



## 365 HBL Rules

- **NHFS Rules and Certified Referees**
- **Game Timing:** 16 minute Halves. Clock stops on free throws and time outs. Also, stops on all dead ball situations in the last 2:00 minutes of the second half. Clock runs the last 2 minutes of the game if the opposing team is up 20 points.
- **Warm-Up:** 5 minute/Half-Time 2:00 minutes
- **Score Table:** Teams are required to provided a score table volunteer
- **Basketballs:** No Basketball are allowed in the gym except official 365 HBL Balls.
- **Overtime:** The first overtime period will be 2 minutes with a stopped clock on all dead ball situations. The final overtime will be 1 minute, followed by sudden death (first to score). 1 timeout in each overtime. No timeouts in sudden death. No carry off timeouts for regulation play in OT.
- **Team Fouls:** On the 10th foul teams will shoot 1-1.
- **FT Violations:** Players 4th grade and younger can stand in front of the free throw line but cant run forward (heels on the line).
- **Personal Fouls:** A player fouls out after 6 fouls.
- **Technical Fouls:** 1 TF = player sits out a possession/coach sits down (referee discretion) 2TF= ejections.
- **Timeouts:** 2 (30-second) and 2 Full timeouts per game.
- **Uniforms:** Home team wears light uniforms and is listed first; away team wears dark uniforms. Coaches must communicate to referees about duplicate numbers.
- **Coaches' Uniform:** Coaches must wear appropriate attire representing their organization.
- **Coaches** must stay in the coaching box and be given 2 warnings before a technical foul is assessed. Please stay off the court unless you need to check the clock or attend to an injured player!
- **Forfeits:** All teams should arrive 15 minutes prior to the game time. A delay of 10 minutes after the scheduled game time will forfeit the game and give the delayed team a zero points. Start with 4 players but a 5th player must arrive by halftime. If a player fouls out the game leaving the team with 4 players, the game can continue with safety in mind. All games can start 10 minutes before scheduled game time.
- **Roster:** If a team did not submit a roster with players names minimally in the basketball exposure platform, they will be assessed a technical foul every game until uploaded. If your teams are missing numbers due to uniforms not arriving, you have to add numbers to the basketball exposure platform by the 5th game.
- **Press Defense:** We prefer younger teams from refraining from full court pressing for the entire game or at least the second half.
- **Bench:** Clear all trash off at the conclusion of every game. Good Sportsmanship always.