

## **SR HIGH - BASKETBALL CISAA LEAGUE RULES**

### – OVERVIEW

#### **Senior High Leagues**

- i. FIBA rules – 4 x 10 minute. Stop time (5 minute HALF time)
- ii. Bonus (Penalty) – 2 shot penalty will occur **on the 5th foul** of each quarter
- iii. 24 second shot clock
- iv. In the last two minutes of 4<sup>th</sup> Quarter - Please Stop clock after each **basket**.

We should be using the new shot clock reset rule. So here is the "Coles Notes" for this rule:

-Defensive violations (kicked ball) and fouls that result in a front court throw-in cause the shot clock to either remain as is (if 14sec or more) or reset to 14 if the clock is at 13 or less

-Defensive violations (kicked ball) and fouls that result in a back court throw-in cause the shot clock to be reset to 24

-Fouls that have free throws as part of the penalty cause the shot clock to be reset to 24

-As always, the defense deflecting the ball out of bounds does not affect the shot clock in any way.

-As always, turnovers/change of possession is a full reset to 24.

- v. Always handle in the backcourt (except after basket)
- vi. 8 second continuous to cross half court
- vii. Zone defences are allowed
- viii. Full court presses are allowed
- ix. Overtime – 3 minutes stop time. We shouldn't have games that end in a tie. Start the overtime with a jump ball, not possession arrow.
- x. Time Outs are called through the scorekeepers table.

#### Time Outs

The number of time-outs has not changed :

- 2 for each team in the first half
- 3 for each team in the second half

**\*However, each team may not take more than two time-outs in the last 2 minutes of the 4<sup>th</sup> period.**

#### Technical Foul(s)

**One** free throw shall be awarded to the opponents. This will be followed by a throw in from the centre line extended.

A player receiving **two** technical fouls will now automatically be removed from the game. There is recognition by FIBA that players who demonstrate repeated unsporting behaviour should forfeit their right to play.