Revised 12/2023

VALLEY JUNIOR HIGH
ATHLETIC CONFERENCE

Basketball Basic Rules

Game Play:

Clock: There are 4 quarters with an 8-minute running clock, the clock will stop on any free throws, injury (clocked stop by official), time-outs or technical fouls. The clock will stop on all dead ball situations on the final two minutes of the 4th quarter. After regulation there is a 3-minute overtime period.

Scoring: The Valley Junior High Athletic Conference does allow for 3 pointers. Free throws are worth only 1 point; inside the three-point line is worth 2 points and behind the 3-point line is worth 3 points.

Timeouts: Each team has 3 full timeouts (1 minute) and 2 (two) 30-second timeouts for the entire game. Players and Coaches may call for a time out when their team has possession of the ball or on a dead ball situation.

Mercy Rule – When at the conclusion of the second quarter, or any point thereafter, when a point differential of 20 or more points is reached, a running clock shall be instituted for the remainder of the game, regardless of the score with the following exceptions, during:

- Time outs
- Any injury (clock stopped by official)
- Technical fouls
- Free Throws

When running clock is instituted after a 20-point differential, there shall be no full or half court press.

Players in marked lane spaces will be able to move into the lane when the ball is released by the free-throw shooter.

Teams will shoot two free throws when the opponent reaches five team fouls in a quarter.

▪You may go to www.nfhs.org to find official hand signals, court diagrams and rules interpretations.

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