

HFL BIL RULES 2025

Defense

- ❑ High School – no defense limits
- ❑ 5/6, 7/8:
 - 5/6: Man-to-man only; 7/8: Anything goes – let the kids decide
 - No full-court press
 - No defense outside 3pt arc until first penetration – then normal defense; also, half-court defense allowed for last five minutes of game
 - Defense can try to stop a fast break anywhere on court – then drop back if offense pulls back
- ❑ 3/4
 - No full-court pressure; no defense above the foul line
 - “Man-to-man” defense only – no zones
 - No double-teaming – unless it is to pick up a player who is open, then good “help defense” is allowed and encouraged. Players should “switch” and keep their new player to guard, or switch back once the original defender catches up.
- ❑ Fouls called for overly aggressive contact or for contact preventing an attempt to shoot; foul also called if contact causes a turnover
- ❑ Two “overly aggressive fouls” result in a warning to the player. 3rd offense results in ejection.
- ❑ No fouling out, as we don’t keep the stats to track that. Protect everyone with the aggressive foul rule.

Offense

- ❑ Travelling – two steps or more without dribbling
- ❑ Double-dribble – dribbling with two hands, or restarting dribble after stopping
- ❑ Over-and-back – crossing back into the back-court after crossing into the front-court (not usually called for 3/4)
- ❑ 3-seconds – offensive player “in the paint” without getting both feet out for 3 secs – players can return as soon as they have left (usually not called at 3/4 or 5/6 – but warn the player so they learn)
- ❑ 3/4: Travelling, double-dribble, over-and-back – one warning per player per game
- ❑ 5/6, 7/8/9: No warnings on travelling, double-dribble, over-and-back, 3-seconds
- ❑ 3/4, 5/6: No in-bounding from the baseline – take everything out from the side
- ❑ 3/4, 5/6: No free throws – take ball out of bounds for foul
- ❑ 7/8, High School: 2 free throws awarded for player fouled in the act of shooting; 1 if shot is made
- ❑ 7/8, High School: 3-point shots allowed

General

- ❑ 3/4: No score kept
- ❑ No overtime played
- ❑ Timeouts allowed as needed within reason – especially if needed for substitutions or for instruction
- ❑ 3/4, 5/6, 7/8 – four 10-minute quarters, running time throughout, two minute break between quarters (unless otherwise specified, as on nights with three games being run or during March Madness)
- ❑ High School – four 10-minute quarters – stop clock for fouls, timeouts
- ❑ Substitute at 5 minute mark and at end of quarter – or as needed if playing with more than 10 players
- ❑ 5/6: Ten-minute warm-up; no halftime so as to allow for game to complete quicker.
- ❑ 3/4: Ten-minute warm-up, five-minute halftime.
- ❑ 7/8, High School: Ten-minute warm-up, five-minute halftime.
- ❑ All players should play equal time. “Extra time” due to having < 10 players is to be distributed equally.
- ❑ All other basketball rules apply

Referee's decisions will be final and respected by players, coaches, and parents. Misinterpretation of the rules should be addressed by pulling the rules out and reviewing them between the referee and both coaches.