

SUAC Basketball Rules

ELEMENTARY GIRLS/BOYS & MIDDLE SCHOOL GIRLS

- Use the 28.5 size basketball and set the basket height at 10'
- 1 referee required for elementary school basketball games (2 for MS Girls)
- Home Team must provide an official scorekeeper for the game.
- Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.
- Games are played with 4 six minute quarters. Clock stops on the whistle for timeouts, fouls and balls out of bounds. Officials will go to a running clock if either team gains a lead of 20 points or more.
- Picks or screens permitted at this level.
- Defenders may play Man-on-Man or Zone defenses.
- As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.
- Full court pressing is allowed ONLY during the final 2 minutes of each half.
- Fouls will be counted per FHSAA rules - double bonus assessed after 5 team fouls.
- A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.
- Five Timeouts are allowed per team, per game. Two 30 second and Three full (60 seconds). Each team is allowed only one full timeout per overtime period.
- With the exception of those parents volunteering with game clock and score keeping duties, the score table is off-limits to players and parents and coaches.
- If overtime periods are necessary, they will be three minutes in length until there is a win.
- Only one coach allowed on the sideline to coach, all others must remain on bench with players.

MIDDLE SCHOOL BOYS

- REGULATION FHSAA RULES
- Use the 29.5 size basketball (size 7) and set the basket height at 10".
- Officials – 2 referees required for middle school basketball games
- Home Team must provide an official scorekeeper for the game to keep a running score and fouls
- Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.
- Games are played with 4 six minute quarters and clock stops on the whistle for timeouts, fouls and balls out of bounds. Officials will go to a running clock if either team gains a lead of 20 points or more.

- Full court press allowed all game.
- 3 minute overtime period(s) if the game is tied after regulation.
- Five Timeouts are allowed per team, per game. Two 30 second and Three full (60 seconds). Each team is allowed only one full timeout per overtime period.
- With the exception of those parents volunteering with game clock, score-keeping or playing time tracking board, the score table and player bench area is off-limits. Also, the player's bench is only for players and coaches.
- Coaches: Only one coach allowed on the sideline to coach, all others must remain on bench with players. Coaches must remain within their coaching box.