitutes to enter the court.

ART. 8 . . . Signaling a three-point attempt and signaling a successful three-point goal.

ART. 9 . . . Silently and visibly counting seconds to administer the throw-in (7-6), free-throw (8-4, 9-1-3a), backcourt (9-8) and closely-guarded (9-10) rules.

ART. 10 . . . Reporting a team warning for delay to the official scorer and then to the head coach of the offending team.

ART. 11 . . . Reporting a team warning for head coach/bench personnel misconduct to the official scorer and then to the head coach of the offending team.

ART. 12 . . . Notifying the head coach when a team is granted its final allowable time-out.

SECTION 8 OFFICIALS' ADDITIONAL DUTIES

The officials shall:

ART. 1 . . . Penalize unsporting conduct by any player, coach, substitute, team attendant or follower.

NOTE: The home management or game committee is responsible for spectator behavior, insofar as it can reasonably be expected to control the spectators. The officials may rule fouls on either team if its supporters act in such a way as to interfere with the proper conduct of the game. Discretion shall be used in ruling such fouls, however, lest a team be unjustly penalized. When team supporters become unruly or interfere with the orderly progress of the game, the officials shall stop the game until the host management resolves the situation and the game can proceed in an orderly manner. In the absence of a designated school representative, the home coach shall serve as the host management.

ART. 2 . . . Penalize and disqualify the offender if flagrant misconduct occurs.

ART. 3 . . . Remove a player from the game who commits a fifth foul (personal and technical).

ART. 4 . . . Notify the head coach and request the timer to begin the replacement interval, and then notify the player on a disqualification. (2-12-5)

ART. 5 . . . Immediately remove a player from the game who exhibits signs, symptoms or behaviors consistent with a concussion, as in Rule 3-3-8. (See NFHS Suggested Guidelines for Management of Concussion in Sports in Appendix C on page 85.)

SECTION 9 SIGNALS

ART. 1 . . . When a foul occurs, an official shall signal the timer to stop the clock. The official shall verbally inform the offender, then with finger(s) of two hands, indicate to the scorer the number of the offender and the number of free throws.

ART. 2 . . . When a team is entitled to a throw-in, an official shall signal the timer to stop the clock and clearly signal:

- The act which caused the ball to become dead.
- The direction of play and announce the color of the team entitled to the throw-in.
- The throw-in spot unless it follows a successful goal or an awarded goal.

SECTION 10 CORRECTABLE ERRORS

ART. 1 . . . Officials may correct an error if a rule is inadvertently set aside and results in:

- Failure to award a merited free throw.
- Awarding an unmerited free throw.
- Permitting a wrong player to attempt a free throw.
- Attempting a free throw at the wrong basket.
- Erroneously counting or canceling a score.

ART. 2 . . . In order to correct any of the officials' errors listed in Article 1, such error shall be recognized by an official no later than during the first dead ball after the clock has properly started.

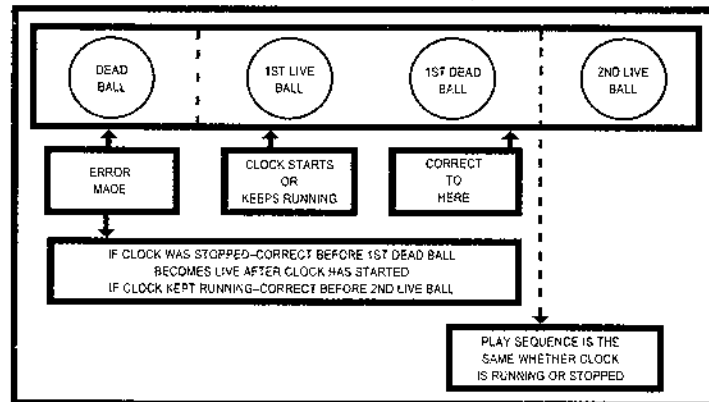
ART. 3 . . . If in Article 1e the error is made while the clock is running and the ball dead, it shall be recognized by an official before the second live ball.

ART. 4 . . . If the error is a free throw by the wrong player or at the wrong basket, or the awarding of an unmerited free throw, the free throw and the activity during it, other than unsporting, flagrant, intentional or technical fouls, shall be canceled.

ART. 5 . . . Points scored, consumed time and additional activity, which may occur prior to the recognition of an error, shall not be nullified. Errors because of free-throw attempts by the wrong player or at the wrong basket shall be corrected by applying Rules 8-1 and 8-2.

ART. 6 . . . If an error is corrected, play shall be resumed from the point of interruption to rectify the error, unless it involves awarding a merited free throw(s) and there has been no change of team possession since the error was made, in which case play shall resume as after any free-throw attempt(s).

**DIAGRAM 4
CORRECTABLE ERRORS**



SECTION 11 SCORER'S DUTIES

The scorer shall:

ART. 1 . . . Keep a record of the names and numbers of players who are to start the game and of all substitutes who enter the game.

NOTE: It is recommended the team members' numbers be entered into the scorebook in numerical order.

ART. 2 . . . Notify the nearer official when there is an infraction of the rules pertaining to submission of the roster, substitutions or numbers of players.

ART. 3 . . . Signal the officials by using the game horn or a sounding device unlike that used by the referee and umpire(s). This may be used immediately if, or as soon as, the ball is dead or is in control of the offending team.

ART. 4 . . . Record the field goals made, the free throws made and missed, and keep a running summary of the points scored.

ART. 5 . . . Record warnings for head coach/bench personnel misconduct as well as the personal and technical fouls reported on each player and notify an official immediately when the fifth foul (personal and technical) is charged to any player, the second technical foul is charged to any team member, bench personnel, or directly to the head coach, or the third technical foul is charged to the head coach.

NOTE: The procedure if a player who has committed a fifth foul continues to play because the scorer has failed to notify the official is as follows: As soon as the scorer discovers the irregularity, the game horn should be sounded after, or as soon as, the ball is in control of the offending team or is dead. The disqualified player shall be removed immediately. Any points which may have been scored while such player was illegally in the game are counted. If other aspects of the error are correctable, the procedure to be followed is included among the duties of the officials.

ART. 6 . . . Record the time-out information charged to each team (who and when) and notify a team and its coach, through an official, whenever that team is granted its final allotted charged time-out.

ART. 7 . . . Record the held balls for the alternating-possession procedure and be responsible for the possession arrow.

ART. 8 . . . Record the number of warnings in the official scorebook, as in Rules 4-47 and 4-48.

ART. 9 . . . Signal the nearer official each time a team is granted a time-out in excess of the allotted number.

ART. 10 . . . Signal in each quarter when a player commits a common foul beginning with the team's fifth foul.

ART. 11 . . . Compare records with the visiting scorer after each goal, each foul, each charged time-out, and end of each quarter and extra period, notifying the referee at once of any discrepancy. If the mistake cannot be found, the referee shall accept the record of the official scorebook, unless the referee has knowledge to decide otherwise. If the discrepancy is in the score and the mistake is not resolved, the referee shall accept the progressive team totals of the official scorebook. A bookkeeping mistake may be corrected at any time until the referee approves the final score. The scorebook of the home team shall be the official book, unless the referee determines otherwise. The official scorebook shall remain at the scorer's table throughout the game, including all intermissions.

ART. 12 . . . The official scorer is required to wear a black-and-white vertically striped garment.

SECTION 12 TIMER'S DUTIES

The timer shall:

ART. 1 . . . Note when each half is to start and shall notify the referee more than three minutes before this time so the referee may notify the teams, or cause them to be notified, at least three minutes before the half is to start.

ART. 2 . . . Signal the scorer three minutes before starting time.

ART. 3 . . . Be provided with a clock to be used for timing quarters, extra periods and intermissions, and a stopwatch for timing time-outs. The clock shall be operated by the official timer. The clock and a stopwatch shall be placed so that they may be seen by the timer. The clock shall be started or stopped as prescribed in Rules 5-8 and 5-9.

ART. 4 . . . Sound a warning signal 15 seconds before the expiration of an intermission or a time-out, immediately after which the players shall prepare to resume play, and signal again at the end of the intermission or time-out.

ART. 5 . . . Sound a warning signal to announce 15 seconds (maximum) permitted for replacing a disqualified or injured player, or for a player directed to leave the game and signal again at the end of the interval.

NOTE: The official shall signal the timer to begin the 15-second interval for replacing an injured player after the injured player has been removed from the court and the coach has been notified that a replacement is required, except as in Rule 3-3-6.

ART. 6 . . . Stop the clock at the expiration of time for each quarter or extra period, and when an official signals time-out, as in Rule 5-8. For an intermission or a charged time-out, start the stopwatch and signal the referee as outlined in Article 4.

ART. 7 . . . Indicate by signal the expiration of playing time in each quarter or extra period. If a red/LED light is used, the light is the official expiration of playing time.

SECTION 13 TIMER'S EQUIPMENT

If the red/LED light fails to illuminate and the timer's signal fails to sound, or is not recognized by the officials, the timer shall go onto the court or use other means to immediately notify the nearest official. If in the meantime, a goal has been made or a foul has occurred, the referee shall consult the timer:

ART. 1 . . . If table officials agree that time expired before the ball was in flight, the goal shall not count.

ART. 2 . . . If table officials agree that the quarter or extra period ended, as in Rule 5-6-2, before the foul occurred, the foul shall be disregarded, unless it was intentional or flagrant.

ART. 3 . . . If table officials disagree, the goal shall count and/or the foul shall be penalized, unless the referee has knowledge which alters such ruling.

SECTION 14 SHOT CLOCK

By state association adoption, member state associations may establish a shot clock in which the team in control shall attempt a try for field goal within 35 seconds after gaining team control.

ART. 1 . . . This shall be regulated by a visible shot clock.

ART. 2 . . . The tap or try for field goal shall leave the shooter's hand before the expiration of time and subsequently strike the basket ring or enter the basket before or after the shot clock period has expired. (See the Guidelines for Establishing a Shot Clock on page 74.)

Rule 3 Players, Substitutes and Equipment

SECTION 1 TEAM, CAPTAIN

ART. 1 . . . Each team consists of five players, one of whom is the captain.

NOTE: A team shall begin the game with five players, but if it has no substitutes to replace disqualified or injured players, it shall continue with fewer than five. When there is only one player participating for a team, the team shall forfeit the game, unless the referee believes that team has an opportunity to win the game.

ART. 2 . . . The captain is the representative of the team and may address an official on matters of interpretation or to obtain essential information, if it is done in a courteous manner. Any player may address an official to request a time-out or permission to leave the court.

SECTION 2 ROSTERS, STARTERS, NUMBERS

ART. 1 . . . At least 10 minutes before the scheduled starting time, each team shall supply the official scorer with the name and number of each team member and designate the five starting players. Failure to comply results in a technical foul. (10-1-1 PENALTY)

ART. 2 . . . After the 10-minute time limit specified in Article 1, a team is charged with a maximum of one technical foul regardless of how many infractions of the following are committed (10-1-2 PENALTY):

- a. Changing a designated starter, unless necessitated by illness, injury, illegal equipment or apparel, etc., or to attempt a technical foul free throw.
- b. Adding a name to the team member list.
- c. Requiring the scorer to change a team member's or player's number in the scorebook.
- d. Requiring a player to change to the number in the scorebook.
- e. Having identical numbers on team members and/or players.

SECTION 3 SUBSTITUTION

ART. 1 . . . A substitute who desires to enter shall report to the scorer, giving the substitute's number.

- a. Between quarters, at halftime and during a time-out, the substitute shall report or be in position to report to the scorer, prior to the warning signal which is sounded 15 seconds before the end of the intermission or the time-out.

NOTE: When the substitute(s) is not properly reported, the player(s) in the game at the conclusion of the quarter when the time-out was granted shall begin play for the new quarter after the time-out.

- b. Substitutions between halves may be made by the substitute or a team representative.
- c. During multiple free throws resulting from personal fouls, substitutions may be made only before the final attempt in the sequence and after the final attempt has been scored.

NOTE: When a player is required by rule to be replaced prior to administering the free throw(s), then all other substitutes who have legally reported may also enter the game.

- d. If entry is at any time other than between quarters, and a substitute who is entitled and ready to enter reports to the scorer, the scorer shall use a sounding device or game horn, if, or as soon as, the ball is dead and the clock is stopped.
- e. A captain may request a defensive match-up if three or more substitutes from the same team enter during an opportunity to substitute.

ART. 2 . . . The substitute shall remain outside the boundary until an official beckons, whereupon the substitute shall enter immediately. If the ball is about to become live, the beckoning signal should be withheld. The entering substitute shall not replace a designated jumper or a free thrower except as in Rules 8-2 and 8-3. If the substitute enters to replace a player who shall jump or attempt a free throw, the substitute shall withdraw until the next opportunity to substitute.

ART. 3 . . . A substitute becomes a player when the substitute legally enters the court. If entry is not legal, the substitute becomes a player when the ball becomes live. A player becomes bench personnel after the player's substitute becomes a player or after notification of the coach following the player's disqualification.

ART. 4 . . . A player who has been replaced, or directed to leave the game shall not re-enter before the next opportunity to substitute after the clock has been started properly following the player's replacement.

ART. 5 . . . A player not wearing the pants/skirt properly and above the hips and/or a player not tucking in a team jersey (front and back) designed to be worn inside the pants/skirt, shall be directed to leave the game as in Rule 3-3-4; a charged time-out shall not alter this requirement.

ART. 6 . . . A player who has been injured to the extent that the coach or any other bench personnel is beckoned and comes onto the court shall be directed to leave the game, unless a time-out is requested by, and granted to, the injured player's team and the situation can be corrected by the end of the time-out.

ART. 7 . . . A player who is bleeding, has an open wound, has any amount of blood on the uniform, or has blood on the player's body shall be directed to leave the game until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition, unless a time-out is requested by, and granted to, the player's team and the situation can be corrected by the end of the time-out. (See NFHS General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases in Appendix E on page 87.)

NOTES: (Arts. 6, 7)

1. If players from both teams are directed to leave the game because of injury/blood, both teams shall request and be granted a time-out in order to keep each player in the game, as in Rule 5-11-8.
2. A time-out granted to keep a player in the game shall be requested before the replacement interval begins.

ART. 8 . . . Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. (See NFHS Suggested Guidelines for Management of Concussion in Sports in Appendix C on page 85.)

SECTION 4 UNIFORMS

ART. 1 . . . Team jersey color and design shall adhere to the following:

- a. The torso of the team jersey shall be the same single solid color for all team members.
- b. The torso is the portion of the jersey from an imaginary line at the base of the neckline extending to each armhole, down to the bottom hem of the jersey and from side seam/insert to side seam/insert. The imaginary line at the base of the neckline shall not extend beyond 1½ inches from the lowest point of the neckline apex/opening.
- c. The torso color shall be white for the home team and a contrasting dark color for the visiting team.

NOTES:

1. It is recommended that the dark torso color for the visiting team be the darker color of the school's color scheme or black.
2. The gray color used in an away jersey must meet the 70-percent standard.
- d. There are no color/design restrictions in the area of the team jersey from the imaginary line at the base of the neckline to the top of the shoulder and in the corresponding area on the back of the jersey. There are restrictions on what identifying names may be placed in this area. (3-4-4)
- e. Side inserts, including trim/piping/accent color(s), shall be no more than 4 inches in width (2 inches on each side of seam) of any color(s) or design, centered vertically below the armpit. Side inserts for all team jerseys shall be the same width.
- f. Trim, piping or an accent color differing from the torso color shall not exceed 1 inch around the arm openings, except as in item d above.

ART. 2 . . . Logos/flags/patches shall adhere to the following:

- a. A visible manufacturer's logo/trademark/reference is permitted on the team jersey, not to exceed 2¼ square inches with no dimension more than 2¼ inches. The manufacturer's logo may be located no more than 5 inches below the shoulder seam on the front of the jersey, or 2 inches from the neckline on the back of the jersey; or in either side insert.
- b. The American flag may be worn anywhere on the team jersey provided it does not exceed 2 x 3 inches and does not interfere with the visibility of the player's number.
- c. By state association adoption, one commemorative/memorial patch may be worn on the jersey. The patch shall not exceed 4 square inches, shall not be a number and shall be located above the neckline or in the side insert.
- d. A school or conference logo/mascot may be located at the apex/opening of the neckline or above it, in the corresponding area on the back of the jersey and/or in either side insert.

ART. 3 . . . Numbers shall adhere to the following:

- a. Team jerseys shall include the team member's number, which shall be at least 6 inches high on the back and at least 4 inches high on the front and not less than ¾ inch in width excluding the border.
- b. The number(s) shall be centered vertically and horizontally on the portion of the jersey that is intended to be visible.

- c. The number(s) on the front and back of the team jersey shall be the same color and style.
- d. Each team member shall be numbered on the front and back of the team jersey with plain Arabic numerals. The following numbers are legal: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55. A team member list shall not have both numbers 0 and 00.
- e. No more than three colors may be used on the number. The style of the number shall be clearly visible and conform to one of the following:
 1. A solid contrasting color with no more than two solid color ¼-inch borders around the entire number. If the team jersey color is used as a border, it shall be counted as one of the allowed colors.
 2. The team jersey color itself when bordered with not more than two ¼-inch solid border(s) contrasting with the team jersey color. This option shall be eliminated by 2024-25.
 3. A solid contrasting color with a "shadow" trim of a contrasting color on part of the number not to exceed ½ inch in width and may be used with one ¼-inch border.

ART. 4 . . . Identifying name(s) shall adhere to the following:

- a. If used, lettering with school name, school's nickname, school logo name, player's name and/or abbreviations of the official school name shall be placed horizontally on the jersey.
- b. The panel in the shoulder area of the jersey on the back may be used for placing identifying names as well.
- c. Lettering above a number may be arched, but the first and last letters shall be on the same horizontal plane, such plane shall not be below a plane extending through the top of the number(s).
- d. Lettering below a number shall have the first and last letters on the same horizontal plane and said plane shall not be above a plane extending through the bottom of the numbers(s).
- e. Any point on any letter shall not be closer than one inch to any point on any number(s).
- f. Any form of decorative accent (e.g., paw, halo, crown, star) in an identifying name or abbreviation is only permitted if the name or abbreviation is located above the number.
- g. If a tail is used in the lettering of an identifying name or abbreviation, the name or abbreviation shall be located below the number.

ART. 5 . . . Like-colored uniform bottoms must adhere to the following:

- a. Multiple styles of uniform bottoms may be worn by teammates and may include shorts, skirts or pants.
- b. Uniform bottoms shall have only one visible manufacturer's logo/trademark/reference. See Rule 3-6-2 for size requirements. Showing multiple manufacturer's logos on the waist band of the bottoms makes the item illegal.

SECTION 5 TEAM MEMBER'S EQUIPMENT, APPAREL

ART. 1 . . . The referee shall not permit any team member to wear equipment or apparel which, in the referee's judgment, is dangerous or confusing to other players or is not appropriate.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

ART. 2 . . . Guards, casts and braces shall meet the following guidelines:

- A guard, cast or brace made of a hard and unyielding substance, such as, but not limited to, leather, plaster, plastic or metal shall not be worn on the elbow, hand, finger/thumb, wrist or forearm; even though covered with soft padding.
- Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder shall be padded with a closed-cell, slow-recovery foam padding no less than ½" thick.
- Knee and ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding/covering nor do the braces need to meet the color restrictions.

NOTE: A brace is defined as anything worn for a medical purpose to increase stability. In general, it is made of neoprene or elastic knit with an insert embedded to support the joint. It may or may not have a hinge and/or straps or an opening over the kneecap.

- A protective face mask may be worn and made of hard material, but shall be worn molded to the face with no protrusions.
- Shall be worn for medical reasons.

ART. 3 . . . Arm sleeves, knee sleeves, lower leg sleeves, compression shorts and tights are permissible:

- Anything worn on the arm and/or leg is a sleeve, except a knee brace, and shall meet the color restrictions.
- The sleeves/tights, compression shorts shall be black, white, beige or the predominant color of the jersey and the same color sleeves/tights shall be worn by teammates.
- All sleeves/tights, compression shorts shall be the same solid color and shall be the same color as any headband or wristband worn.
- Meet the logo requirements in Rule 3-6.

ART. 4 . . . Wristbands and headwear shall meet the following guidelines:

- Headbands and wristbands shall be white, black, beige or the predominant color of the jersey and shall be the same color for each item and all participants. They shall be the same color as any sleeve/tights worn. See Rule 3-6 for logo requirements.
- A headband is any item that goes around the entire head. It shall be a circular design without extensions. If worn, only one headband is permitted, it shall be worn on the forehead/crown, it shall be nonabrasive and unadorned, and it shall be no more than 3 inches wide.

- If worn, only one wristband is permitted on each wrist, each shall be worn on the arm below the elbow, each shall be moisture-absorbing, nonabrasive and unadorned, and each shall be a maximum of 4 inches wide.
- Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes, bobby pins and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates or opponents are allowed. Hair-control devices are not required to meet color restrictions.
- Head coverings worn for religious reasons shall not be made of abrasive or hard materials and must be attached in such a way that the coverings are highly unlikely to come off during play.

NOTE: The state association shall be notified, after the contest, if there is a concern about a head covering worn for religious reasons.

- Head decorations and headwear, except those specified above, are prohibited. **EXCEPTION:** State associations may on an individual basis permit a player to participate while wearing a head covering if it meets the following criteria: For medical or cosmetic reasons – In the event a participant is required by a licensed medical physician to cover the participant's head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play.

ART. 5 . . . Equipment which is unnatural and/or designed to increase a team member's height or vertical reach or to gain a competitive advantage shall not be permitted. Equipment and apparel shall not be modified from the original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

EXCEPTION: Provided the shorts are not in conflict with Rule 3-4-5, no drawstring or other part of the shorts intended to maintain them in a normal position causes potential harm to the player or others and wearing of the shorts is not objectionable in exposing the anatomy, there is no restriction on folding or rolling the shorts at the natural waistband seam.

ART. 6 . . . Undershirts, if worn, must adhere to the following:

- Shall be a single solid color similar to the torso of the jersey or be solid black (under visiting team dark jerseys only) and shall be hemmed and not have frayed or ragged edges. Visiting team members may wear either a single solid color similar to the torso of the jersey or black, but not both.
- If the undershirt has sleeves, they shall be the same length.
- Only one visible logo is permitted. See Rule 3-6 for logo requirements.

ART. 7 . . . Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal shall be taped and worn under the uniform. A medical-alert medal shall be taped and may be visible.

SECTION 6 LOGO/TRADEMARK/REFERENCE

ART. 1 . . . One visible manufacturer's logo/trademark/reference or school logo/mascot is permitted on the wristbands, headband, compression shorts, undershirts, and arm and leg compression sleeves. (3-5-3, 3-5-4, 3-5-6c)

ART. 2 . . . The size shall be limited to 2¼ square inches and shall not exceed 2¼ inches in any dimension on any item.

SECTION 7 SAFETY CONCERNS

The referee shall not permit any team member to participate if in the referee's judgment any item constitutes a safety concern.

SECTION 8 MOUTHGUARD

1. A tooth and mouth protector (intraoral), if worn shall:
 - a. include an occlusal (protecting and separating the biting surfaces) portion;
 - b. include a labial (protecting the teeth and supporting structures) portion;
 - c. cover the posterior teeth with adequate thickness;
2. It is recommended that the protector be properly fitted, protecting the anterior (leading) dental arch and:
 - a. constructed from a model made from an impression of the individual's teeth; or
 - b. constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.
3. State associations may deem a tooth and mouth protector required equipment.

Rule 4 Definitions

SECTION 1 AIRBORNE SHOOTER

ART. 1 . . . An airborne shooter is a player who has released the ball on a try or tap for a goal or has tapped the ball and has not returned to the floor.

ART. 2 . . . The airborne shooter is considered to be in the act of shooting.

SECTION 2 ALTERNATING POSSESSION AND ARROW

ART. 1 . . . Alternating possession is the method of putting the ball in play by a throw-in as outlined in Rule 6-4.

ART. 2 . . . The possession arrow is a device located at the scorer's table which is used to indicate the direction of a team's basket for the alternating-possession procedure.

SECTION 3 SETTING DIRECTION OF INITIAL ARROW

Alternating-possession control is established and the initial direction of the possession arrow is set toward the opponent's basket when:

ART. 1 . . . A player secures control of the ball, as after the jump ball beginning the game and each extra period.

ART. 2 . . . Entering an overtime period, the ball is placed at the disposal of the free thrower after a common foul when the bonus free throws are in effect.

ART. 3 . . . The ball is placed at the disposal of the thrower after:

- a. A violation during or following the jump ball before a player secures control.
- b. The free throws for a noncommon foul.
- c. A common foul before the bonus free throws are in effect.

NOTE: This procedure is used only to establish the alternating-possession procedure. See Rule 6-4 for using the procedure and reversing the possession arrow.

SECTION 4 BALL LOCATION LOCATION/STATUS, AT DISPOSAL

ART. 1 . . . A ball which is in contact with a player or with the court is in the backcourt if either the ball or the player (either player if the ball is touching more than one) is touching the backcourt.

ART. 2 . . . A ball which is in contact with a player or with the court is in the frontcourt if neither the ball nor the player is touching the backcourt.

ART. 3 . . . A ball which is in flight retains the same location/status as when it was last in contact with a player or the court.

ART. 4 . . . A ball which touches a player or an official is the same as the ball touching the floor at that individual's location/status.

ART. 5 . . . A ball which touches the front faces or edges of the backboard is treated the same as touching the floor inbounds. (4-15-1)

ART. 6 . . . During a dribble from backcourt to frontcourt, the ball is in the frontcourt when the ball and both feet of the dribbler touch the court entirely in the frontcourt.

ART. 7 . . . A ball is at the disposal of a player when it is:

- a. Handed to a thrower or free thrower.
- b. Caught by a thrower or free thrower after it is bounced to the player.
- c. Placed on the floor at the spot.
- d. Available to a player after a goal and the official begins the throw-in count.

SECTION 5 BASKET, CHOICE

ART. 1 . . . A team's own basket is the one into which its players try to throw or tap the ball.

ART. 2 . . . Each team's basket for practice before the game and for the first half shall be the one farther from its team bench.

ART. 3 . . . The teams shall change baskets for the second half.

ART. 4 . . . If by mistake the officials permit a team to go the wrong direction, when discovered all points scored, fouls committed, and time consumed shall count as if each team had gone the proper direction. Play shall resume with each team going the proper direction based on bench location.

SECTION 6 BASKET INTERFERENCE

Basket interference occurs when a player:

ART. 1 . . . Touches the ball or any part of the basket (including the net) while the ball is on or within either basket.

ART. 2 . . . Touches the ball while any part of the ball is within the imaginary cylinder which has the basket ring as its lower base.

EXCEPTION: In Arts. 1 or 2, if a player has a hand legally in contact with the ball, it is not a violation if such contact with the ball continues after it enters the imaginary cylinder or if in such action, the player touches the basket. Dunking or stuffing is legal and is not basket interference.

ART. 3 . . . Touches the ball outside the cylinder while reaching through the basket from below.

ART. 4 . . . Pulls down a movable ring so that it contacts the ball before the ring returns to its original position.

SECTION 7 BLOCKING, CHARGING

ART. 1 . . . Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball.

ART. 2 . . . Charging is illegal personal contact caused by pushing or moving into an opponent's torso.

- a. A player who is moving with the ball is required to stop or change direction to avoid contact if a defensive player has obtained a legal guarding position in the player's path.
- b. If a guard has obtained a legal guarding position, the player with the ball shall get head and shoulders past the torso of the defensive player. If contact occurs on the torso of the defensive player, the dribbler is responsible for the contact.
- c. There shall be reasonable space between two defensive players or a defensive player and a boundary line to allow the dribbler to continue in the dribbler's path. If there is less than 3 feet of space, the dribbler has the greater responsibility for the contact.
- d. The player with the ball may not push the torso of the guard to gain an advantage to pass, shoot or dribble.

SECTION 8 BONUS FREE THROWS

ART. 1 . . . The bonus is the two free throws awarded for a common foul (except a player-control or team-control foul) as follows:

- a. Beginning with a team's fifth foul in each quarter, two free throws are awarded, regardless of whether or not the first free throw is successful.
- b. Team fouls will be reset to zero at the end of each quarter.

NOTE: Rule 2-10-1a, b is applied if a merited free throw is not awarded or an unmerited free throw is awarded.

ART. 2 . . . Player-control, team-control and technical fouls are counted as team fouls to reach the bonus. When a technical foul is also charged indirectly to the head coach, it counts only as one team foul.

SECTION 9 BOUNDARY LINES

ART. 1 . . . Boundary lines of the court consist of end lines and sidelines.

ART. 2 . . . The inside edges of these lines define the inbounds and out-of-bounds areas.

SECTION 10 CLOSELY GUARDED

A closely guarded situation occurs when a player in control of the ball in the player's team's frontcourt, is continuously guarded by any opponent who is within six feet of the player who is holding or dribbling the ball. The distance shall be measured from the forward foot/feet of the defender to the forward foot/feet of the ball handler. A closely guarded count shall be terminated when the offensive player in control of the ball gets head and shoulders past the defensive player.

SECTION 11 CONTINUOUS MOTION

ART. 1 . . . Continuous motion applies to a try or tap for field goals and free throws, but it has no significance unless there is a foul by any defensive player during the interval which begins when the habitual throwing movement starts a try or with the touching on a tap and ends when the ball is clearly in flight.

ART. 2 . . . If an opponent fouls after a player has started a try or tap for field goal, the player is permitted to complete the customary arm movement, and if pivoting or stepping when fouled, may complete the usual foot or body movement in any activity while holding the ball. These privileges are granted only when the usual throwing motion has started before the foul occurs and before the ball is in flight.

ART. 3 . . . Continuous motion does not apply if a teammate fouls after a player has started a try or tap for field goal and before the ball is in flight. The ball becomes dead immediately.

SECTION 12 CONTROL, PLAYER AND TEAM

ART. 1 . . . A player is in control of the ball when the player is holding or dribbling a live ball. There is no player control when, during a jump ball, a jumper catches the ball prior to the ball touching the floor or a non-jumper, or during an interrupted dribble.

ART. 2 . . . A team is in control of the ball:

- a. When a player of the team is in control.
- b. While a live ball is being passed among teammates.
- c. During an interrupted dribble.
- d. When a player of the team has disposal of the ball for a throw-in.

ART. 3 . . . Team control continues until:

- a. The ball is in flight during a try or tap for field goal.
- b. An opponent secures control.
- c. The ball becomes dead.

ART. 4 . . . While the ball remains live a loose ball always remains in control of the team whose player last had control, unless it is a try or tap for goal.

ART. 5 . . . Team control does not exist during a jump ball or the touching of a rebound, but is re-established when a player secures control.

ART. 6 . . . Neither team control nor player control exists during a dead ball, a jump ball or when the ball is in flight during a try or tap for a field goal.

SECTION 13 COURT AREAS

ART. 1 . . . A team's frontcourt consists of that part of the court between its end line and the nearer edge of the division line, including its basket and the inbounds part of the backboard.

ART. 2 . . . A team's backcourt consists of the rest of the court, including the entire division line and the opponent's basket and inbounds part of the opponent's backboard.

SECTION 14 DISQUALIFIED PLAYER

ART. 1 . . . A disqualified player is one who is barred from further participation in the game because of having committed a fifth foul (personal and technical), two technical fouls or a flagrant foul.

ART. 2 . . . A player is officially disqualified and becomes bench personnel when the coach is notified by an official.

SECTION 15 DRIBBLE

ART. 1 . . . A dribble is ball movement caused by a player in control who bats (intentionally strikes the ball with the hand(s)) or pushes the ball to the floor once or several times. It is not a part of a dribble when the ball touches a player's own backboard.

ART. 2 . . . During a dribble the ball may be batted into the air provided it is permitted to strike the floor before the ball is touched again with the hand(s).

ART. 3 . . . The dribble begins by pushing, throwing or batting the ball to the floor before the pivot foot is lifted.

ART. 4 . . . The dribble ends when:

- a. The dribbler catches or causes the ball to come to rest in one or both hands.
- b. The dribbler palms/carries the ball by allowing it to come to rest in one or both hands.
- c. The dribbler simultaneously touches the ball with both hands.
- d. The ball touches or is touched by an opponent and causes the dribbler to lose control.
- e. The ball becomes dead.

ART. 5 . . . An interrupted dribble occurs when the ball is loose after deflecting off the dribbler or after it momentarily gets away from the dribbler. There is no player control during an interrupted dribble.

ART. 6 . . . During an interrupted dribble:

- a. A closely guarded count shall not be started or shall be terminated.
- b. A player-control foul cannot be committed, but a team-control foul still may be committed.
- c. A time-out request shall not be granted.
- d. Out-of-bounds violation does not apply on the player involved in the interrupted dribble.

SECTION 16 DUNKING

Dunking is the driving, forcing, pushing or attempting to force a ball through the basket with the hand(s).

SECTION 17 EXTRA PERIOD

An extra period is the extension of playing time necessary to break a tie score. (5-7-3)

SECTION 18 FIGHTING

Fighting is a flagrant act and can occur when the ball is dead or live. Fighting includes, but is not limited to combative acts such as:

ART. 1 . . . An attempt to strike, punch or kick by using a fist, hands, arms, legs or feet regardless of whether contact is made.

ART. 2 . . . An attempt to instigate a fight by committing an unsporting act that causes a person to retaliate by fighting.

SECTION 19 FOUL

A foul is an infraction of the rules which is charged and is penalized.

ART. 1 . . . A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements. A personal foul also includes contact by or on an airborne shooter when the ball is dead.

NOTE: Contact after the ball has become dead is incidental unless it is ruled intentional or flagrant or is committed by or on an airborne shooter.

ART. 2 . . . A common foul is a personal foul which is neither flagrant nor intentional nor committed against a player trying or tapping for a field goal nor a part of a double, simultaneous or multiple foul.

ART. 3 . . . An intentional foul is a personal or technical foul that may or may not be premeditated and is not based solely on the severity of the act. Intentional fouls include, but are not limited to:

- a. Contact that neutralizes an opponent's obvious advantageous position.
- b. Contact away from the ball with an opponent who is clearly not involved with a play.
- c. Contact that is not a legitimate attempt to play the ball/player specifically designed to stop the clock or keep it from starting.
- d. Excessive contact with an opponent while the ball is live or until an airborne shooter returns to the floor.
- e. Contact with a thrower-in as in Rule 9-2-10 PENALTY 4.

ART. 4 . . . A flagrant foul may be a personal or technical foul of a violent or excessive nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking and kneeing. If technical, it involves dead-ball contact or noncontact conduct at any time which is extreme or persistent, vulgar or abusive conduct. Fighting is a flagrant act.

ART. 5 . . . A technical foul is:

- A foul by a nonplayer.
- A noncontact foul by a player.
- An intentional or flagrant contact foul while the ball is dead, except a foul by an airborne shooter.
- A direct technical, charged to the head coach because of the head coach's actions, as in Rule 10-6.
- An indirect technical, charged to the head coach as a result of a bench technical foul being assessed to team bench personnel, as in 10-5.

ART. 6 . . . A player-control foul is a common foul committed by a player while in control of the ball or by an airborne shooter.

ART. 7 . . . A team-control foul is a common foul committed by a member of the team that has team control or by a member of the throw-in team from the start of the throw-in until player control is obtained inbounds.

ART. 8 . . . Double fouls:

- A double personal foul is a situation in which two opponents commit personal fouls against each other at approximately the same time.
- A double technical foul is a situation in which two opponents commit technical fouls against each other at approximately the same time.

ART. 9 . . . A false double foul is a situation in which there are fouls by both teams, the second of which occurs before the clock is started following the first, and such that at least one of the attributes of a double foul is absent.

ART. 10 . . . A simultaneous foul (personal or technical) by opponents is a situation in which there is a foul by both teams which occurs at approximately the same time, but are not committed by opponents against each other.

ART. 11 . . . A multiple foul is a situation in which two or more teammates commit personal fouls against the same opponent at approximately the same time.

ART. 12 . . . A false multiple foul is a situation in which there are two or more fouls by the same team and the last foul is committed before the clock is started following the first, and at least one of the attributes of a multiple foul is absent.

ART. 13 . . . A team foul is any personal foul or technical foul (except indirect technical fouls) which is charged to either team. All team fouls are counted to reach the bonus free throws for the quarter in which they are assessed.

ART. 14 . . . An unsporting foul is a noncontact technical foul which consists of unfair, unethical, dishonorable conduct or any behavior not in accordance with the spirit of fair play.

SECTION 20 FREE THROW

ART. 1 . . . A free throw is the opportunity given a player to score one point by an unhindered try for goal from within the free-throw semicircle and behind the free-throw line.

ART. 2 . . . The free throw begins when the ball is at the disposal of the free thrower.

ART. 3 . . . The free throw ends when the try is successful, when it is certain the try will not be successful, when the try touches the floor or any player, or when the ball becomes dead.

SECTION 21 FUMBLE

A fumble is the accidental loss of player control when the ball unintentionally drops or slips from a player's grasp.

SECTION 22 GOALTENDING

Goaltending occurs when:

ART. 1 . . . A player touches the ball during a try or tap for field goal while the ball is in its downward flight entirely above the basket ring level, has the possibility of entering the basket in flight and is not touching the basket cylinder;

ART. 2 . . . A player touches the ball outside the cylinder during a free-throw attempt.

SECTION 23 GUARDING

ART. 1 . . . Guarding is the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required between the guard and opponent, but the maximum is 6 feet when closely guarded. Every player is entitled to a spot on the playing court provided such player gets there first without illegally contacting an opponent. A player who extends an arm, shoulder, hip or leg into the path of an opponent is not considered to have a legal position if contact occurs.

ART. 2 . . . To obtain an initial legal guarding position:

- The guard shall have both feet touching the playing court.
- The front of the guard's torso shall be facing the opponent.

ART. 3 . . . After the initial legal guarding position is obtained:

- The guard may have one or both feet on the playing court or be airborne, provided the guard has inbound status.
- The guard is not required to continue facing the opponent.
- The guard may move laterally or obliquely to maintain position, provided it is not toward the opponent when contact occurs.
- The guard may raise hands or jump within the guard's own vertical plane.
- The guard may turn or duck to absorb the shock of imminent contact.

ART. 4 . . . Guarding an opponent with the ball or a stationary opponent without the ball:

- No time or distance is required to obtain an initial legal position.
- If the opponent with the ball is airborne, the guard shall have obtained legal position before the opponent left the floor.

ART. 5 . . . Guarding a moving opponent without the ball:

- Time and distance are factors required to obtain an initial legal position.
- The guard shall give the opponent the time and/or distance to avoid contact.
- The distance need not be more than two strides.
- If the opponent is airborne, the guard shall have obtained legal position before the opponent left the floor.

SECTION 24 HANDS AND ARMS, LEGAL AND ILLEGAL USE

ART. 1 . . . It is legal to extend the arms vertically above the shoulders and need not be lowered to avoid contact with an opponent when the action of the opponent causes contact. This legal use of the arms and hands usually occurs when guarding the player making a throw-in, the player with the ball in pressing tactics and a player with the ball who is maneuvering to try for goal by pivoting, jumping, etc.

ART. 2 . . . It is legal use of hands to reach to block or slap the ball controlled by a dribbler or a player throwing for goal or a player holding it and accidentally hitting the hand of the opponent when it is in contact with the ball.

ART. 3 . . . It is legal to hold the hands and arms in front of the face or body for protection and to absorb force from an imminent charge by an opponent. This same protective use of the arms and hands occurs when a player who has set a screen outside the opponent's visual field is about to be run into by the player being screened. The action, however, should be a recoil action rather than a pushing action.

ART. 4 . . . It is not legal to use hands and arms or hips and shoulders to force through a screen or to hold the screener and then to push the screener aside in order to maintain a guarding position relative to the opponent.

ART. 5 . . . It is not legal to use hands on an opponent which in any way inhibits the freedom of movement of the opponent or acts as an aid to a player in starting or stopping.

ART. 6 . . . It is not legal to extend the arms fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with the arms occurs. The extension of the elbows when the hands are on the hips or when the hands are held near the chest or when the arms are held more or less horizontally are examples of the illegal positions used.

ART. 7 . . . It is not legal to use the hand and/or forearm to prevent an opponent from attacking the ball during a dribble or when throwing for goal.

ART. 8 . . . It is not legal to swing arms and elbows excessively. This occurs when:

- a. Arms and elbows are swung about while using the shoulders as pivots, and the speed of the extended arms and elbows is in excess of the rest of the body as it rotates on the hips or on the pivot foot.
- b. The aggressiveness with which the arms and elbows are swung could cause injury to another player if contacted. Using this description as a basis, an official will promptly and unhesitatingly rule such action with arms and elbows a violation.

ART. 9 . . . It is not legal to lock arms or grasp a teammate(s) in an effort to restrict the movement of an opponent.

SECTION 25 HELD BALL

A held ball occurs when:

ART. 1 . . . Opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness.

ART. 2 . . . An opponent places a hand(s) on the ball and prevents an airborne player from throwing the ball or releasing it on a try or tap for field goal.

SECTION 26 HOLDING

Holding is illegal personal contact with an opponent which interferes with the opponent's freedom of movement.

SECTION 27 INCIDENTAL CONTACT

Incidental contact is contact with an opponent which is permitted and which does not constitute a foul.

ART. 1 . . . The mere fact that contact occurs does not constitute a foul. When 10 players are moving rapidly in a limited area, some contact is certain to occur.

ART. 2 . . . Contact, which may result when opponents are in equally favorable positions to perform normal defensive or offensive movements, should not be considered illegal, even though the contact may be severe.

ART. 3 . . . Contact, which does not hinder the opponent from participating in normal defensive or offensive movements, should be considered incidental.

ART. 4 . . . A player who is screened within the player's visual field is expected to avoid contact with the screener by stopping or going around the screener. In cases of screens outside the visual field, the opponent may make inadvertent contact with the screener, and such contact is to be ruled incidental contact, provided the screener is not displaced if the screener has the ball.

ART. 5 . . . If a player approaches an opponent from behind or from a position from which the player has no reasonable chance to play the ball without making contact with the opponent, the responsibility is on the player in the unfavorable position.

SECTION 28 JUMP BALL

ART. 1 . . . A jump ball is a method of putting the ball into play to start the game and each extra period by tossing it up between two opponents in the center restraining circle, or as in Rule 7-3 before the alternating-possession procedure has been established.

ART. 2 . . . The jump ball begins when the ball leaves the official's hand(s) and ends when the touched ball contacts a nonjumper, an official or the floor.

SECTION 29 KICKING THE BALL

Kicking the ball is intentionally striking it with any part of the leg or foot.

SECTION 30 MULTIPLE THROW

A multiple throw is a succession of free throws attempted by the same team.

SECTION 31 PASS

A pass is movement of the ball caused by a player who throws, bats or rolls the ball to another player.

SECTION 32 PENALTY

A penalty is an action assessed by an official to a player or team for a rules infraction. See Rules 9 and 10.

SECTION 33 PIVOT

A pivot takes place when a player who is holding the ball steps once, or more than once, in any direction with the same foot while the other foot, called the pivot foot, is kept at its point of contact with the floor.

SECTION 34 PLAYERS/BENCH PERSONNEL/SUBSTITUTES/TEAM MEMBERS

ART. 1 . . . A player is one of five team members who are legally on the court at any given time, except intermission.

ART. 2 . . . Bench personnel are all individuals who are part of or affiliated with a team, including, but not limited to: substitutes, coaches, manager(s) and statistician(s). During an intermission, all team members are bench personnel for the purpose of penalizing unsporting behavior.

ART. 3 . . . A substitute becomes a player when the substitute legally enters the court. If entry is not legal, the substitute becomes a player when the ball becomes live. A player becomes bench personnel after the substitute becomes a player or after notification of the coach following the player's disqualification.

ART. 4 . . . A team member is a member of bench personnel who is in uniform and is eligible to become a player.

SECTION 35 PLAYER LOCATION/STATUS

ART. 1 . . . The location/status of a player or nonplayer is determined by where the person is touching the floor as far as being:

- a. Inbounds or out-of-bounds.
- b. In the frontcourt or backcourt.
- c. Outside (behind/beyond) or inside the three-point field-goal line.

ART. 2 . . . When a player is touching the backcourt, out of bounds or the three-point line, the player is located in backcourt, out of bounds or inside the three-point line, respectively.

ART. 3 . . . The location/status of an airborne player with reference to the three factors of Article 1 is the same as at the time such player was last in contact with the floor or an extension of the floor, such as a bleacher.

SECTION 36 POINT OF INTERRUPTION

ART. 1 . . . Method of resuming play due to an official's inadvertent whistle, an interrupted game, as in Rule 5-4-4, a correctable error, as in Rule 2-10-6, a double personal, double technical or simultaneous foul, as in Rules 4-19-8 and 4-19-10.

ART. 2 . . . Play shall be resumed by one of the following methods:

- a. A throw-in to the team that was in control:
 1. In the frontcourt at one of the four designated spots nearest to where the ball was located when the interruption occurred. (Diagram 5)
 2. In the backcourt at an out-of-bounds spot nearest to where the ball was located when the interruption occurred.
- b. A free throw or a throw-in when the interruption occurred during this activity or if a team is entitled to such.
- c. A jump ball or alternating-possession throw-in when neither team is in control and no goal, infraction, nor end of quarter/extra period is involved when the game is interrupted.

ART. 3 . . . When the ball remains live after a violation or foul (as in Rule 4-19-8) during a try or tap for field goal, the point of interruption is determined to be when the ball becomes dead following the violation or foul.

SECTION 37 REBOUNDING

ART. 1 . . . Rebounding is an attempt by any player to secure possession of the ball following a try or tap for field goal. In a rebounding situation there is no player or team control.

ART. 2 . . . To obtain or maintain legal rebounding position, a player may not:

- a. Displace, charge or push an opponent.
- b. Extend shoulders, hips, knees or extend the arms or elbows fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with the arms or elbows occurs.
- c. Bend the body in an abnormal position to hold or displace an opponent.
- d. Violate the principle of verticality.

ART. 3 . . . Every player is entitled to a spot on the playing court, provided the player gets there first without illegally contacting an opponent.

SECTION 38 RESUMPTION-OF-PLAY PROCEDURE

The resumption-of-play procedure is used to prevent delay in putting the ball in play when a throw-in team does not make a thrower available or following a time-out or intermission (unless either team is not on the court to start the second half) as in Rules 7-5-1 and 8-1-2. The procedure results in a violation instead of a technical foul for initial delay in specific situations.

SECTION 39 RULE

ART. 1 . . . A rule is one of a group of regulations which governs the game.

ART. 2 . . . A game regulation, commonly called a rule, sometimes states or implies that the ball is dead or a foul or violation is involved. If it does not, it is assumed the ball is live and no foul or violation has occurred to affect the situation.

ART. 3 . . . A single infraction is not complicated by a second infraction unless so stated or implied.

SECTION 40 SCREEN

ART. 1 . . . A screen is legal action by a player who, while touching the playing court, without causing contact, delays or prevents an opponent from reaching a desired position.

ART. 2 . . . To establish a legal screening position:

- a. The screener may face any direction.
- b. Time and distance are relevant.
- c. The screener shall be stationary, except when both the screener and opponent are moving in the same path and the same direction.
- d. The screener shall stay within the screener's vertical plane with a stance approximately shoulder width apart.

ART. 3 . . . When screening a stationary opponent from the front or side (within the visual field), the screener may be anywhere short of contact.

ART. 4 . . . When screening a stationary opponent from behind (outside the visual field), the screener shall allow the opponent one normal step backward without contact.

ART. 5 . . . When screening a moving opponent, the screener shall allow the opponent time and distance to avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take a stationary position. The position will vary and may be one to two normal steps or strides from the opponent.

ART. 6 . . . When screening an opponent who is moving in the same path and direction as the screener, the player behind is responsible if contact is made because the player in front slows up or stops and the player behind overruns the opponent.

ART. 7 . . . A player who is screened within the player's visual field is expected to avoid contact by going around the screener. In cases of screens outside the visual field, the opponent may make inadvertent contact with the screener and if the opponent is running rapidly, the contact may be severe. Such a case is to be ruled as incidental contact provided the opponent stops or attempts to stop on contact and moves around the screen, and provided the screener is not displaced if the screener has the ball.

ART. 8 . . . A player may not use the arms, hands, hips or shoulders to force through a screen or to hold the screener and then push the screener aside in order to maintain a guarding position on an opponent.

SECTION 41 SHOOTING, TRY, TAP

ART. 1 . . . The act of shooting begins simultaneously with the start of the try or tap for field goal and ends when the ball is clearly in flight, and includes the airborne shooter.

ART. 2 . . . A try for field goal is an attempt by a player to score two or three points by throwing the ball into a team's own basket. A player is trying for goal when the player has the ball and in the official's judgment is throwing or attempting to throw for goal. It is not essential that the ball leave the player's hand as a foul could prevent release of the ball.

ART. 3 . . . The try starts when the player begins the motion which habitually precedes the release of the ball.

ART. 4 . . . The try ends when the throw is successful, when it is certain the throw is unsuccessful, when the thrown ball touches the floor or when the ball becomes dead.

ART. 5 . . . A tap for field goal is the contacting of the ball with any part of a player's hand(s) in an attempt to direct the ball into the basket.

ART. 6 . . . A tap for field goal shall be considered the same as a try for field goal, except as in Rule 5-2-5.

ART. 7 . . . The tap for field goal starts when the player's hand(s) touches the ball.

ART. 8 . . . The tap for field goal ends in exactly the same manner as a try.

SECTION 42 THROW-IN, THROWER, DESIGNATED SPOT

ART. 1 . . . The thrower is the player who attempts to make a throw-in.

ART. 2 . . . A throw-in is a method of putting the ball in play from out-of-bounds.

ART. 3 . . . The throw-in and the throw-in count begin when the ball is at the disposal of a player of the team entitled to it.

ART. 4 . . . The throw-in count ends when the ball is released by the thrower so the passed ball goes directly into the court.

ART. 5 . . . The throw-in ends when:

- a. The passed ball touches or is legally touched by another player inbounds.
- b. The passed ball touches or is touched by another player out-of-bounds, except as in Rule 7-5-7.
- c. The throw-in team commits a throw-in violation.

ART. 6 . . . The designated throw-in spot is 3 feet wide with no depth limitation and is established and signaled by the official prior to putting the ball at the thrower's disposal.

NOTE: The thrower shall keep one foot on or over the designated spot until the ball is released. The traveling and dribbling rules are not in effect for a throw-in.

SECTION 43 TIME-OUT

ART. 1 . . . A 60-second time-out charged to a team is a maximum of one minute in length. A 30-second time-out charged to a team is a maximum 30 seconds in length. A warning is sounded 15 seconds prior to the expiration of the 30 or 60 seconds.

ART. 2 . . . A successive time-out is one which is granted to either team before the clock has started following the previous time-out.

SECTION 44 TRAVELING

Traveling is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. The limits on foot movements are as follows:

ART. 1 . . . A player who catches the ball with both feet on the floor may pivot using either foot. When one foot is lifted, the other is the pivot foot.

ART. 2 . . . A player who catches the ball while moving or dribbling may stop and establish a pivot foot as follows:

- a. If both feet are off the floor and the player lands:
 1. Simultaneously on both feet, either foot may be the pivot.
 2. On one foot followed by the other, the first foot to touch is the pivot.
 3. On one foot, the player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.
- b. If one foot is on the floor:
 1. It is the pivot when the other foot touches in a step.
 2. The player may jump off that foot and simultaneously land on both. Neither foot can be a pivot in this case.

ART. 3 . . . After coming to a stop and establishing a pivot foot:

- a. The pivot foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal.
- b. If the player jumps, neither foot may be returned to the floor before the ball is released on a pass or try for goal.
- c. The pivot foot may not be lifted before the ball is released to start a dribble.

ART. 4 . . . After coming to a stop when neither foot can be a pivot:

- a. One or both feet may be lifted, but may not be returned to the floor before the ball is released on a pass or try for goal.
- b. Neither foot may be lifted before the ball is released to start a dribble.

ART. 5 . . . A player holding the ball:

- a. May not touch the floor with a knee or any other part of the body other than hand or foot.
- b. After gaining control while on the floor and touching with other than hand or foot, may not attempt to get up or stand.

SECTION 45 VERTICALITY

Verticality applies to a legal position. Following are the basic components of the principle of verticality:

ART. 1 . . . Legal guarding position shall be obtained initially and movement thereafter shall be legal.

ART. 2 . . . From this position, the defender may rise or jump vertically and occupy the space within the defender's vertical plane.

ART. 3 . . . The hands and arms of the defender may be raised within the defender's vertical plane while on the floor or in the air.

ART. 4 . . . The defender should not be penalized for leaving the floor vertically or having hands and arms extended within the defender's vertical plane.

ART. 5 . . . The offensive player whether on the floor or airborne, may not "clear out" or cause contact within the defender's vertical plane, which is a foul.

ART. 6 . . . The defender may not "belly up" or use the lower part of the body or arms to cause contact outside the defender's vertical plane, which is a foul.

ART. 7 . . . The player with the ball is to be given no more protection or consideration than the defender in judging which player has violated the rules.

SECTION 46 VIOLATION

A violation is one of three types of rule infractions which are listed and the penalty outlined in Rules 9-1 through 13. Following are the types of violations:

ART. 1 . . . Type 1: Floor violations including basket interference by a teammate of the player attempting a field goal or free throw or goaltending a field goal and other violations, which are not connected with a free throw or try or tap for field goal.

ART. 2 . . . Type 2: Basket interference or goaltending by a player at the opponent's basket.

ART. 3 . . . Type 3: Free-throw violations other than those involving basket interference or goaltending.

SECTION 47 WARNING FOR DELAY

A warning to a team for delay is an administrative procedure by an official which is recorded in the scorebook by the scorer and reported to the head coach:

ART. 1 . . . For throw-in plane violations, as in Rules 9-2-10 and 10-2-1c.

ART. 2 . . . For huddle by either team and contact with the free thrower, as in Rule 10-2-1d.

ART. 3 . . . For interfering with the ball following a goal as in Rule 10-2-1e.

ART. 4 . . . For failure to have the court ready for play following any time-out as in Rule 10-2-1f.

SECTION 48 WARNING FOR COACH/TEAM CONDUCT

A warning to a head coach/bench personnel for misconduct is an administrative procedure by an official, which is recorded in the scorebook by the scorer and reported to the head coach.

ART. 1 . . . For conduct, such as that described in Rule 10-5, Articles 1 (a, b, d, e, f), 2 and 4, the official shall warn the head coach unless the offense is judged to be major, in which case a technical foul shall be assessed.

NOTE: A warning is not required prior to calling a technical foul.

ART. 2 . . . For the first violation of Rule 10-6-1, the official shall warn the head coach unless the offense is judged to be major, in which case a technical foul shall be assessed.

NOTE: A warning is not required prior to calling a technical foul.

Rule 5 Scoring and Timing Regulations

SECTION 1 GOAL

ART. 1 . . . A goal is made when a live ball enters the basket from above and remains in or passes through. No goal is scored if an untouched throw-in goes through the basket.

ART. 2 . . . Whether the clock is running or stopped has no influence on the counting of a goal. If a player-control foul occurs before or after a goal, the goal is canceled.

SECTION 2 SCORING

ART. 1 . . . A successful try, tap or thrown ball from the field by a player who is located behind the team's own 19-foot, 9-inch arc counts three points. A ball that touches the floor, a teammate inside the arc, an official, or any other goal from the field counts two points for the team into whose basket the ball is thrown. (4-5-4)

ART. 2 . . . A goal from a free throw counts one point for the free-thrower's team and is credited to the free thrower. (4-20-1)

ART. 3 . . . If a player scores a field goal in the opponent's basket, it is not credited to a player, but is indicated in a footnote. (4-5-4)

ART. 4 . . . The only infractions for which points are awarded are goaltending by the defense or basket interference at the opponent's basket.

ART. 5 . . . When play is resumed with a throw-in or free throw and three-tenths (.3) of a second or less remains on the clock, a player may not gain control of the ball and try for a field goal. In this situation only a tap could score.

NOTE: This rule does not apply if the clock does not display tenths of a second.

SECTION 3 WINNING TEAM

The winning team is the one which has accumulated the greater number of points when the game ends, as in Rule 2-2-4.

SECTION 4 FORFEITURE, PROTEST, INTERRUPTED GAME

ART. 1 . . . Unless state association rules determine otherwise, a game shall be declared a forfeit when:

- A team refuses to play after being instructed to do so by an official.
- A coach is removed from the premises for unsporting conduct and no authorized school personnel is present to assume responsibility for the team.

c. Any player, team member, bench personnel or coach fails to comply with any technical foul penalty, or repeatedly commits technical-foul infractions or other acts which make a travesty of the game.

ART. 2 . . . If the team to which the game is forfeited is ahead, the score at the time of forfeiture must stand. If this team is not ahead, the score must be recorded as 2-0 in its favor.

ART. 3 . . . The NFHS Basketball Rules Committee does not recognize protests.

ART. 4 . . . Whenever a game is interrupted because of events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption unless the teams agree to terminate the game with the existing score, or there are conference, league or state association rules to cover the situation.

SECTION 5 LENGTH OF QUARTER

ART. 1 . . . Playing time for teams of high school age shall be four quarters of eight minutes each with intermissions of one minute after the first and third quarters, and 10 minutes between halves. The halftime intermission may be extended to a maximum of 15 minutes for special activities, provided home management has properly notified the visiting team prior to the start of the game.

ART. 2 . . . An organization sponsoring games involving teams which combine ninth-grade students with students in the eighth and/or seventh grades, may play those games in quarters of eight minutes.

ART. 3 . . . A quarter(s) may be shortened in an emergency or at any time by mutual agreement of the opposing coaches and the referee.

NOTE: By state association adoption, a running clock may be instituted when a specified point differential is reached at a specified time in the game.

SECTION 6 BEGINNING, ENDING A QUARTER OR EXTRA PERIOD

ART. 1 . . . Each quarter or extra period begins when the ball first becomes live.

ART. 2 . . . Each quarter or extra period ends when the signal illuminates or sounds indicating time has expired, as in Rule 1-14.

EXCEPTIONS:

- If the ball is in flight during a try or tap for field goal, the quarter or extra period ends when the try or tap ends.
- If a held ball or violation occurs so near the expiration of time that the clock is not stopped before time expires, the quarter or extra period ends with the held ball or violation.
- If a foul occurs so near the expiration of time that the timer cannot get the clock stopped before time expires or after time expires, but while the ball is in flight during a try or tap for field goal, the quarter or extra period ends when the free throw(s) and all related activity have been completed. No penalty or part of a penalty carries over from one quarter or extra period to the next, except when a correctable error, as in Rule 2-10, is rectified. No free throw(s) shall be attempted after time has expired for the fourth quarter or any extra period, unless the point(s) would affect the outcome of the game.
- If a technical foul occurs after the ball becomes dead to end a quarter or extra period, the next quarter or extra period is started by administering the free throws. If the fourth

quarter or extra period ends and the score is tied, the free throws will start the extra period. If the score is not tied and the results of the free throws would tie or win the game, the free throws are administered as part of the preceding quarter/period.

SECTION 7 EXTRA PERIOD

ART. 1 . . . If the score is tied at the end of the fourth quarter, play shall continue without change of baskets for one or more extra periods with a one-minute intermission before each extra period.

ART. 2 . . . The game ends if, at the end of any extra period, the score is not tied.

ART. 3 . . . The length of each extra period shall be four minutes (or half the time of a regulation quarter for non-varsity contests). As many such periods as are necessary to break the tie shall be played. Extra periods are an extension of the fourth quarter.

ART. 4 . . . Once the ball becomes live in the extra period, it will be played even though a correction in the fourth quarter score is made.

SECTION 8 TIME-OUT, STOPPING PLAY

Time-out occurs and the clock, if running, shall be stopped when an official:

ART. 1 . . . Signals:

- a. A foul.
- b. A held ball.
- c. A violation.
- d. A time-out.

ART. 2 . . . Stops play:

- a. Because of an injury as in Rules 3-3-6, 3-3-7 and 3-3-8.
- b. To confer with the scorer or timer.
- c. Because of unusual delay in getting a dead ball live.
- d. For any other situations or any emergency.

NOTE: When a player is injured as in Article 2(a), the official may suspend play after the ball is dead or is in control of the injured player's team or when the opponents complete a play. A play is completed when a team loses control (including throwing for goal) or withholds the ball from play by ceasing to attempt to score or advance the ball to a scoring position. When necessary to protect an injured player, the official may immediately stop play.

ART. 3 . . . Grants and signals a player's/head coach's oral or visual request for a time-out, such request being granted only when:

- a. The ball is at the disposal or in control of a player of the same team.
- b. The ball is dead, unless replacement of a disqualified, or injured player(s), or a player directed to leave the game is pending, and a substitute(s) is available and required.

ART. 4 . . . Responds to the scorer's signal to grant a coach's request that a correctable error, as in Rule 2-10, or a timing, scoring or alternating-possession mistake be prevented or rectified. The appeal to the official shall be presented at the scorer's table where a coach of each team may be present.

SECTION 9 RE-STARTING THE CLOCK

ART. 1 . . . After time has been out, the clock shall be started when the official signals the clock to start. If the official neglects to signal, the timer is authorized to start the clock as per rule, unless an official specifically signals continued time-out.

ART. 2 . . . If play is started or resumed by a jump ball, the clock shall be started when the tossed ball is legally touched.

ART. 3 . . . If a free throw is not successful and the ball is to remain live, the clock shall be started when the ball touches or is touched by a player on the court.

ART. 4 . . . If play is resumed by a throw-in, the clock shall be started when the ball touches, or is legally touched by, a player on the court after it is released by the thrower.

SECTION 10 TIMING MISTAKES

ART. 1 . . . The referee may correct an obvious mistake by the timer to start or stop the clock properly only when the referee has definite information relative to the time involved. The exact time observed by the official may be placed on the clock.

ART. 2 . . . If the referee determines the clock malfunctioned or was not started/stopped properly, or if the clock did not run, an official's count or other official information may be used to make a correction.

SECTION 11 CHARGED TIME-OUTS

ART. 1 . . . Three 60-second and two 30-second time-outs may be charged to each team during a regulation game. Each team is entitled to one additional 60-second time-out during each extra period. Unused time-outs accumulate and may be used at any time.

NOTE: State associations may determine the number of electronic media time-outs for games which are transmitted and may reduce the number of charged time-outs.

ART. 2 . . . A single 60-second time-out charged to a team shall not exceed one minute and shall be conducted within the confines of the time-out area. A warning signal for the teams to prepare to resume play is sounded with 15 seconds remaining. Such a time-out shall not be reduced in length unless both teams are ready to play before the time-out is over.

ART. 3 . . . A single 30-second charged time-out shall not exceed 30 seconds and players shall remain standing within the time-out area. A warning signal for teams to prepare to resume play is sounded with 15 seconds remaining. No on-court entertainment shall occur during this time.

ART. 4 . . . Only one 60-second time-out is charged (or one 30-second time-out, if that is the only type of time-out remaining) in Rule 5-8-4 regardless of the amount of time consumed when no correction is made.

EXCEPTION: No time-out is charged:

- a. If, in Rule 5-8-3, the player's request results from displaced eyeglasses or lens.
- b. If, in Rule 5-8-4, the error or mistake is prevented or rectified.

ART. 5 . . . A time-out shall not be granted until after the ball has become live to start the game. The additional 60-second time-out provided for each extra period(s) shall not be granted until after the ball has become live to start the extra period(s).

ART. 6 . . . Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each, as in Rule 10-2-3.

ART. 7 . . . Successive time-outs, as in Rule 4-43-2, shall not be granted after the expiration of playing time for the fourth quarter or any extra period. In all other instances, they shall be administered in the order in which they were requested.

ART. 8 . . . Time-outs simultaneously requested by opposing teams or those requested to keep players in the game that were directed to leave for injury/blood, as in Rules 3-3-6 and 3-3-7 NOTES, shall be granted, charged to the respective team and administered concurrently. When one team is charged with a 30-second time-out and the other a 60-second time-out, the duration shall be 60 seconds.

Rule 6 Live Ball and Dead Ball

SECTION 1 LIVE BALL

ART. 1 . . . The game and each extra period shall be started by a jump ball in the center restraining circle. After any subsequent dead ball, the only way to get the ball live is to resume play by a jump ball in the center restraining circle, by a throw-in or by a free throw. The dribble and traveling rules are not in effect in these situations.

ART. 2 . . . The ball becomes live when:

- On a jump ball, the tossed ball leaves the official's hand(s).
- On a throw-in, it is at the disposal of the thrower.
- On a free throw, it is at the disposal of the free thrower.

NOTE: Any rules statement is made on the assumption that no infraction is involved unless mentioned or implied. If such infraction occurs, the rule governing it is followed. For example, a game or extra period will not start with a jump ball if a foul occurs before the ball becomes live.

SECTION 2 STARTING GAME/QUARTER/EXTRA PERIOD

ART. 1 . . . The game, quarter and each extra period begins when the ball becomes live as specified in Rule 6-1-2 for a jump ball, throw-in or free throw.

ART. 2 . . . To start the game and each extra period, the ball shall be put in play in the center restraining circle by a jump ball between any two opponents.

ART. 3 . . . To start the second, third and fourth quarters, the ball shall be put in play by a throw-in under the alternating-possession procedure.

SECTION 3 JUMP-BALL ADMINISTRATION

ART. 1 . . . For any jump ball, each jumper shall have both feet within that half of the center restraining circle which is farther from the jumper's basket.

ART. 2 . . . When the official is ready and until the ball is tossed, nonjumpers shall not:

- Move onto the center restraining circle.
- Change position around the center restraining circle.

ART. 3 . . . Teammates may not occupy adjacent positions around the center restraining circle if an opponent indicates a desire for one of these positions before the official is ready to toss the ball.

ART. 4 . . . The ball shall be tossed upward between the jumpers in a plane at right angles to the sidelines. The toss shall be to a height greater than either of them can jump so that it will drop between them.

ART. 5 . . . Until the tossed ball is touched by one or both jumpers, nonjumpers shall not:

- Have either foot break the plane of the center restraining circle cylinder.
- Take a position in any occupied space.

ART. 6 . . . The tossed ball shall be touched by one or both of the jumpers after it reaches its highest point. If the ball contacts the floor without being touched by at least one of the jumpers, the official shall toss it again.

ART. 7 . . . Neither jumper shall:

- Touch the tossed ball before it reaches its highest point.
- Leave the center restraining circle until the ball has been touched.
- Catch the ball before the jump ball ends.
- Touch the ball more than twice.

ART. 8 . . . The jump ball and the restrictions in Rule 6-3-7 end when the touched ball contacts one of the eight nonjumpers, an official or the floor.

NOTE: During a jump ball, a jumper is not required to face the jumper's own basket, provided the jumper is in the proper half of the center restraining circle. The jumper is also not required to jump and attempt to touch the tossed ball. However, if neither jumper touches the ball it should be tossed again with both jumpers being ordered to jump and try to touch the ball.

SECTION 4 ALTERNATING POSSESSION

ART. 1 . . . Other than the start of the game and each extra period, the teams will alternate taking the ball out of bounds for a throw-in. The team obtaining control from the jump ball establishes the alternating-possession procedure, and the arrow is set toward the opponent's basket. Control may also be established by the results of a violation or foul, as in Rule 4-3.

ART. 2 . . . To start the second, third and fourth quarters, the throw-in shall be from out of bounds at the division line opposite the scorer's and timer's table.

ART. 3 . . . Alternating-possession throw-ins shall be from:

- One of the four designated spots nearest to where the ball was located if possession is retained or gained in the team's frontcourt. (Diagram 5)
- The out-of-bounds spot nearest to where the ball was located if possession is retained or gained in the team's backcourt.

ART. 4 . . . An alternating-possession throw-in shall result when:

- A held ball occurs.
- The ball goes out of bounds, as in Rule 7-3.
- Simultaneous floor or free-throw violations occur.
- A live ball lodges between the backboard and ring or comes to rest on the flange, unless a free throw or throw-in follows.
- Opponents commit simultaneous basket-interference violations.
- The point of interruption cannot be determined as in Rule 4-36-2c.

NOTE: When the alternating-possession procedure has not been established, the jump ball shall be in the center restraining circle between the two players involved in the previous action.

ART. 5 . . . The direction of the possession arrow is reversed immediately after an alternating-possession throw-in ends. An alternating-possession throw-in ends when the throw-in ends, as in Rule 4-42-5.

ART. 6 . . . The opportunity to make an alternating-possession throw-in is lost if the throw-in team violates. If either team fouls during an alternating-possession throw-in, it does not cause the throw-in team to lose the possession arrow. If the defensive team commits a violation during the throw-in, the possession arrow is not switched.

SECTION 5 BALL IN PLAY BY THROW-IN

The ball shall be put in play by a throw-in under circumstances as outlined in Rules 6-4-1, 6-4-2, 6-4-4; Rules 7-1 through 7-6; Rule 8-5; and Rules 9-1 through 9-13.

SECTION 6 BALL IN PLAY BY FREE THROW

The ball shall be put in play by placing it at the disposal of the free thrower before each free throw.

SECTION 7 DEAD BALL

The ball becomes dead, or remains dead, when:

ART. 1 . . . A goal, as in Rule 5-1, is made.

ART. 2 . . . It is apparent the free throw will not be successful on a:

- Free throw which is to be followed by another free throw.
- Free throw which is to be followed by a throw-in.

ART. 3 . . . A held ball occurs, or the ball lodges between the backboard and ring or comes to rest on the flange.

ART. 4 . . . A player-control or team-control foul occurs.



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- ART. 5 . . . An official's whistle is blown (see EXCEPTIONS a and b below).
- ART. 6 . . . Time expires for a quarter or extra period (see EXCEPTION a below).
- ART. 7 . . . A foul, other than player-control or team-control, occurs (see EXCEPTIONS a, b and c below).
- ART. 8 . . . A free-throw violation by the throwing team, as in Rule 9-1, occurs.
- ART. 9 . . . A violation, as in Rules 9-2 through 13, occurs (see EXCEPTION d below).

EXCEPTION: The ball does not become dead until the try or tap for field goal ends, or until the airborne shooter returns to the floor, when:

- a. Article 5, 6, or 7 occurs while a try or tap for a field goal is in flight.
- b. Article 5 or 7 occurs while a try for a free throw is in flight.
- c. Article 7 occurs by any opponent of a player who has started a try or tap for field goal (is in the act of shooting) before the foul occurred, provided time did not expire before the ball was in flight. The trying motion shall be continuous and begins after the ball comes to rest in the player's hand(s) on a try or touches the hand(s) on a tap, and is completed when the ball is clearly in flight. The trying motion may include arm, foot or body movements used by the player when throwing the ball at the player's basket.
- d. Article 9 as in Rules 9-3-3 or 9-13-1, occurs by an opponent.

NOTE: If A1's try or tap for field goal is legally touched in flight, the goal counts if made, if the period /quarter ends before or after the legal touching. If the touching is interference or goaltending by Team A, no points are scored. If Team B violates, the points are awarded – either two or three depending on whether it was a two or three-point try or tap for field goal.

Rule 7 Out of Bounds and the Throw-in

SECTION 1 OUT-OF-BOUNDS – PLAYER, BALL

ART. 1 . . . A player is out of bounds when the player touches the floor, or any object other than a player/person, on or outside a boundary. For location/status of a player in the air, see Rule 4-35.

ART. 2 . . . The ball is out of bounds:

- a. When it touches or is touched by:
 1. A player who is out of bounds.
 2. Any other person, the floor, or any object on or outside a boundary.
 3. The supports or back of the backboard.
 4. The ceiling, overhead equipment or supports.
- b. When it passes over a rectangular backboard.

SECTION 2 CAUSING THE BALL TO GO OUT OF BOUNDS – INDIVIDUAL PLAYER

ART. 1 . . . The ball is caused to go out of bounds by the last player in bounds to touch it or be touched by it, unless the ball touches a player who is out of bounds prior to touching something out of bounds other than a player.

ART. 2 . . . If the ball is out of bounds because of touching or being touched by a player who is on or outside a boundary line, such player causes it to go out.

SECTION 3 CAUSING THE BALL TO GO OUT OF BOUNDS – SIMULTANEOUSLY

ART. 1 . . . If the ball goes out of bounds and was last touched simultaneously by two opponents, both of whom are inbounds or out of bounds, or if the official is in doubt as to who last touched the ball or if the officials disagree, play shall be resumed by the team entitled to the alternating-possession throw-in at the spot out of bounds nearest to where the simultaneous violation occurred.

ART. 2 . . . If the alternating-possession procedure has not been established, play shall be resumed by a jump ball between the two players involved in the center restraining circle.

SECTION 4 BALL AWARDED OUT OF BOUNDS

The ball is awarded out of bounds after:

ART. 1 . . . A violation, as in Rules 9-1 through 13.

ART. 2 . . . A free throw for a technical foul, or a flagrant or intentional personal foul, as in Rules 8-5-2 and 8-5-3.

ART. 3 . . . A field goal or a successful free throw for any other personal foul as in Rule 8-5-1 or an awarded goal, as in Rules 9-11 and 9-12.

ART. 4 . . . The ball becomes dead while a team is in control, provided no infraction or the end of a quarter/period is involved.

ART. 5 . . . A player-control or team-control foul.

ART. 6 . . . A common foul before the bonus rule is in effect.

ART. 7 . . . A held ball, as in Rule 4-25, after the alternating-possession procedure has been established.

SECTION 5 RESUMPTION-OF-PLAY PROCEDURE, THROW-INS

ART. 1 . . . When a team does not make a thrower available, after a time-out (as in Rule 7-4-4) or the intermission between any quarter (as in Rule 6-2-3), the resumption-of-play procedure is used to prevent delay. The administering official will sound the whistle to indicate play will resume. In each situation:

- The ball shall be put in play if Team A is ready or it shall be placed on the floor.
- The throw-in count shall begin and if a violation occurs, the procedure will be repeated for Team B.
- Following a violation by one team only, if that team continues to delay when authorized to make a throw-in, it is a technical foul.
- Following a violation by both teams, any further delay by either team is a technical foul.

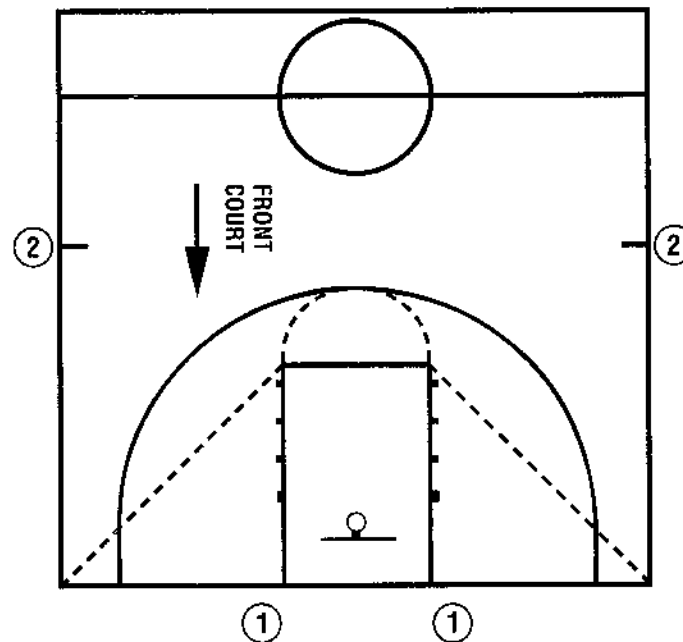
ART. 2 . . . After an out-of-bounds violation in either the frontcourt or the backcourt by either team as in 9-3, the throw-in shall be at the designated spot nearest to where the ball went out of bounds.

ART. 3 . . . After a violation (9-4 through 9-13) by either team, a foul by either team before the bonus is in effect or any other stoppage in play, the throw-in location will be determined by the location of the violation/foul or the location of the ball when the stoppage occurs:

- If the throw-in is to be in the team's frontcourt, it shall be at either the nearest 28-foot mark along each sideline or the nearest spot 3-feet outside the lane line along the end line. (Diagram 5)
- If the throw-in is to be in the team's backcourt, the throw-in shall be at the designated spot nearest to where the foul, violation or other stoppage in play occurred.

ART. 4 . . . Officials shall determine the designated spot by using an imaginary line drawn from the intersection of the end line with the sideline to each lane line where it intersects with the free-throw line including the semicircle. If the stoppage of play occurs inside the imaginary line, the designated spot shall be the nearest point on the end line 3-feet outside the lane line. (See Number 1 on Diagram 5.) If the stoppage occurs outside the imaginary line, the designated spot shall be the nearest sideline at the 28-foot line. (See Number 2 on Diagram 5.)

DIAGRAM 5



ART. 5 . . . Designated out-of-bounds spot throw-in behind the backboard shall be made from the nearer free-throw lane line extended.

ART. 6 . . . Designated out-of-bounds spot throw-in at the division line opposite the scorer's and timer's table:

- After a technical foul, as in Rule 4-19-5, any player of the team to whom the free throws have been awarded shall make the throw-in.
- For an alternating-possession throw-in to start the second, third and fourth quarters, any player from the team with the possession arrow shall make the throw-in.

ART. 7 . . . A throw-in anywhere along the end line after a goal or an awarded goal for basket interference or goaltending by a defensive player, as in Rule 9-12 PENALTY 1, the team not credited with the score shall make a throw-in from the end of the court where the goal was made and from any point outside the end line, the officials shall signal such.

- Any player of the team may make a direct throw-in or may pass the ball along the end line to a teammate(s) outside the boundary.
- A team retains this privilege if the scoring team commits a violation or common foul (before the throw-in ends and before the bonus rule is in effect) and the ensuing throw-in spot would have been on the end line.

SECTION 6 THROW-IN ADMINISTRATION

ART. 1 . . . The official shall hand or bounce the ball to the thrower for a throw-in unless the throw-in is from outside an end line following a successful goal.

ART. 2 . . . The throw-in begins when the ball is at the disposal of a player of the team entitled to the throw-in. The thrower shall release the ball on a pass directly into the court, except as in Rule 7-5-7, within five seconds after the throw-in begins. The throw-in pass shall touch another player (inbounds or out of bounds) on the court before going out of bounds untouched. The throw-in pass shall not touch a teammate while it is on the out-of-bounds side of the throw-in boundary plane.

ART. 3 . . . The thrower shall not leave the designated throw-in spot until the ball has been released on a throw-in pass. (4-42-6)

ART. 4 . . . The opponent(s) of the thrower shall not have any body part through the inbounds side of the throw-in boundary plane until the ball has been released on a throw-in pass. (9-2-10 PENALTY)

NOTE: The thrower shall have a minimum of 3 feet horizontally as in Rule 1-2-2. If the court is not marked accordingly, an imaginary restraining line shall be imposed by the administering official.

ART. 5 . . . Teammates shall not occupy adjacent positions which are parallel to and within 3 feet of the boundary line if an opponent desires one of the positions. The 3-foot restraining line is sometimes the temporary boundary line as in Rule 1-2-2.

ART. 6 . . . When an official administers a throw-in to the wrong team, the mistake shall be rectified before the first dead ball after the ball becomes live unless there has been a change of possession.

Rule 8 Free Throw

SECTION 1 FREE-THROW ADMINISTRATION

ART. 1 . . . When a free throw is awarded, the ball shall be placed at the disposal of the free thrower (bounced) by the administering official and the free throw count shall begin. Either or both teams may be charged with a violation.

ART. 2 . . . Following a time-out or intermission, the resumption-of-play procedure may be used to prevent delay. The administering official shall sound the whistle to indicate play will resume. The ball shall be placed at the disposal of the thrower or placed on the floor at the free-throw line and the count shall begin. Either or both teams may be charged with a violation. Following a violation by one or both teams, if the offending team(s) continues to delay, a team technical foul shall be ruled.

ART. 3 . . . If the ball is to become dead when the last free throw for a specific penalty is not successful, players shall not occupy any spaces along the free-throw lane lines.

ART. 4 . . . During a free throw, lane spaces may be occupied as follows:

- Marked lane spaces may be occupied by a maximum of two offensive players; four defensive players may occupy lane spaces.
- The first marked lane spaces on each side of the lane, above and adjacent to the first lane-space marks, shall be occupied by opponents of the free thrower. No teammate of the free thrower shall occupy either of these marked lane spaces.
- The second marked lane spaces on each side may be occupied by teammates of the free thrower.
- The third marked lane spaces on each side, nearest the free thrower, may be occupied by the opponents of the free thrower.
- Players shall be permitted to move along and across the lane to occupy a vacant marked lane space within the limitations listed in this rule.
- Not more than one player may occupy any part of a marked lane space.

ART. 5 . . . Any player, other than the free thrower, who does not occupy a marked lane space shall be behind the free-throw line extended and behind the three-point line.

SECTION 2 ATTEMPTING PERSONAL-FOUL FREE THROWS

The free throw(s) awarded because of a personal foul shall be attempted by the offended player. If such player shall withdraw because of an injury or disqualification, the offended player's substitute shall attempt the throw(s) unless no substitute is available, in which case any teammate may attempt the throw(s) as selected by the team captain or head coach.

SECTION 3 ATTEMPTING TECHNICAL-FOUL FREE THROWS

The free throws awarded because of a technical foul may be attempted by any player of the offended team, including an eligible substitute or designated starter. The coach or captain shall designate the free thrower(s).

SECTION 4 TEN-SECOND LIMIT

The try for goal shall be made within 10 seconds after the ball has been placed at the disposal of the free thrower at the free-throw line. This shall apply to each free throw.

SECTION 5 RESUMING PLAY WITH THROW-IN

After a free throw which is not followed by another free throw, the ball shall be put in play by a throw-in:

ART. 1 . . . As after a field goal, as in Rule 7-5-7, if the try is for a personal foul other than intentional or flagrant, and is successful.

ART. 2 . . . By any player of the free-thrower's team from out of bounds at the division line on the side opposite the scorer's and timer's table if the free throw is for a technical foul.

ART. 3 . . . By any player of the free-thrower's team from the out-of-bounds spot nearest the foul if the free throw is for an intentional personal foul or flagrant personal foul.

SECTION 6 RESUMING PLAY DIFFERENCES

ART. 1 . . . If a free throw for a personal foul, other than intentional or flagrant, is unsuccessful, or if there is a multiple throw for a personal foul(s) and the last free throw is unsuccessful, the ball remains live.

ART. 2 . . . If there is a multiple throw and both a single personal and single technical foul are involved, the tries shall be attempted in the order in which the related fouls occurred, and if the last try is for a single technical foul, or intentional or flagrant personal foul, the ball shall be put in play by a throw-in.

ART. 3 . . . If a false double foul involves any type of single foul and any type of double or simultaneous foul, play is resumed with the penalty for only the single foul, as if the double or simultaneous foul had not occurred. (4-36)

Rule 9 Violations and Penalties

SECTION 1 FREE-THROW PROVISIONS

ART. 1 . . . The try shall be attempted from within the free-throw semicircle and behind the free-throw line.

ART. 2 . . . Teams shall properly occupy marked lane spaces according to number and space requirements.

ART. 3 . . . After the ball is placed at the disposal of a free thrower:

- a. The free thrower shall throw within 10 seconds to cause the ball to enter the basket or touch the ring before the free throw ends.
- b. The free thrower shall not fake a try, nor shall any player in a marked lane space fake to cause an opponent to violate.
- c. No opponent shall distract the free thrower.
- d. No player shall enter a marked lane space or leave a marked lane space by contacting the court outside the 36-inch by 36-inch space until the ball is released.
- e. The free thrower shall not have either foot beyond the vertical plane of the edge of the free-throw line which is farther from the basket or the free-throw semicircle line until the ball touches the ring or until the free throw ends.
- f. A player, other than the free thrower, who does not occupy a marked lane space, may not have either foot beyond the vertical plane of the free-throw line extended and the three-point line which is farther from the basket until the ball touches the ring or until the free throw ends.
- g. A player occupying a marked lane space may not have either foot beyond the vertical plane of the outside edge of any lane boundary, or beyond the vertical plane of any edge of the space (2 inches by 36 inches) designated by lane-space marks. A player shall position one foot near the outer edge of the free-throw lane line. The other foot may be positioned anywhere within the designated 36-inch lane space until the ball has been released.
- h. Players occupying marked free-throw lane lines spaces may not enter the free-throw semicircle until the ball touches the ring or until the free throw ends.

PENALTIES: (Section 1)

1. If the first or only violation is by the free thrower or a teammate, the ball becomes dead when the violation occurs, and no point can be scored by that throw. The following out-of-bounds provisions apply if no further free throws are to be administered:
 - a. If the violation occurs during a free throw for a personal foul, other than intentional or flagrant, the ball is awarded to the opponents for a throw-in from the designated out-of-bounds spot nearest the violation.
 - b. If the violation occurs during a free throw for a technical foul, the ball is awarded to the thrower's team for a throw-in at the division line on the side of the court opposite the scorer's and timer's table.
 - c. If the violation occurs during a free throw for a flagrant personal foul or an intentional personal foul, the ball is awarded to the thrower's team for a throw-in from the designated out-of-bounds spot nearest the foul.
2. If the violation is by the free-thrower's opponent only:
 - a. If the try is successful, the goal counts and the violation is disregarded.
 - b. If the try is not successful, the ball becomes dead when the free throw ends, and a substitute throw shall be attempted by the same free thrower under the same conditions as for the free throw for which it is substituted.

3. If there is a simultaneous violation by each team, the ball becomes dead and no point can be scored. Remaining free throws are administered or play is resumed by the team entitled to the alternating-possession throw-in in one of the following ways:
- If the free thrower's team retains possession, the throw-in will be at one of the four designated spots nearest the simultaneous violation. (Diagram 5)
 - If the opponent gains possession, the throw-in will be at the spot nearest the simultaneous violation.
4. If there is a violation first by the free-thrower's opponent followed by the free thrower or a teammate:
- If both offenders are in a marked lane-space, the second violation is ignored, as in penalty item (2).
 - If the second violation is by the free thrower or a teammate behind the free-throw line extended and/or the three-point line, both violations are penalized, as in penalty item (3).
 - If a violation by the free thrower follows distraction by an opponent, a substitute free throw shall be awarded.
 - If a fake by an opponent causes the free thrower or a teammate of the free thrower to violate, only the fake is penalized.

SECTION 2 THROW-IN PROVISIONS

ART. 1 . . . The thrower shall not leave the designated throw-in spot until the ball has been released on a throw-in pass.

ART. 2 . . . The ball shall be passed by the thrower directly into the court from out-of-bounds so it touches or is touched by another player (inbounds or out of bounds) on the court before going out of bounds untouched.

ART. 3 . . . The thrown ball shall not be touched by a teammate of the thrower while the ball is on the out-of-bounds side of the throw-in boundary-line plane, except as in Rule 7-5-7.

ART. 4 . . . Once the throw-in starts, the ball shall be released on a pass directly into the court before five seconds have elapsed.

ART. 5 . . . The thrower shall not carry the ball onto the court.

ART. 6 . . . The thrown ball shall not touch the thrower in the court before it touches or is touched by another player.

ART. 7 . . . The thrown ball shall not enter the basket before it touches or is touched by another player.

ART. 8 . . . The thrown ball shall not become lodged between the backboard and ring or come to rest on the flange before it touches or is touched by another player.

ART. 9 . . . The thrower shall not be replaced by a teammate after the ball is at the thrower's disposal, except as in Rule 7-5-7.

ART. 10 . . . The opponent(s) of the thrower shall not have any body part through the inbounds side of the throw-in boundary-line plane until the ball has been released on a throw-in pass.

NOTE: The thrower may penetrate the plane provided the thrower does not touch the inbounds area or a player inbounds before the ball is released on the throw-in pass. The opponent in this situation may legally touch or grasp the ball.

PENALTIES: (Art. 10)

- The first violation of the throw-in boundary-line plane by an opponent(s) of the thrower shall result in a team warning for delay being given (one delay warning per team per game). The warning does not result in the loss of the opportunity to move along the end line when and if applicable.
- The second or additional violations will result in a technical foul assessed to the offending team. (10-2-1c PENALTY)
- If an opponent(s) reaches through the throw-in boundary-line plane and touches or dislodges the ball while in possession of the thrower or being passed to a teammate outside the boundary line (as in Rule 7-5-7), a technical foul shall be charged to the offender. No warning for delay required. (10-4-10 PENALTY)
- If an opponent(s) contacts the thrower, an intentional personal foul shall be charged to the offender. No warning for delay required.

ART. 11 . . . No teammate of the thrower shall be out of bounds after a designated-spot throw-in begins.

PENALTY: (Section 2) The ball becomes dead when the violation or technical foul occurs. Following a violation, the ball is awarded to the opponents for a throw-in at the original throw-in spot.

SECTION 3 OUT OF BOUNDS

ART. 1 . . . A player shall not cause the ball to go out of bounds.

NOTE: The dribbler has committed a violation if the dribbler steps on or outside a boundary, even though the dribbler is not touching the ball while the dribbler is out of bounds.

ART. 2 . . . A player shall not be out of bounds when a player touches or is touched by the ball after it has been released on a throw-in pass.

ART. 3 . . . A player shall not step out of bounds under the player's own volition and then become the first player to touch the ball after returning to the playing court or to avoid a violation.

PENALTY: (Section 3) The ball is dead when the violation occurs and is awarded to the opponents for a throw-in from the designated out-of-bounds spot nearest the violation. (6-7-9 EXCEPTION d)

SECTION 4 TRAVEL, KICK, FIST, BALL ENTERS BASKET FROM BELOW

A player shall not travel with the ball, as in Rule 4-44, intentionally kick it, as in Rule 4-29, strike it with the fist or cause it to enter and pass through the basket from below.

NOTE: Kicking the ball is a violation only when it is an intentional act; accidentally striking the ball with the foot or leg is not a violation.

PENALTIES: The ball is dead when the violation occurs.

1. When the opponent is awarded possession in their frontcourt, the throw-in will be at one of the four designated spots nearest the violation. (Diagram 5)
2. When the opponent is awarded possession in their backcourt, the throw-in will be from the designated out-of-bounds spot nearest the violation.

SECTION 5 ILLEGAL DRIBBLE

A player shall not dribble a second time after the player's first dribble has ended, unless it is after the player has lost control because of:

ART. 1 . . . A try for field goal.

ART. 2 . . . A touch by an opponent.

ART. 3 . . . A pass or fumble which has then touched, or been touched by, another player.

PENALTIES: (Section 5) The ball is dead when the violation occurs.

1. When the opponent is awarded possession in their frontcourt, the throw-in will be at one of the four designated spots nearest the violation. (Diagram 5)
2. When the opponent is awarded possession in their backcourt, the throw-in will be from the designated out-of-bounds spot nearest the violation.

SECTION 6 JUMP BALL

A player shall not violate any provision of the jump ball (6-3). If both teams simultaneously commit violations during the jump ball or if the official makes a bad toss, the toss shall be repeated.

PENALTIES: The ball is dead when the violation occurs.

1. When the opponent is awarded possession in their frontcourt, the throw-in will be at one of the four designated spots nearest the violation. (Diagram 5)
2. When the opponent is awarded possession in their backcourt, the throw-in will be from the designated out-of-bounds spot nearest the violation.

SECTION 7 THREE SECONDS

ART. 1 . . . A player shall not remain for three seconds in that part of the player's free-throw lane between the end line and the farther edge of the free-throw line while the ball is in control of the player's team in the team's frontcourt.

ART. 2 . . . The three-second restriction applies to a player who has only one foot touching the lane boundary. The line is part of the lane. All lines designating the free-throw lane, but not lane-space marks, are part of the lane.

ART. 3 . . . Allowance shall be made for a player who, having been in the restricted area for less than three seconds, dribbles in or moves immediately to try for field goal.

PENALTY: (Section 7) The ball is dead when the violation occurs and is awarded to the opponents for a throw-in from the designated out-of-bounds spot nearest the violation.

SECTION 8 TEN SECONDS

A player shall not be, nor may the player's team be, in continuous control of the ball which is in the team's backcourt for 10 seconds.

PENALTY: The ball is dead when the violation occurs. The opponent is awarded a possession throw-in in its frontcourt at one of the four designated spots nearest the violation. (Diagram 5)

SECTION 9 BACKCOURT

ART. 1 . . . A player shall not be the first to touch the ball after it has been in team control in the frontcourt, if the player or a teammate last touched or was touched by the ball in the frontcourt before it went to the backcourt.

EXCEPTION: A ball in team control of Team A in the frontcourt that is deflected by a defensive player, which causes the ball to go into the backcourt, may be recovered by either team unless the offense was the last to touch the ball before it went into the backcourt. If the offense was last to touch the ball in its frontcourt, only the defense can legally recover the basketball.

ART. 2 . . . While in player and team control in its backcourt, a player shall not cause the ball to go from backcourt to frontcourt and return to backcourt, without the ball touching a player in the frontcourt, such that the player or a teammate is the first to touch it in the backcourt.

ART. 3 . . . During a jump ball, throw-in or while on defense, a player may legally jump from the player's frontcourt, secure control of the ball with both feet off the floor and return to the floor with one or both feet in the backcourt. The player may make a normal landing and it makes no difference whether the first foot down is in the frontcourt or backcourt.

PENALTY: (Section 9) The ball is dead when the violation occurs. The opponent is awarded a possession throw-in in its frontcourt at one of the four designated spots nearest the violation. (Diagram 5)

SECTION 10 CLOSELY GUARDED

ART. 1 . . . A player shall not, while closely guarded:

- a. In the team's frontcourt, hold the ball for five seconds or dribble the ball for five seconds.
- b. In the team's frontcourt, control the ball for five seconds in an area enclosed by screening teammates.

ART. 2 . . . A closely guarded count shall not be started during an interrupted dribble.

ART. 3 . . . A closely guarded count shall be terminated during an interrupted dribble.

PENALTY: (Section 10) The ball is dead when the violation occurs and is awarded to the opponent for a throw-in from the designated out-of-bounds spot nearest the violation.

SECTION 11 BASKET INTERFERENCE

A player shall not commit basket interference as in Rule 4-6.

SECTION 12 GOALTENDING

A player shall not commit goaltending, as in Rule 4-22.

PENALTIES: (Sections 11-12)

1. If the violation is at the opponent's basket, the opponents are awarded one point if during a free throw, three points if during a three-point try and two points in any other case. See Rule 10-4-9 for additional penalty for goaltending during a free throw. The crediting of the score and subsequent procedure are the same as if the awarded score had resulted from the ball having gone into the basket, except that the official shall hand or bounce the ball to a player of the team entitled to the throw-in.
2. If the violation is at a team's own basket, no points can be scored, and the ball is awarded to the opponents for a throw-in from the designated out-of-bounds spot nearest the violation. See Rule 10-4-9 for additional penalty for goaltending during a free throw.
3. If the violation results from touching the ball while it is in the basket after entering from below, no points are scored.
 - a. If the defensive team commits the violation, the opponent is awarded a possession throw-in in its frontcourt at one of the four designated spots nearest the violation. (Diagram 5)
 - b. If the offensive team commits the violation, the opponent is awarded a possession throw-in in its backcourt from the designated out-of-bounds spot nearest the violation.
4. If there is a violation by both teams, play shall be resumed by the team entitled to the alternating-possession throw-in.
 - a. If the offensive team retains possession, it is awarded a possession throw-in in its frontcourt at one of the four designated spots nearest the violation. (Diagram 5)
 - b. If the defensive team gains possession, it is awarded a possession throw-in in its backcourt from the designated out-of-bounds spot nearest the violation.

SECTION 13 EXCESSIVE SWINGING OF ARM(S)/ELBOW(S)

ART. 1 . . . A player shall not excessively swing a player's own arms(s) or elbow(s), even without contacting an opponent.

ART. 2 . . . A player may extend arm(s) or elbow(s) to hold the ball under the chin or against the body.

ART. 3 . . . Action of arm(s) and elbow(s) resulting from total body movements as in pivoting or movement of the ball incidental to feinting with it, releasing it, or moving it to prevent a held ball or loss of control shall not be considered excessive.

PENALTIES: (Section 13) The ball is dead when the violation occurs.

1. When the opponent is awarded possession in its frontcourt, the throw-in will be at one of the four designated spots nearest the violation. (Diagram 5)
2. When the opponent is awarded possession in its backcourt, the throw-in will be from the designated out-of-bounds spot nearest the violation. (6-7-9 EXCEPTION d)

Rule 10 Fouls and Penalties

SECTION 1 ADMINISTRATIVE TECHNICAL

A team shall not:

ART. 1 . . . Fail to supply the scorer with the name and number of each team member who may participate and designate the five starting players at least 10 minutes before the scheduled starting time.

PENALTY: (Art. 1) One foul for both requirements. Penalized when it occurs.

ART. 2 . . . After the 10-minute time limit specified in Article 1:

- a. Change a designated starter unless necessitated as in Rule 3-2-2a.
- b. Add a name to the team member list.
- c. Require the scorer to change a team member's or player's number in the scorebook.
- d. Require a player to change to the number in the scorebook.
- e. Have identical numbers on team members and/or players.

PENALTY: (Art. 2) One foul only per team regardless of the number of infractions. (Art. 2a) Penalized if discovered before the ball becomes live to start the game. (Arts. 2b, c, d) Penalized when they occur. (Art. 2e) Penalized when discovered. Head coach does not lose the privilege of the coaching box.

ART. 3 . . . Use a megaphone or any electronic communication device, or electronic equipment for voice communication with players on the court, or use electronic audio and/or video devices to request a review of a decision of the contest officials.

ART. 4 . . . Fail to occupy the team members' bench to which it is assigned.

PENALTY: (Section 1) Two free throws plus the ball for a division-line throw-in. (Arts. 3 & 4) Penalized when they occur.

SECTION 2 TEAM TECHNICAL

ART. 1 . . . Allow the game to develop into an actionless contest, this includes the following and similar acts:

- a. When the clock is not running consuming a full minute through not being ready when it is time to start either half.
- b. Delay the game by preventing the ball from being made promptly live or from being put in play. See Rules 7-5-1 and 8-1-2 for the resumption-of-play procedure to use after a time-out or the intermission between quarters. The procedure is used prior to charging a technical foul in these specific situations.
- c. Commit a violation of the throw-in boundary-line plane, as in Rule 9-2-10, after any team warning for delay.
- d. Contact with the free thrower or a huddle of two or more players in the lane by either team prior to a free throw following any team warning for delay.
- e. Interfering with the ball following a goal after any team warning for delay.
- f. Not having the court ready for play following any time-out after any team warning for delay.

ART. 2 . . . Have more than five team players participating simultaneously.

ART. 3 . . . Request an excess time-out.

ART. 4 . . . Commit an unsporting foul.

ART. 5 . . . Fail to have all players return to the court at approximately the same time following a time-out or intermission.

ART. 6 . . . Allow players to lock arms or grasp a teammate(s) in an effort to restrict the movement of an opponent.

PENALTY: (Section 2) Two free throws plus the ball for a division-line throw-in. (Arts. 1, 4, 5, 6) Penalized when they occur. (Art. 2) Penalized if discovered while being violated. (Art. 3) Penalized when discovered. Head coach does not lose the privilege of the coaching box.

SECTION 3 SUBSTITUTE TECHNICAL

A substitute shall not enter the court:

ART. 1 . . . Without reporting to the scorer.

ART. 2 . . . Without being beckoned by an official, except between quarters and during time-outs.

PENALTY: (Section 3) Two free throws plus the ball for a division-line throw-in. One foul for either or both requirements. Penalized if discovered before the ball becomes live.

NOTE: A single flagrant technical foul or the second technical foul charged to a substitute results in disqualification of the offender to the team bench.

SECTION 4 PLAYER TECHNICAL

A player shall not:

ART. 1 . . . Participate after changing the player's number without reporting it to the scorer and an official.

PENALTY: (Art. 1) Flagrant foul. Penalized if discovered while being violated.

ART. 2 . . . Purposely and/or deceitfully delay returning after legally being out of bounds.

ART. 3 . . . Grasp either basket at any time during the game except to prevent injury; dunk or stuff, or attempt to dunk or stuff a dead ball.

ART. 4 . . . Illegally contact the backboard/ring by:

- a. Placing a hand on the backboard or ring to gain an advantage.
- b. Intentionally slapping or striking the backboard or causing the ring to vibrate while a try or tap for field goal is in flight or is touching the backboard or is in the basket or in the cylinder above the basket.

ART. 5 . . . Delay the game by acts such as:

- a. Preventing the ball from being made live promptly or from being put in play.
- b. Failing, when in possession, to immediately pass the ball to the nearer official when a whistle sounds.
- c. The free thrower fails to be in the free-throw semicircle when the official is ready to administer the free throw unless the resumption-of-play procedure is in effect following a time-out or intermission.
- d. Repeated violations of the throw-in, as in Rule 9-2-10.

ART. 6 . . . Commit an unsporting foul. This includes, but is not limited to, acts or conduct such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- b. Using profane or inappropriate language or obscene gestures.
- c. Baiting or taunting an opponent.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

- d. Purposely obstructing an opponent's vision by waving or placing hand(s) near an opponent's eyes.

NOTE: Purposely diverting an opponent's attention by waving is different than holding or waving the hands near the opponent's eyes for the express purpose of obstructing the vision so that the opponent cannot see.

- e. Climbing on or lifting a teammate to secure greater height.
- f. Faking being fouled, knowingly attempting a free throw or accepting a foul to which the player was not entitled.
- g. Using alcohol, or any form of tobacco product (e-cigarette or similar items) beginning with arrival at the competition site until departure following the completion of the contest.
- h. Removing the jersey and/or pants/skirt within the visual confines of the playing area.

- i. Leaving the playing court for an unauthorized reason to demonstrate resentment, disgust or intimidation.

ART. 7 . . . Intentionally or flagrantly contacting an opponent when the ball is dead and such contact is not a personal foul.

ART. 8 . . . Be charged with fighting.

PENALTY: (Art. 8) Flagrant foul.

ART. 9 . . . Commit goaltending during a free throw.

ART. 10 . . . Reach through the throw-in boundary-line plane and touch or dislodge the ball as in Rule 9-2 **PENALTY 3.**

PENALTY: (Section 4) Two free throws plus the ball for a division-line throw-in.

NOTE: A single flagrant technical foul or the second technical foul charged to a player results in disqualification of the offender to the team bench.

SECTION 5 BENCH TECHNICAL

The head coach is responsible for personal conduct and behavior, as well as substitutes, disqualified team members and all other bench personnel. Bench personnel, including the head coach, shall not:

ART. 1 . . . Commit an unsporting foul. This includes, but is not limited to, acts or conduct such as:

- Disrespectfully addressing an official.
- Attempting to influence an official's decision.
- Using profane or inappropriate language or obscene gestures.
- Disrespectfully addressing, baiting or taunting an opponent.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

- Objecting to an official's decision by rising from the bench or using gestures.
- Inciting undesirable crowd reactions.
- Being charged with fighting.
- Removing the jersey and/or pants/skirt within the visual confines of the playing area.
- Grasping either basket except to prevent injury; dunking or attempting to dunk or stuff a dead ball.

ART. 2 . . . Enter the court unless by permission of an official to attend an injured player.

ART. 3 . . . Use alcohol, or any form of tobacco product (e-cigarette or similar items) beginning with arrival at the competition site until departure following the completion of the contest.

ART. 4 . . . Stand at the team bench while the clock is running or is stopped, and shall remain seated, except:

- The head coach as in Rule 10-6-1.
- When a team member is reporting to the scorer's table.
- During a charged time-out, as in Rule 5-11, or the intermission between quarters and extra periods.

- d. To spontaneously react to an outstanding play by a team member or to acknowledge a replaced player(s), but shall immediately return to their seats.

PENALTY: (Arts. 1a, b, d, e, f, 2, 4) The officials may warn the head coach unless the offense is judged to be major, in which case a technical foul shall be ruled. (Arts. 1, 2, 3, 4) Two free throws plus the ball for a division-line throw-in. If the head coach is the offender, the foul is charged directly to the head coach. The foul is charged to the offender (if not the head coach) and also charged indirectly to the head coach. (Art. 1g) Flagrant foul, the offender is disqualified. If the offender is bench personnel, each foul is also charged indirectly to the head coach.

ART. 5 . . . Leave the confines of the bench during a fight or when a fight may occur.

EXCEPTION: The head coach and any number of assistant coaches may enter the court in the situation where a fight may break out – or has broken out – to prevent the situation from escalating.

PENALTY: (Art. 5) Flagrant foul, disqualification of individual offender, but only one technical foul penalty is administered regardless of the number of offenders. This one foul is also charged indirectly to the head coach. If the head coach is an offender, an additional flagrant technical foul is charged directly to the head coach and penalized. When a simultaneous technical foul(s) by opponents occurs, the free throws are not awarded when the penalties offset.

NOTE: A single flagrant foul or the second technical foul charged to any bench personnel, other than the head coach, results in disqualification of the offender. A single flagrant foul, the second direct technical foul or the third technical (any combination of direct or indirect) charged to the head coach results in disqualification and ejection. Ejected adult bench personnel shall leave the vicinity (out of sight and sound) of the playing area immediately and are prohibited from any further contact (direct or indirect) with the team during the remainder of the game. Failure to comply with the rules of ejection may result in the game being forfeited.

SECTION 6 HEAD COACH'S RULE

ART. 1 . . . The head coach shall remain seated on the team bench, except:

- By state association adoption, the head coach may stand within the designated coaching box described in Rule 1-13-2. The first technical foul charged directly or indirectly to the head coach results in loss of coaching-box privileges and the head coach shall remain seated for the remainder of the game, except as stated below in Rule 10-6-1b, c, d and e.
- The head coach may stand within the coaching box to request a time-out or signal players to request a time-out.
- The head coach may stand and/or leave the coaching box to confer with personnel at the scorer's table to request a time-out as in Rule 5-8-4.
- The head coach may stand within the coaching box to replace or remove a disqualified/injured player or player directed to leave the game.
- The head coach may stand as in Rule 10-5-4c, d.

EXCEPTION: The head coach, and any number of assistant coaches, may enter the court in the situation where a fight may break out – has broken out – to prevent the situation from escalating.

ART. 2 . . . The head coach shall replace or remove a disqualified/injured player, or player directed to leave the game, within 15 seconds when a substitute is available.

ART. 3 . . . The head coach shall not permit a team member to participate after being removed from the game for disqualification.

ART. 4 . . . The head coach shall not permit a team member to participate while wearing an illegal uniform. (3-4)

ART. 5 . . . The head coach shall not permit team members to leave the bench area and/or playing court for an unauthorized reason.

PENALTY: (Art. 1) The official may warn the head coach unless the offense is judged to be major, in which case a technical foul shall be ruled. (Section 6) Two free throws plus the ball for a division-line throw-in. The foul is charged directly to the head coach. (Arts. 3, 5) Penalized if discovered while being violated. (Art. 4) Penalized when discovered. (Arts. 4, 5) Only one technical foul is charged regardless of the number of offenders.

NOTE: A single flagrant foul, the second direct technical foul or the third technical (any combination of direct or indirect) charged to the head coach results in disqualification and ejection. Ejected adult bench personnel shall leave the vicinity (out of sight and sound) of the playing area immediately and are prohibited from any further contact (direct or indirect) with the team during the remainder of the game. Failure to comply with the rules of ejection may result in the game being forfeited.

SECTION 7 CONTACT

ART. 1 . . . A player shall not hold, push, charge, trip or impede the progress of an opponent by extending arm(s), shoulder(s), hip(s) or knee(s), or by bending the body into other than a normal position; nor use any rough tactics.

ART. 2 . . . A player shall not contact an opponent with the hand unless such contact is only with the opponent's hand while it is on the ball and is incidental to an attempt to play the ball.

ART. 3 . . . A player shall not use the hands on an opponent in any way that inhibits the freedom of movement of the opponent or acts as an aid to a player in starting or stopping.

ART. 4 . . . A player shall not extend the arm(s) fully or partially other than vertically so that freedom of movement of an opponent is hindered when contact with the arms occurs. A player may hold the hand(s) and arm(s) in front of the player's own face or body for protection and to absorb force from an imminent charge by an opponent.

ART. 5 . . . A player shall not use the forearm and/or hand to prevent an opponent from attacking the ball during a dribble or when throwing for goal.

ART. 6 . . . Contact caused by a defensive player who approaches from behind is pushing; contact caused by the momentum of a player who has thrown for a goal is charging.

ART. 7 . . . A dribbler shall neither charge into nor contact an opponent in the dribbler's path nor attempt to dribble between two opponents or between an opponent and a boundary, unless the space is such as to provide a reasonable chance for the dribbler to go through without contact.

ART. 8 . . . When a dribbler, without contact, sufficiently passes an opponent to have head and shoulders in advance of that opponent, the greater responsibility for subsequent contact is on the opponent.

ART. 9 . . . When a dribbler is moving in a straight-line path, the dribbler may not be crowded out of that path, but if an opponent is able to legally obtain a defensive position in that path, the dribbler shall avoid contact by changing direction or ending the dribble.

ART. 10 . . . The dribbler is not permitted additional rights in executing a jump try for field goal, pivoting, feinting or in beginning a dribble.

ART. 11 . . . A player shall adhere to the rules pertaining to illegal contact, including but not limited to, guarding as in Rule 4-23, rebounding as in Rule 4-37, screening as in Rule 4-40, and verticality as in Rule 4-45.

ART. 12 . . . The following acts constitute a foul when committed against a ball handler/dribbler. A player becomes a ball handler when that player receives the ball. This would include a player in a post position.

- a. Placing two hands on the player.
- b. Placing an extended arm bar on the player.
- c. Placing and keeping a hand on the player.
- d. Contacting the player more than once with the same hand or alternating hands.

PENALTY: (Section 7) Offender is charged with one foul, and if it is the player's fifth foul (personal and technical) or if it is flagrant, the player is disqualified.

Rule 10 Penalties Summary

1. **No free throws:**
 - a. For each common foul before the bonus rule is in effect.
 - b. For a player-control or team-control foul.
 - c. For double personal or technical fouls (point of interruption).
 - d. For simultaneous personal or simultaneous technical fouls by opponents (point of interruption).
 - e. After time has expired for the fourth quarter (or extra period), unless the point(s) would affect the outcome of the game.

NOTE: If one or both fouls of a double foul are flagrant, no free throws are awarded. Any player who commits a flagrant foul is disqualified.

2. **One free throw if fouled in the act of shooting and two-point or three-point try or tap for field goal is successful.**
3. **Bonus free throws: Two free throws beginning with fifth team foul of each quarter.**
4. **Two free throws if intentional or flagrant, plus ball for throw-in.**

5. Fouled in act of shooting and try or tap for field goal is unsuccessful:
- Two free throws on two-point try or tap for field goal.
 - Three free throws on three-point try or tap for field goal.
Plus, ball for throw-in if intentional or flagrant.
6. Multiple Foul:
- One free throw for each foul:
 - No try involved.
 - Successful or unsuccessful two-point try or tap for field goal.
 - Successful three-point try or tap for field goal.
 - Two free throws for each foul:
 - Intentional or flagrant foul.
 - Unsuccessful three-point try or tap for field goal.
- Plus, ball for throw-in if intentional or flagrant.

NOTE: If one or both fouls of a multiple foul are flagrant, two free throws are awarded for each flagrant foul. Any player who commits a flagrant foul is disqualified.

7. In case of a false double foul or a false multiple foul, each foul carries its own penalty.
8. Fighting:
- Players on the court:
 - Corresponding number from each team – double flagrant fouls, all participants are disqualified, no free throws are awarded, ball is put in play at the point of interruption.
 - Numbers of participants are not corresponding – Flagrant fouls and disqualification for all participants, two free throws are awarded for the offended team for each additional player, offended team awarded a division line throw in.
 - Bench personnel leaving the team bench during a fight or when a fight may break out:
 - Do NOT participate in the fight – nonparticipants are assessed flagrant fouls and disqualified. The head coach is assessed a maximum of one indirect technical foul (regardless of the number leaving the bench). If the number leaving the bench for each team is corresponding, no free throws are awarded, and the ball is put in play at the point of interruption. If the number leaving the bench for each team is unequal, a maximum of two free throws are awarded the offended team, followed by a division line throw-in opposite the table.

- Participate in the fight – all participants are assessed flagrant fouls and disqualified. The head coach is assessed one indirect technical foul for each person leaving the bench and participating in the fight. If the number leaving the bench for each team is corresponding, no free throws are awarded, and the ball is put in play at the point of interruption. If the number leaving the bench for each team is unequal, two free throws are awarded the offended team for each additional person leaving the bench, followed by a division line throw-in opposite the table.

NOTE: All fouls (except an indirect technical foul charged to the head coach) count toward the team's foul count in the half.

STATE ASSOCIATION ADOPTIONS

State associations may individually adopt specific coverage in the following:

1. Authorizing use and size of 28-foot (maximum) coaching box. (1-13-2 NOTE, 10-6-1)	5. Authorizing use of head coverings for medical or cosmetic reasons. (3-5-3 EXCEPTION)
2. Authorizing use of supplementary equipment to aid in game administration. (2-4-3 NOTE)	6. Authorizing use of a running clock when a specified point differential is reached. (5-5 NOTE)
3. Authorizing the use of the shot clock (2-14). See Guidelines for Use of Shot Clock.	7. Determining the number of electronic media time-outs. (5-11-1 NOTE)
4. Authorizing rule exceptions to provide reasonable accommodations. (3-5-1 NOTE)	8. Authorizing use of one commemorative/memorial patch on the jersey. (3-4-2c)

SHOT CLOCK – STATE ASSOCIATION ADOPTION

In accordance with Rule 2-14, each state association may adopt a procedure by which it implements a 35-second shot clock effective with the 2023-24 season. The following recommended guidelines are for those states choosing to adopt the shot clock.

SHOT CLOCK DISPLAYS

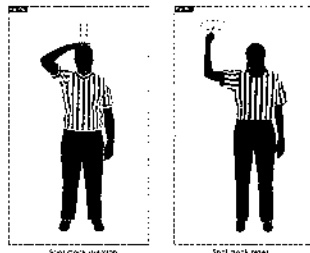
1. A shot clock is one of two official visible timepieces – one at each end of the court.
2. Shot clocks should be recessed and mounted on the backboard supports behind each backboard.
3. An alternate-timing device or procedure shall be available when a visible shot clock malfunctions.
4. LED lights located around the shot clock may be used, but the lights shall only be activated for a shot clock violation.
5. Nothing shall be attached to the shot clock mounting mechanisms that affects the visibility of the shot clock.

GAME AND TABLE OFFICIALS

A shot clock operator will be located at the scorer's and timer's table. It is recommended that the timer and shot clock operator be seated next to each other.

OFFICIALS' GENERAL DUTIES

1. Use the shot clock to administer the 10-second backcourt count (9-8). The 10-second count shall begin when the ball touches, or is legally touched by, a player on the court, in the backcourt on a throw-in or on player control on a rebound or jump ball. The official shall use a silent, visible 10-second count when there is no shot clock visible.
2. To indicate a shot clock violation, the official will give the stop clock signal followed by the tapping of the head and give a directional signal.
3. To indicate a shot clock reset, the official will use a rolling motion of a pointed index finger above the head.



THE SHOT CLOCK OPERATOR SHALL:

1. Use a 35-second shot clock in accordance with Rule 2-14.
2. Use the shot clock the entire game, including extra periods, except when there is less time remaining on the game clock than on the shot clock. In this case, the shot clock shall be turned off.
3. Control a separate timing device with a horn that shall have a distinct sound different from the game clock horn.
4. Have an alternate-timing device or procedure available in the case of failure or lack of availability of the electronic clocks.

5. Start the shot clock when:
 - a. The ball touches, or is legally touched by, a player on the court;
 - b. A team gains initial control after a jump ball or unsuccessful try for goal;
 - c. There is a change in team control.
6. Stop the timing device and reset to full amount:
 - a. When there is a change in team control and the ball remains live or after a score by the opponent.

NOTE: The mere touching of the ball by an opponent does not start a new shot clock period when the same team remains in control of the ball.

 - b. When any of the following occurs:
 - i. A single personal foul;
 - ii. A single technical foul;
 - iii. During team control, a defensive player causes a held ball, and the alternating-possession arrow favors the defensive team;
 - iv. A try for goal strikes the ring or flange and then control is gained by either team;
 - v. A violation;
 - vi. A held ball or any other situation where the alternating-possession arrow is used to determine team possession and the alternating-possession arrow favors the defense for the throw-in.
 - vii. After the ball goes out of bounds and was last touched simultaneously by two opponents, both of whom are either inbounds or out of bounds or when there is doubt as to who last touched the ball and the possession arrow favors the defensive team;
 - viii. There is an inadvertent whistle and there was no player or team control at the time of the whistle;
7. Stop the timing device and continue time without a reset when play is stopped under the following circumstances:
 - a. The ball is deflected out of bounds by a defensive player;
 - b. A player is injured or loses a contact lens;
 - c. A charged time-out has concluded;
 - d. During team control as defined in Rule 4-12-1, a defensive player causes a held ball, and the alternating-possession arrow favors the offensive team;
 - e. After any double personal or technical fouls or simultaneous personal or technical fouls when there is team control unless the penalty for the foul results in a change of possession;
 - f. After an inadvertent whistle when there is team control;
 - g. After a held ball occurs during a throw-in, and the alternating-possession arrow favors the team that made the throw-in;
 - h. When a held ball occurs after an unsuccessful try that does not contact the ring or flange, and the alternating-possession arrow favors the shooting team;
 - i. After the ball goes out of bounds and was last touched simultaneously by two opponents, both of whom are either inbounds or out of bounds or when there is doubt as to who last touched the ball and the alternating-possession arrow favors the offensive team;

NOTE: The offensive team, upon regaining possession of the ball for the throw-in, shall have the unexpired time on the shot clock to attempt a try.

8. State associations may determine if there are instances when the clock is reset, not to the full 35 seconds.
9. Sound the shot clock horn at the expiration of the shot clock period. This shot clock horn shall not stop play unless recognized by an official's whistle. When the shot clock indicates zeroes, the shot clock time has expired.
10. Turn off the shot clock when a reset situation occurs, and the game clock shows less time than that of a shot clock period.
11. Allow the timing device to continue during loose-ball situations when the offense retains control or when a field goal try is attempted at the wrong basket or when a field goal try has failed to hit the rim or flange.
12. Allow the game officials to make the final decision when there is doubt as to whether a score was made within the shot clock period or whether a try for goal contacted the ring or flange.

TIMING ERRORS

1. The officials shall make the final decision when there is doubt as to whether a score was made within the shot clock period or whether a try for goal contacted the ring or flange.
2. When an obvious mistake by the shot clock operator has occurred (failing to start, stop, set or reset the shot clock) or when a shot clock has malfunctioned, the mistake or the result of the malfunction may be corrected during the shot clock period in which it occurred and only when the official has definite information relative to the mistake or malfunction and the time involved.

SHOT CLOCK VIOLATION

1. A shot clock period begins when the ball touches, or is legally touched by, a player on the court on a throw-in or when team control is established or re-established after loss of team control and the shot clock is properly started. The shot clock period ends when the shot clock is properly started for the next shot clock period.
2. A try for goal during the shot clock period is defined as the ball having left the shooter's hand(s) before the sounding of the shot clock horn and then striking the ring or flange, or entering the basket.
3. The team in control must attempt a try for a field goal within the 35-second shot clock period.
4. It is a violation when a try for field goal does not leave the shooter's hand(s) before the expiration of the shot clock period (as indicated by the sounding of the shot clock horn) or when it does leave the shooter's hand(s) before the expiration of the shot clock period and the try does not subsequently strike the ring or flange or enter the basket.

COMMENTS ON THE 2023-24 RULES CHANGES

2-1-3 NOTE (NEW) — As a result of the increased use of large video boards that allow timers to utilize tablets to control the clock from anywhere in the facility and the increase in schools utilizing the shot clock, it became necessary to include language requiring the shot clock operator, if used, to sit at the scorer's and timer's table. Officials need to have easy access to the scorer, timer and the shot clock operator during contests.

3-4-5 — Clarifying the requirements for uniform bottoms makes it easier for coaches and athletic directors to address the individual needs of their student-athletes when ordering uniforms. Teammates must all wear like-colored uniform bottoms but may wear multiple styles. This clarification allows for an athlete to wear a skirt or pants of the same color as the athlete's teammates without contacting the state association for a uniform accommodation.

3-5-6 — Allowing undershirts worn under visiting team jerseys to be black or the single solid color similar to the torso of the jersey will assist schools with hard to match colors easily comply with the rules. Schools can now allow teammates to wear black undershirts and avoid searching for solid shirts that match the visiting team jersey. It is important to note that all teammates wearing undershirts must wear the same solid color.

4-8-1 — Eliminating the one-and-one, shooting two free throws after a team's fifth foul in a quarter and resetting the fouls after each quarter has the potential to provide a better flow by allowing teams that run into early foul trouble the opportunity to self-correct their style of play at the outset of both the second and fourth quarters. Second, by eliminating the one-and-one, the number of opportunities for correctable errors that result from awarding an unmerited free throw or failing to award a merited free throw are significantly reduced. Finally, the guarantee of two free throws eliminates the physical play that has often been associated with rebounding action on the first free throw.

4-36, 6-4-3, 7-5-2 thru 4, 9-1 PENALTY 3, 9-4 PENALTY, 9-5 PENALTY, 9-6 PENALTY, 9-8 PENALTY, 9-9 PENALTY, 9-12 PENALTIES 3 & 4, 9-13 PENALTY — Establishing four throw-in spots (the nearest 28-foot mark along each sideline or the nearest spot 3-feet outside the lane line on the end line) when a team gains or retains possession in its frontcourt due to a violation, a common foul prior to the bonus or any stoppage other than an out-of-bounds eliminates much of the judgment for an official about where exactly the throw-in spot should be located and allows teams to develop throw-in plays both offensively and defensively from four pre-determined locations.

7-6-6 — Allowing the official administering a throw-in to the wrong team to correct the mistake before the first dead ball after the ball becomes live unless there is a change of possession provides an appropriate amount of time to correct a mistake. Previously, the mistake had to be corrected before the ball was put into play.

9-3-3 — Establishing that a player may step out of bounds without penalty unless they are the first player to touch the ball after returning to the court or if they left the court to avoid a violation allows the game to continue without stoppage when the player's actions did not create an advantage. When an advantage is gained by a player purposely leaving the court and being the first one to touch the ball or leaving the court to avoid a violation, an advantage is gained, and a violation has occurred.

TECHNICAL FOUL PENALTY SUMMARY

Type Foul	Charged To	Counts Toward	Head Coach Assessed
Administrative: Providing rosters; starters; numbers; changes, additions, etc.; team not ready to start half, TV monitor, electronic communication; not occupying assigned bench; more than five players; excess time-out; violation after team warning for delay; all players not returning at same time after time-out or intermission (10-1)	Team	Team-foul Count	
Substitutes: Entering court; no report; not beckoned (10-3)	Substitute	1. 2 Technicals 2. 5 Personal 3. Team-foul count	
Players: * Changing number without reporting; face-guarding; delaying return; grasping basket, dunking a dead ball; slapping backboard; delaying game; unsporting act/ conduct; goaltending on free throw; reaching through plane to touch or dislodge ball; contact opponent during dead ball; use of tobacco; removing jersey/pants; *fight (10-4)	Player	1. 2 Technicals 2. 5 Personal 3. Team-foul count	
Bench personnel: Unsporting act/conduct; enter court without permission; use tobacco; removing jersey/pants; grasping basket or dunking; *fight; *leave bench during fight or possible fight (10-5)	Substitute/ Bench Personnel	1. 2 Technicals 2. 5 Personal 3. Team-foul count	Indirect
Disqualified player on bench: Unsporting act/conduct	Substitute/ Bench Personnel	Team-foul count	Indirect
Assistant Coach: Unsporting act/conduct (10-5)	Assistant Coach	2 techs toward ejection Team-foul count	Indirect
Head coach: Unsporting act/conduct; off bench/outside box; not replacing player as required in 15 seconds; playing a disqualified player; illegal jersey/pants/ number; team members leaving court/bench for unauthorized reason (10-6).	Head Coach	2 directs toward Team-foul count	Direct

* **Reminder - any single flagrant act results in disqualification**
A single flagrant foul, the second direct technical foul or the third technical foul (any combination of direct or indirect) charged to the head coach results in ejection to the team's locker room or outside the building.

OFFICIAL NFHS BASKETBALL SIGNALS

Start clock 1 	Stop clock 2 	3 Stop clock for jump/hold ball 	4 Stop clock for foul 	5 Stop clock for foul (optional bird dog) 	6 Directional signal:
7 Throw-in and free-throw designated spot/violation 	8 Move along line on throw-in 	9 Visible counts 	10 60-second time-out 	11 30-second time-out 	12 30-second time-out
13 Not closely guarded 	14 Tipped ball 	15 No score 	16 Goal counts 	17 Points scored Use 1 or 2 fingers after signal 	18 3-Point attempt score 3-Point made



Starting and stopping clock

BASKETBALL RULES FUNDAMENTALS

32 Holding 	31 Hand check 	30 Illegal use of hands 	35 Player/Team control 	34 Pushing charging 	33 Blocking 	38 Technical foul 	37 Double foul 	36 Intentional foul 	
Fouls									
21 Traveling violation 	20 Delayed lane violation 	19 Signal free throw 	25 3-Second violation 	24 Back court violation 	23 Palming carry 	22 Illegal dribble 	29 Kicking 	28 Excessive swinging elbows 	27 10-Second violation
Violations			Violations						
Free throws/Bonus free throws									

- While the ball remains live, a loose ball always remains in control of the team whose player last had control, unless it is a try or tap for goal.
- Neither a team nor any player is ever in control during a dead ball, jump ball, or when the ball is in flight during a try or tap for a goal.
- A goal is made when a live ball enters the basket from above and remains in or passes through unless canceled by a throw-in violation or a player-control foul.
- The jump ball, the throw-in and the free throw are the only methods of getting a dead ball live.
- Neither the dribble nor traveling rule applies during the jump ball, throw-in or free throw.
- It is not possible for a player to travel during a dribble.
- The only infractions for which points are awarded are goaltending by the defense or basket interference at the opponent's basket.
- There are three types of violations and each has its own penalty.
- A ball in flight has the same relationship to frontcourt or backcourt, or inbounds or out of bounds, as when it last touched a person or the floor.
- Personal fouls always involve illegal contact and occur during a live ball, except for fouls committed by an airborne shooter or on an airborne shooter.
- The penalty for a single flagrant personal or flagrant technical foul is two free throws and disqualification, plus awarding the ball to the opponents for a throw-in.
- Penalties for fouls are administered in the order in which they occur.
- A live-ball foul by the offense (team in control or last in control if the ball is loose), or the expiration of time for a quarter or extra period, causes the ball to become dead immediately, unless the ball is in flight during a try or tap for field goal. The ball also becomes dead when a player-control foul occurs.
- The first or only free-throw violation by the offense causes the ball to become dead immediately.
- A double personal foul involves only personal fouls and only two opponents; no free throws are awarded and the ball is put in play at the point of interruption. A double technical foul involves only technical fouls and only two opponents; no free throws are awarded, and the ball is put in play at the point of interruption.
- The official's whistle seldom causes the ball to become dead (it is already dead).
- "Continuous motion" applies both to tries and taps for field goals and free throws, but it has no significance unless there is a foul by the defense during the interval which begins when the habitual trying or tapping movement starts and ends when the ball is clearly in flight.
- Whether the clock is running or is stopped has no influence on the counting of a field goal.
- A ball which touches the front face or edges of the backboard is treated the same as touching the floor inbounds, except that when the ball touches the thrower's backboard, it does not constitute a part of a dribble.
- If the ball goes through the basket before or after a player-control foul, the goal shall not be counted.

APPENDIX A DUTIES OF GAME MANAGEMENT

I. Relationship of Game Management to Officials:

- A. **General:** Most individuals officiate because it is an avocation that provides the opportunity to maintain contact with the game and with those who administer the contests. If responsible and highly respected people are to be kept in the field, they should be accorded the cordial and businesslike treatment they expect in professions and other vocations. They are requested to render decisions in rather technical matters and in an atmosphere charged with prejudice and emotion. No effort should be spared in providing conditions that will be conducive to efficiency and pleasant associations. Each contest administrator owes this to the official who is a guest and to the school that must depend on the work being of such a nature as to attract people who are in the habit of being treated with respect.
- B. **Reminders:**
1. Notify the officials at least one week before each game giving the exact time and place of the game and the location of the officials' dressing room.
 2. Inform each official who they will be working with. Perhaps a ride can be shared.
 3. Secure the visiting-school's approval of the officials, if appropriate, several weeks before the game and confirm the approval as soon as possible.
 4. If parking facilities are a problem, provide a place for the officials.
 5. Designate an official's host. The host should meet them at the door, escort them to the dressing room(s) and see that they are provided with towels and soap. The host may also accompany the officials to the floor and take care of their jackets and be responsible for the game ball between halves. The host management should provide personnel to wipe moisture from the floor, clean up blood and maintain proper floor conditions as requested by the officials.
 6. Provide a clean, private dressing room with shower or nearby shower stall. Before and after a game, and at halftime, the officials room(s) should be "out of bounds" for everyone except the few who have a definite assignment in this area.
 7. Insist that coaches instruct their players to be courteous and respectful to all officials. A time-out should be requested if questions are to be directed to the officials, and the privilege of asking questions should be delegated to the captain only. Questions should be limited to those dealing with rules interpretation or game procedure. Nothing is ever gained by questioning an official's judgment, and it may lead to a penalty. A public expression of dissent from an official's judgment decision merely excites the fans and often results in a penalty.
 8. Keep your crowd under control. A continuing program of education and training will work wonders. Police protection should be available and in evidence.
 9. Do not permit any type of artificial noisemakers. Bands and other music may only be played during pregame, time-outs, intermission and post-game.
 10. Insist that coaches set good examples for your crowd and players. Properly use the optional coaching box. Do not shout at players or officials. The coach, more than any other person, sets the pattern for the attitude of the fans.
 11. Do not permit coaches to argue or visit with the official during a game or during an intermission. Criticizing an official in front of fans or players invites trouble. Avoid the officials' dressing room(s) unless, just before their departure, you wish to visit briefly. If you have a grievance, stay away. Communicate with officials after two or three days have passed and emotions have settled.
 12. You either hired or approved the officials. Take your share of the blame if you are not pleased. The chances are about 100 to 1 — or less that your team lost the game because of the officiating.
 13. Emotions need to be controlled. Basketball calls for coaches and players who have poise and coolness under fire. Team directors must demonstrate the same qualities.

- C. **Facility Conditions:** Gymnasium conditions have a great influence in administration of a game. A slippery floor or one with a layer of accumulated dust is a source of trouble and dissatisfaction. An inadequately lighted court detracts from efficiency and has a depressing effect on everyone. Unclean backboards, basket rings that are not level or basket nets that are either ragged or tight so as to cause delays, are conditions that contribute to an unsatisfactory event. For many school patrons, the athletic contest provides the only opportunity for seeing the school in action. Their impression ought to be one of good organization and businesslike efficiency.
- D. **Time Management:** Starting a game later than scheduled and having unduly long athletic contests are evidence of a lack of administrative responsibility. They are an imposition on the visiting team, the students, the fans and the officials.
- E. **Choosing Personnel:** Properly administering a contest is an exacting task. Many coworkers are involved. Each member of this team of student managers and faculty assistants has delegated responsibilities. It is important to conduct practice for this team in the fundamentals of good management. A team that demonstrates pride in its work will provide fewer "athletic headaches" because the school provides conditions that keep players and followers looking for enjoyable occurrences and clear of passing judgment on decisions and playing strategy.

II. Selection of Scorer and Timer:

- A. **Adults:** A high school student or one of last year's graduates will have the interest and enthusiasm but may lack poise, impartiality and judgment.
- B. **Experience:** Choose someone who has had some playing, coaching or officiating experience.
- C. **Faculty:** If faculty members are available for these jobs, they usually do the best work, although it is not a guarantee.
- D. **Reliable:** Choose people who can and will be present at every home game. It may be an honor to act as timer or scorer, but it's not an honor that should be passed around with each game.
- E. **Good Judgment:** Above all, choose someone with plenty of poise, good judgment, a sense of impartiality and one who you are sure will be able to forget the score and concentrate instead on the job.

III. Training the Table Officials:

- A. **Preseason:** Before the opening of the season, provide the table officials with a rules book, case book and other basketball rules material available through the state office. This should be done regardless of the number of years they have served in this capacity. There are frequent rules changes that affect the tasks of these officials. Call attention to those sections of the rules that directly or indirectly refer to their duties. Insist on a careful study of the "Instructions to the Scorer" and "Instructions to the Timer."
- B. **Rules Meetings:** Suggest that your timer and scorer attend one of the state-sponsored rules interpretation meetings and, if possible, an occasional meeting of a local officials' group.
- C. **Practice Games:** Before the first game, arrange for several intrasquad scrimmages conducted under actual game conditions with your timer and scorer at the bench. Plan to set up unusual situations involving timing and scoring. Check carefully on the work done in these scrimmages and make comments and provide constructive feedback.
- D. **Observe and Evaluate:** Observe the work of these officials during games and provide suggestions for improvement.
- E. **Crowd Respect:** See that your timer and scorer are accorded the same courtesy and respect as that due the floor officials. Their work is important, and it should be done with dignity and pride in good performance.



National Federation of State High School Associations

MISSION STATEMENT

The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.

CORE BELIEFS AND VALUES

WE BELIEVE

Student participation in education-based high school athletics and activities:

- Is a privilege.
- Enriches the educational experience.
- Encourages academic achievement.
- Promotes respect, integrity and sportsmanship.
- Prepares for the future in a global community.
- Develops leadership and life skills.
- Fosters the inclusion of diverse populations.
- Promotes healthy lifestyles and safe competition.
- Encourages positive school/community culture.
- Should be fun.

THE NFHS:

- Serves as the national authority that promotes and protects the defining values of education-based high school athletics and activities in collaboration with its member state associations.
- Serves as the national authority on competition rules while promoting fair play and seeking to minimize risk of injury for student participants in education-based high school athletics and activities.
- Promotes lifelong health and safety values through participation.
- Develops and delivers impactful, innovative and engaging educational programs to serve the changing needs of state associations, administrators, coaches, directors, officials, students and parents.
- Provides professional development opportunities for member state association staffs.
- Promotes cooperation, collaboration and communication with and among state associations.
- Collects and provides data analysis in order to allow its membership to make informed decisions.



National Federation of State High School Associations

SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE:

- Dazed or stunned appearance;
- Confusion about assignment or position;
- Forgetfulness;
- Uncertainty of game, score, or opponent;
- Clumsy movements;
- Slow response to questions;
- Mood, behavior or personality changes;
- Can't recall events prior to or after hit or fall;
- Headache or "pressure" in head;
- Nausea;
- Balance problems or dizziness;
- Double or blurry vision;
- Sensitivity to light or noise;
- Feeling sluggish, hazy, foggy or groggy;
- Concentration or memory problems;
- Emotions of "not feeling right" or "feeling down."

Activate the Emergency Medical System or Call 9-1-1 if, after a bump, blow, or jolt to the head or body, an athlete has one or more of these danger signs:

- One pupil larger than the other;
- Drowsiness or inability to wake up;
- A headache that gets worse and does not go away;
- Slurred speech, weakness, numbness, or decreased coordination;
- Repeated vomiting or nausea;
- Convulsions or seizures (shaking or twitching);
- Unusual behavior, increased confusion, restlessness, or agitation;
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

SUGGESTED CONCUSSION MANAGEMENT:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional as soon as possible.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details, please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at www.nfhs.org.



National Federation of State High School Associations

EQUIPMENT GUIDELINES

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is **NOT** responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers are responsible for the development of playing equipment that meets the specifications established by the committee, and that is otherwise of good design and quality. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Non-compliant equipment is inappropriate for use in competition under NFHS sports rules. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.
2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules editor and/or rules committee for review before production.
3. Protective headgear is required by NFHS rules in some sports and is permissive in others. Hard helmets can decrease the incidence of certain head trauma, such as skull fractures and subdural hematomas. Soft headgear may protect against cuts and bruises to the scalp and forehead. Coaches, athletes and parents/guardians should review the manufacturers' warnings about proper usage and performance limits of such products. **No helmet or headgear can eliminate the risk of concussion and all sports should be played, coached and officiated in recognition of that fact.**



National Federation of State High School Associations

GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant *Staphylococcus aureus* (MRSA) and *Herpes Gladiatorum*, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza and COVID-19 can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS:

- Shower immediately after every competition and practice, using liquid soap and not a shared bar soap;
- Wash all workout clothing after each practice, washing in hot water and drying on a high heat setting;
- Clean and/or wash all personal gear (knee pads, head gear, braces, etc.) and gym bags at least weekly;
- Do not share towels or personal hygiene products (razors) with others;
- Refrain from full body and/or cosmetic shaving of head, chest, arms, legs, abdomen, and groin;
- Students should clean hands with an alcohol-based gel or soap and water before and after every practice and contest to decrease bacterial load on the hands;
- Covering up coughs and sneezes in the bend of the elbow instead of the hand;
- Stay home from school and athletic participation if frequent cough, diarrhea, vomiting or fever.

INFECTIOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Students must notify a parent/guardian and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional must evaluate all concerning skin lesions before returning to practices or competition;
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection. All shared equipment shall be properly cleaned/disinfected prior to use;
- Coaches, officials, and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

BLOOD-BORNE INFECTIOUS DISEASES

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- A student who is bleeding, has an open wound, has any amount of blood on a uniform, or has blood on their body, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity;
- Athletic trainers or other caregivers must wear gloves and use Universal Precautions to prevent blood or body fluid-splash from contaminating themselves or others;
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water. Skin antiseptics (e.g., isopropyl alcohol) or moist towelettes may be used if soap and water not available;
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning;
- Blood on an opponent's uniform during competition or teammate's uniform during practice should be cleaned at that time by wiping with a disinfectant such as isopropyl alcohol;
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

OTHER COMMUNICABLE DISEASES

Means of reducing the potential exposure to these agents include:

- Make certain that students, coaching staff, and medical staff are current on all required vaccinations (MMR, Hepatitis B, Chickenpox, Meningitis, Hepatitis A). COVID-19 vaccine and yearly influenza vaccine are strongly encouraged;
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Blood-Borne Pathogens," "Infectious Mononucleosis" and "Skin Conditions and Infections" sections contained in the NFHS Sports Medicine Handbook.



National Federation of State High School Associations

COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and the student's welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors:

- **Coaches** shall be aware that they have a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- **Coaches** shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators and staff, the state high school athletic association, the media, parents, and the public, coaches shall strive to set an example of the highest ethical and moral conduct. Communication with all parties should be wholesome, appropriate and positive.
- **Coaches** shall respect and support contest officials. Coaches shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical and inappropriate.
- **Coaches** shall take an active role in the prevention of drug, alcohol, tobacco and other substance abuse.
- **Coaches** shall avoid the use of alcohol and tobacco products when in contact with players.
- **Coaches** shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.
- **Coaches** shall master the contest rules and shall teach the rules to their team members.
- **Coaches** shall not seek an advantage by circumvention of the spirit or letter of the rules.
- **Coaches** shall utilize their positive influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, other school club sponsors, booster clubs and administrators.
- **Coaches** shall promote a culture that encourages diversity and inclusion.
- **Coaches** shall ensure they familiarize themselves and their teams with their schools' emergency action plans and, where applicable, with concussion and heat illness prevention plans.
- **Coaches** should meet and exchange cordial greetings with the opposing coach to set the positive example and correct tone for the event before and after the contest.
- **Coaches** shall not exert pressure on faculty members to give students special consideration.
- **Coaches** shall not scout opponents by any means other than those adopted by the league and/or state high school association.



National Federation of State High School Associations

OFFICIALS CODE OF ETHICS

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

- **Officials** shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.
- **Officials** shall work with each other and their state associations in a constructive and cooperative manner.
- **Officials** shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public. This includes, but is not limited to, positive verbal and nonverbal communication with coaches, bench personnel and players.
- **Officials** shall avoid the use of alcohol and tobacco products beginning with the arrival at the competition site until departure following the completion of the contest.
- **Officials** shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.
- **Officials** shall be punctual and professional in the fulfillment of all contractual obligations.
- **Officials** shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.
- **Officials** shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, officials shall inform event management of conditions or situations that appear unreasonably hazardous.
- **Officials** shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.
- **Officials** shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.



National Federation of State High School Associations

MODIFICATIONS FOR COMPETITION BELOW NINTH GRADE

Interscholastic competition at the middle school/junior high level can make valuable contributions to educational programming, provided the sport is properly organized, supervised and regulated. Students in this particular age group have unique physical, psychological, emotional and developmental needs. In order to minimize risk of injury, it may be necessary to modify regulations to offer meaningful competition for different groups.

These recommended modifications are for middle school/junior high competition. State associations may adopt additional modifications and/or use other rules codes for middle school/junior high competition.

SIZE OF THE COURT:

The field of play shall be rectangular and is recommended to be no larger than 84 by 50 feet for middle level/junior high school competition.

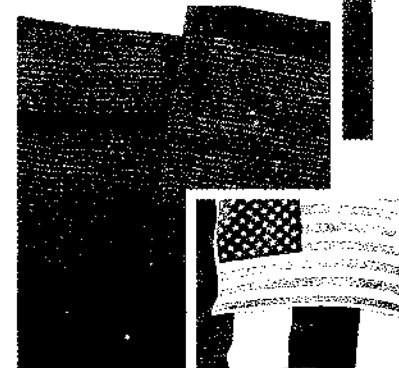
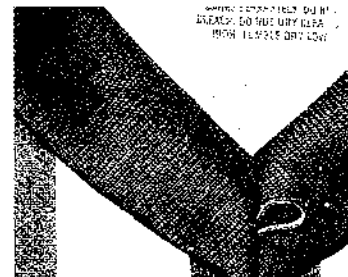
BALL SIZE:

Either the 29½ or 28½ inch ball may be legally used for boys' middle school competition.

LENGTH OF PERIODS OF PLAY

Games involving only students below the ninth grade shall be played in six-minute quarters with intermissions of one minute after the first and third quarters, and 10 minutes between halves.

Playing time and number of quarters for non-varsity game quarters may be reduced by mutual agreement of opposing coaches.



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INDEX

REFERENCES ARE TO RULE, SECTION AND ARTICLE

Airborne Shooter.....	4-1, 4-19-1 NOTE, 4-19-5c, 4-19-6, 4-41-1	Coach Verifies.....	2-4-5
Alternating Possession.....	4-2, 4-28-1, 6-4	Player.....	3-4, 3-5, 3-6, 3-7, 3-8
Arrow.....	1-16	Referee Inspects.....	2-4-1, 3-5, 3-7
Setting Direction.....	4-3	Extra Period.....	4-17, 5-7-3
Backboards.....	1-7, 1-8, 1-9	Fighting.....	4-18, 10-4-8, 10-5-1g, 10 Pen. 8
Backcourt.....	4-13-2, 9-9	Forfeited Game.....	5-4
Ball – Specifications.....	1-12	Fouls.....	4-19
Location/Status.....	4-4	Common.....	4-19-2
When Dead.....	6-7	Double.....	4-19-8
When Out of Bounds.....	7-1, 7-2, 7-3	Flagrant.....	4-19-4
Basket – Specifications.....	1-10, 1-11	Intentional.....	4-19-3
Designation.....	4-5-2, 4-5-3	Multiple.....	4-19-11
Rings.....	1-11	Penalties.....	10-1 thru 7
Basket Interference.....	4-6, 9-11	Personal.....	4-19-1
Bench – Location.....	1-13-1	Player-Control.....	4-19-6
Area.....	1-13-3	Team.....	4-19-13
Bench Personnel.....	4-34-2, 10-5	Team-Control.....	4-19-7
Blocking.....	4-7-1	Technical.....	4-19-5
Bonus Free Throws.....	4-8	Unsporting.....	4-19-14
Boundary Lines.....	1-2, 4-9	Free Throws.....	4-20, 8, 9-1
Captains – Duties.....	3-1	Line.....	1-5
Center Circle.....	1-3, 6-3	Line.....	1-6
Charging.....	4-7-2	Frontcourt.....	4-13-1
Closely-guarded.....	4-10, 9-10	Fumble.....	4-21
Coach – Conduct of.....	10-6	Game – Length of.....	5-5
Coaching Box.....	1-13-2, 10-6-1	Interrupted.....	5-4-4
Continuous Motion.....	4-11	Tie.....	5-7-1
Control.....	4-12	When Terminated.....	5-7-2
Correcting Errors.....	2-10	Goal.....	5-1
Court – Dimensions.....	1-1	Value of.....	5-2
Definitions.....	4	Goaltending.....	4-22, 9-12
Delaying Game.....	4-47, 10-2-5, 10-4-5	Guarding.....	4-23
Designated Spot.....	4-42-6	Hands and Arms, Use of.....	4-24
Disqualified Player.....	2-11-5 NOTE, 2-12-5, 4-14, 5-8-3b, 10-6-2	Held Ball.....	4-25
Division Line.....	1-3-2	Holding.....	4-26
Dribble.....	4-12, 4-15	Horn - When Sounded.....	2-11-3, 2-11-5 NOTE, 2-12-4, 2-12-5, 3-3-1d
Illegal.....	9-5	Incidental Contact.....	4-27
Interrupted.....	4-15-5	Intermission.....	5-5-1
Dunking.....	4-16	Jump Ball.....	4-28, 6-2-2, 6-3, 9-6
End Lines.....	1-2	Jumper's Position.....	6-3-1
Equipment.....	1-1 thru 19	Kicking Ball.....	4-29, 9-4
		Lighting.....	1-1

Multiple Throw	4-30	Sidelines	1-2
Obstructions – Distance	1-2	Striking the Ball	9-4
Officials – Duties	2-1 thru 14	Substitute	4-34-3
Out-of-bounds – Ball	7-1 thru 4	Substitution	3-3
Own Basket	4-5-1	Swinging Arms and Elbows	9-13
Pass	4-31	Tap	4-41-5, 4-41-6, 4-41-7, 4-41-8
Penalties – For		Team – Member	4-34-4
Violation	9-1 thru 13	Number of Players	3-1-1
Personal Foul	10-7	Technical Foul	4-19-5; 10-1 thru 6
Technical Foul	10-1 thru 6	Ten-second Rule	9-8
Possession Arrow	6-4-5, 6-4-6	Three-point Line	1-4
Penalty	4-32	Throw-in	4-42, 7-5-6, 9-2
Pivot	4-33, 4-44	Thrower	4-42
Player	4-34-1	Tie Score	5-7-1
Location/Status	4-35	Time-out	4-43, 5-8-3
Point of Interruption	4-36, 6-4-3f	Excessive	5-11-6, 10-2-3
Protests	5-4-3	Length, Number	5-11
Putting Ball in Play	6-1 thru 6,	Official Orders	5-8
	7-1 thru 6; 8-1, 8-5	Successive	4-43-2, 5-11-7
Quarter	5-5, 5-6	Timer – Duties of	2-12, 2-13
Rebounding	4-37	Traveling	4-44, 9-4
Red/LED Light	1-14, 2-12-7, 2-13, 5-6-2	Try for Goal	4-41-2, 4-41-3, 4-41-4
Referee	2-3, 2-4, 2-5	Umpire – Duties	2-6 thru 10
Restraining Line	1-2-2	Uniforms	3-4
Resumption-of-Play Procedure	4-38,	Unsporting Conduct	4-19-14
	7-5-1, 8-1-2	Bench Personnel	10-5-1
Rule	4-39	Officials Decide	2-8-1
Scorers – Duties of	2-11	Players	10-4-6
Scoring	5-2	Spectators	2-8-1 NOTE
Screening	4-40	Verticality	4-45
Shot Clock	2-14	Violations	4-46; 9-1 thru 13
Shooting	4-41-1		



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