

ST. FRANCIS HIGH SCHOOL BASKETBALL LEAGUE 2026 RULES

St Francis High School League games will be played in accordance with the rules of the National Federation of State High School Associations with the following exceptions:

1) TIME: Games start at the top of the hour.

- Games will have two **20-minute** halves with a running clock.
- The game will be stopped on a dead ball after each **5 - minute** period for substitutions. The substitution break IS NOT to be used as a time-out, it's to make substitutions ONLY.
- There will be a three-minute break between halves.
- The game clock is a running clock, it will only be stopped during timeouts, during the 5-minute substitution breaks and during dead balls of the final 2 minutes of the **SECOND** half ONLY.
- If a team is winning by 25+ the clock will continue to run during the final 2 minutes of the game.
- The clock does **NOT** stop during free throws.

2) PLAYING TIME:

- Each eligible player must play **HALF** the game at a minimum (20 minutes)
- Each player **MUST PLAY HALF of each HALF**
- Exceptions: Player arrives late for game (he/she must play half of the second half)
- **If you have 7 players or more, ALL players must sit out at least one (1) continuous five (5) minute time slot PER HALF**
- Use a Time Sheet to keep track of playing time. At the end of each game the time sheets should be left at the score table in the time sheet file.
- Time will be stopped at the five (5) minute mark of each half for substitutions (5 min, 10 min, 15 min)
- **Substitutions CANNOT be made at any other time of the game with the following exceptions:**
 - Foul Trouble - defined as a player having at least 3 fouls in the first half or 4 fouls thereafter
 - A player w/ 4 fouls CANNOT re-enter until the sub break
 - A player CANNOT be subbed for during the last 5 minutes of a game due to foul trouble
 - Injury or Illness
 - Mercy Rule - substitution in the final segment if a team has a significant lead
- Playing time can be reduced for health reasons only
 - Opposing coaches should discuss this prior to the start of the game and be in agreement on the potential need for reduced playing time
- **VIOLATION OF PLAYING TIME RULES WILL RESULT IN FORFEITURE OF THE GAME**

3) SUBSTITUTIONS: The league stops play every 5 minutes for player substitutions. This will happen at the 15:00, 10:00 and 5:00 minute marks of each half. All of the player substitutions will take place at this time. These stoppages in play are NOT timeouts and players should move on & off the court in a timely manner. The only exception to allow player substitutions at any other time is if a player gets injured or gets into foul trouble.

4) NUMBER OF PLAYERS: A team may start a game with a minimum of 4 players and continue with less if players foul out. However, any team with less than four players at the start of a game will lose by forfeit. The beginning of a game may be delayed no more than 5 minutes to wait for a late player.

5) OVERTIME: A 2 minute overtime period, beginning with a jump ball, will be played if a game is tied at the end of regulation. If the game is still tied at the end of the first overtime period, a second overtime period, lasting 1 minute, will be played. Overtime periods lasting 1 minute will continue until a winner is decided.

- **No** extra timeouts will be given for overtime periods. If you have 0 timeouts at the end of regulation then you have 0 timeouts for overtime. If you have 1 timeout at the end of regulation then you have 1 timeout for overtime.

6) TIME-OUTS: Each team will be allowed two time-outs per half lasting 60 seconds each. **If both timeouts in the first half are not used, they do NOT carry-over to the second half.** The coach or any player in the game may request a timeout, as long as that team has possession.

7) HANGING ON THE HOOPS: If a player is dunking /hanging on the basketball hoops/net during practices or a game, that player will be given a technical foul as well as sit out for next 10 minutes of the game and receive a 1 game suspension and after the second infraction that player will be expelled for the league. If a player dunks in the last 5 minutes of the game, that player will have to sit out the first 10 minutes of the next scheduled game after his one game suspension. **After a second infraction that player will be expelled from the league.**

8) TECHNICAL FOULS: Criticizing referee calls, using profanity, are not allowed and WILL result in a technical foul. A player that receives a technical foul must be removed from the game immediately and sit out of the game for at least the next 5 minutes of game time. If a player/coach receives two technical fouls in one game, he/she will be disqualified for the remainder of that game and suspended from play in their team's next scheduled game. Any player/coach who receives three technical fouls for unsportsmanlike conduct in a season, will be dismissed from the league.

9) PLAYER DISQUALIFICATION: A player will be disqualified after committing his 5th foul. Fighting is an automatic flagrant foul for all players involved and results in immediate disqualification. Flagrant fouls for fighting will also result in the player being kicked out of the league.

10) LEGAL PLAYERS: Players will not participate in any games unless they are officially registered with the league. The use of players not on the official team roster will result in a forfeit.

11) SCORERS TABLE: The league will provide a scorebook keeper and the referees. One of the two teams will need to provide a volunteer to run the clock. The scorebook will be supplied with the entire roster of each team. **Before each game it is up to the coach to look at his/her roster in the scorebook and scratch out any player that will not play in the game that day. ALSO, check the players numbers before each game to make sure they are correct in the book.** A player may have multiple jerseys if he/she has been on the same team for multiple years. It is VERY unlikely that these numbers are the same. It would be wise to check each player's number before each game to avoid a technical foul due to the wrong number being listed in the book.

12) PRESSING: Pressing is allowed at any point in the game.