

I. EQUIPMENT

- A. Team Uniforms; see General Rules
- B. Basket Height; Regulation 10 ft.
- C. Basketball
 - 1) Junior 27"-27.5" size ball.
 - 2) Both teams will provide a game ball. Referee will determine which ball to use.

II. REFEREES

- A. One instructional referee will be provided.

III. PLAYING RULES

- A. Unless otherwise specified, the game will be played under the California Interscholastic Federation (CIF) basketball rules.
- B. No score or standings will be kept.
- C. Length of Game
 - 1) All games will be 20 minutes running time per half.
 - 2) There will be a maximum 5 minutes between halves.
 - 3) Players must play 5 consecutive minutes per half.
 - 4) Play will stop every 5 minutes for substitutions only.
- D. Back Court
 - 1) Ten second rule applies.
 - 2) Once a team is in full control of the ball in the backcourt (referee's judgment), no pressing or guarding any offensive player in the backcourt.
 - 3) The offensive team must be allowed one full step into the frontcourt with complete control of the ball before he can be guarded
 - 4) If such a violation occurs, the referee will issue a warning to the defensive team.
 - 5) On the second violation, a technical foul may be assessed on the defensive team.
 - 6) Time out in the backcourt
 - a) If a time out is called while in the backcourt, the 10-second back court count will resume from where it left off (when the ball is put back into play).
- E. No 3 point field goals.
- F. Time Outs
 - 1) 3 Full Time outs
 - 2) Time outs can only be called by a coach.
- G. Free Throws
 - 1) Bottom of circle.
 - 2) Shooter may cross on follow through without the intent to gain rebound advantage.
- H. Fouls

- 1) Players will line up for free throws on all shooting fouls only.
 - 2) Players do not foul out.
- I. Technical/Flagrant Fouls-Player will sit out a minimum of 5 minutes.
 - J. Fast Break
 - 1) Unless agreed to by both coaches prior to the start of the game, there will be no fast break.
 - K. No more than 3 coaches allowed on the bench. One of the three coaches must be over 18 years old.
 - L. No shot clock.
- IV. Borrowing Players**
- A. May borrow players from same grade or 1 division lower.
 - B. Borrowed player must be on the official roster of a team that is entered in the current CBO season being played