



# Elementary Basketball Rules of Play (Vernon School District #22) 2025 Season

## Regular NCAA basketball rules will be used, with the following exceptions:

- Size 6 basketballs (28.5) for both girls and boys.
- Basket Height is 9 feet.
- All games will be 8 periods of 4-minute quarters, with stoppage of the clock only occurring during free throws.
- One minute in between periods and 3 minutes at half time.
- Each team has two time-outs per game. One minute long. - only after a made basket or a stoppage of play (whistle) – Free throws do not count.
- Free Throws – 5 in the line and the shooter

## Court Rules:

1. Man-to-man defense is compulsory. Teams found to be playing zone defense will be warned once, then given a technical foul (2 shots and possession of the ball to the opposing team). **DOUBLE TEAMING of the ball by the defense outside of their defensive key is NOT ALLOWED.**
2. No 3 pointers. All shots are worth two points.
3. Two foul shots are awarded for all shooting, intentional or technical fouls. All other fouls will result in possession of the ball for the opposing team (no bonus free throws).
4. Free throws: we can line up 6 rebounders (2 offensive, and 4 defensive). All other non-shooting players are behind the jump circle.
5. When a team has a throw in anywhere in its back court, the defenders must fall back to half court. Defense can be played only after the ball crosses center.
6. Once there is a clear change of possession (two hands on the ball or dribbling has begun) the defending team must retreat behind the half court line.
7. No center line on throw-ins. You can throw the ball back across the center line on a throw-in from the front court. However, once your team has possession of the ball in the front court, the ball cannot be dribbled or passed back across the line.
8. A dribble is in the front court when both feet and the ball cross the line.
9. **In all games during the regular season or tournaments, coaches are expected to play all players equal time or as fair as possible.** Teams **MUST** adhere to this rule for entirety of the season moving forward, this includes playoffs and championships.
10. **If you have two teams from the same school, for playoffs they will be placed in the same zone, and their first game is against each other.**

## Safety Rules:

1. Uniforms must be tucked in.
2. Athletic shorts
3. **NO JEWELRY (No earrings, not even covered with tape)**
4. Running Shoes and Socks

## OVERTIME RULE:

In Final Games where teams are tied at the end of regulation time and a winner must be decided - an additional 4-minute period will be played.