



## **TRADITIONAL BASKETBALL RULES**

### **SPORTSMANSHIP WILL BE EXPECTED OF ALL PARTICIPANTS, COACHES AND SPECTATORS**

#### **LEVEL 1 MODIFICATIONS – LOW LEVEL**

1. Teams will play four 6-minute quarters with a 5-minute halftime.
2. A jump-ball will begin play in Level 1. If the regulation games end in a tie, a 3-minute overtime period will be played—with no change of basket.
3. Fouls will be called when the action of a player impedes the progress of an opponent.
4. Only a coach may call a time-out. (Unlimited substitutions on a dead ball with referee's permission.)
5. There will be a lane violation called if a player is using the lane to his/her advantage continuously.
6. Running with the ball without dribbling will not be allowed.
7. Flagrant double dribbling will not be allowed.
8. Defense in the back-court and the fast-breaks will not be allowed.
9. A junior or women's basketball can be used for Level 1 Team play.
10. 3—point shots will be allowed in Level 1.
11. National High School Federation Rules will govern in cases not specifically covered in these adaptations.
12. The clock will stop on every whistle.
13. Teams will switch baskets at the half.

**NOTE**—Only 1 coach is allowed on the court to facilitate play.

#### **LEVEL 2 MODIFICATIONS – INTERMEDIATE LEVEL**

1. Teams will play four 6-minute quarters with a 5-minute halftime.
2. A jump-ball will begin play in Level 2.
3. Fouls will be called when the action of a player impedes the progress of an opponent.
4. There will be a 5-second lane violation rule in effect.
5. Only a coach may call a time-out. (Unlimited substitutions on a dead ball with referee's permission.) 1 timeout per half and 1 timeout in overtime.
6. Traveling will be called when a player with the ball exceeds 2 steps without dribbling.
7. Coaches will be allowed to stand at mid-court on the sidelines only on bench-side.
8. Defense in the back-court will not be allowed.
9. Fast-breaks will not be allowed.
10. A regulation size basketball will be used for Level 2 Team play. National High School Federation Rules will govern in cases not specifically covered in these adaptations.
11. The clock will stop on every whistle.
12. Teams will switch baskets at the half.

#### **LEVEL 3 – HIGH LEVEL**

No modifications – National High School Federation Rules will govern.