



HOLLISTER

SCHOOL DISTRICT

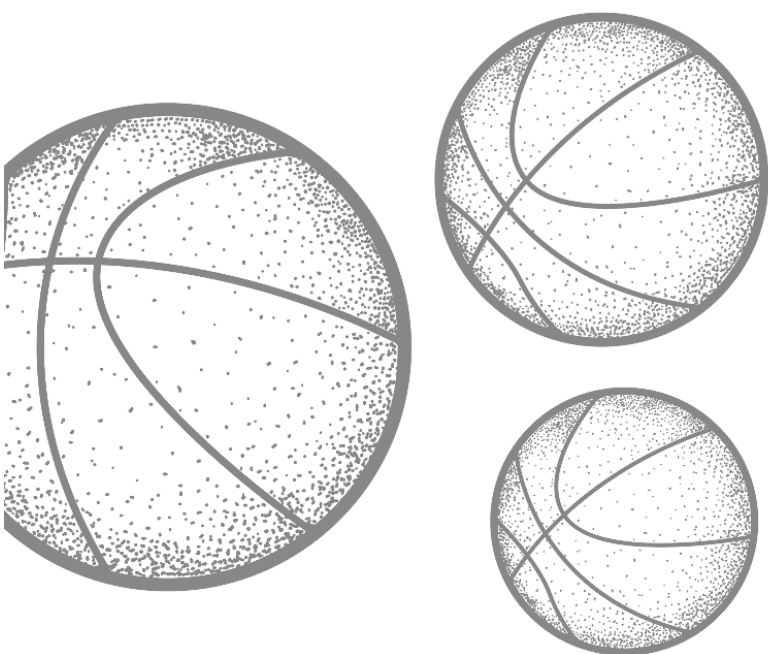


BASKETBALL

RULEBOOK

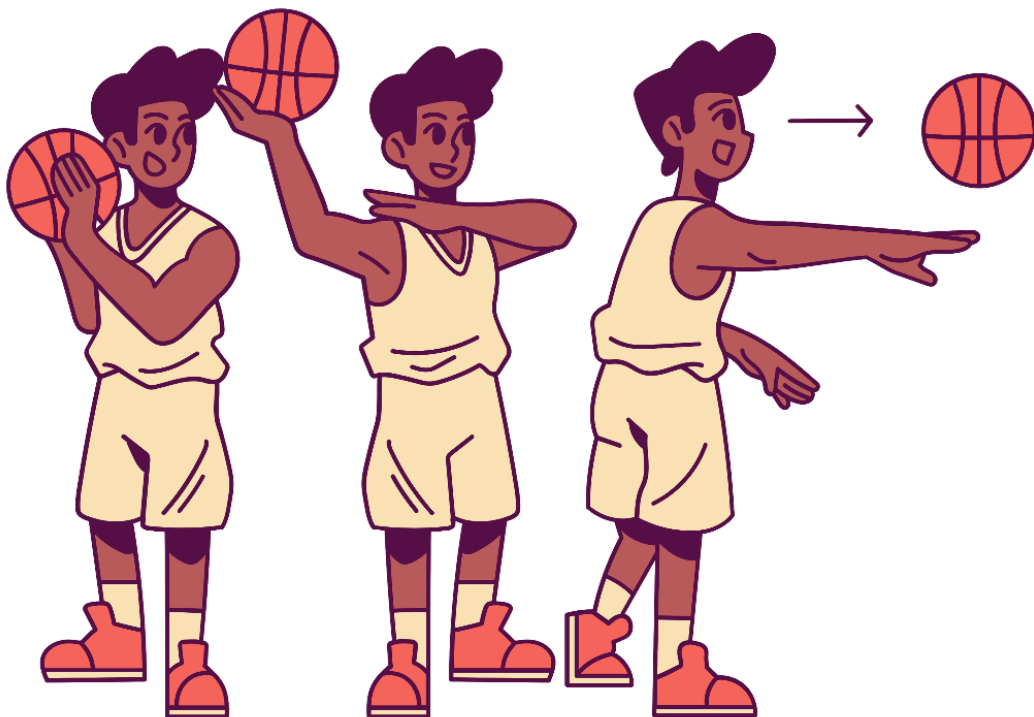
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1. Definitions

- **Free Throw:** An uncontested shot awarded following a foul, worth one point, taken from the free-throw line.
- **Bonus:** After the seventh team foul in a half, teams enter the “bonus” and receive two free throws.
- **Backcourt and Frontcourt:** “Backcourt” refers to a team’s defensive half; “frontcourt” is where a team scores.
- **Double Dribble:** Restarting a dribble after stopping or using both hands simultaneously, resulting in a turnover.
- **Traveling:** Moving with the ball without dribbling, leading to a turnover.
- **Technical Foul:** A non-physical foul often related to unsportsmanlike behavior; penalized with free throws.
- **Personal Foul:** Any foul involving illegal physical contact.
- **Three-Second Violation:** An offensive player remaining in the key area for over three seconds without moving or attempting to score.
- **Flagrant Foul:** A severe or dangerous foul involving excessive or violent contact, often with intent to harm or showing reckless disregard for player safety. Results in immediate free throws and possession for the opposing team.
- **Screen (Pick):** A legal offensive play where a stationary offensive player (the screener) positions themselves to block the path of a defensive player, allowing their teammate to move free of their defender. The screener must:
 - Stand still (not moving)
 - Keep their feet planted
 - Have their arms close to their body
 - Allow enough space for the defender to stop or change direction
- **Moving Screen:** An illegal offensive play where the screener moves while setting the screen, fails to give the defender space to stop/change direction, or moves their arms out to block the defender. Results in a turnover.
- **Charging:** An offensive foul that occurs when an offensive player with the ball runs into a defender who has established legal guarding position (feet set, body under control). Results in a turnover.
- **Blocking:** A defensive foul that occurs when a defender makes contact with an offensive player without having established legal guarding position first. Results in free throws if in the act of shooting.



2. General Provisions

- **Eligibility:**

- Available to Hollister School District students in grades 6-8.
- 6th-grade students play on individual school teams, while 7th and 8th graders form combined teams.
 - Dependent upon participation numbers, may be 6-8th combo teams if necessary, when approved by the Athletic Commissioner
- Students from elementary schools (AAA, Calaveras, Ladd Lane, Rancho Santana) will combine to form an "HSD" team(s).

- **Team Composition:**

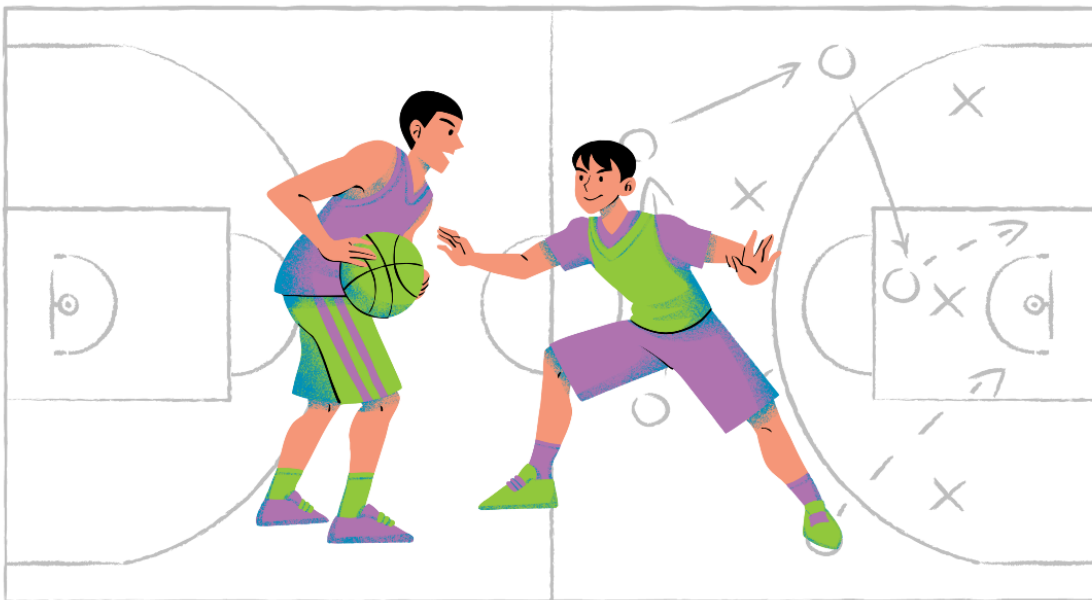
- Roster Requirements: All players must be registered through Arbiter before participating in tryouts; no players may be added after tryouts.
- Maximum Roster Size: Each team may have up to 12 players, structured to ensure fair competition (unless otherwise approved by A.C.)

Player Participation

- All rostered players are expected to participate in a minimum of 10 minutes per game, fostering inclusion and skill development for all athletes.

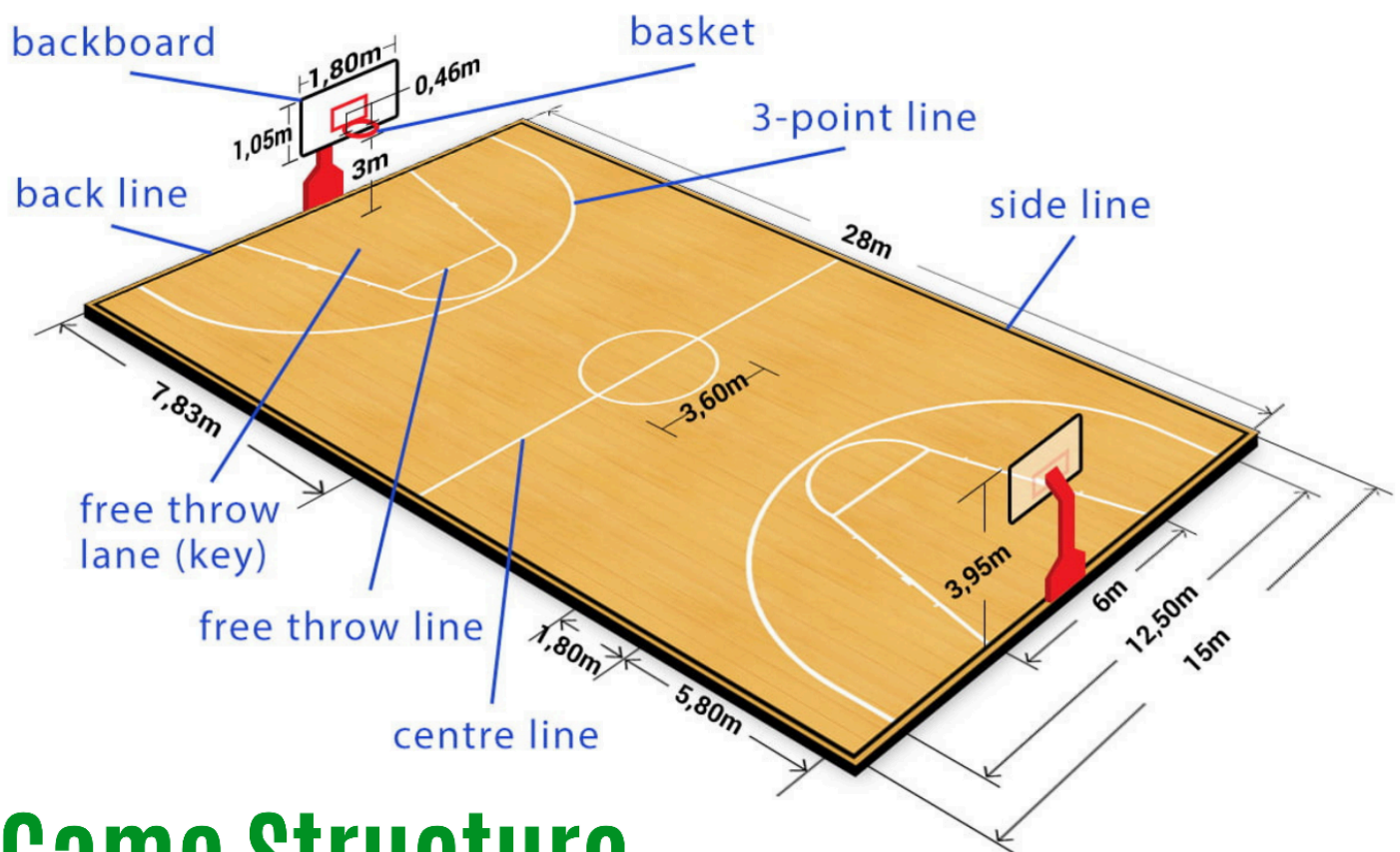
Equipment Requirements

- Uniform: The official district-issued jersey must be worn for all games.
- Ball Specifications: A size 7 ball is used for boys, size 6 for girls
- Accessories: Jewelry, watches, and any potentially dangerous accessories are prohibited to prevent injuries.



3. Court Specifications

- The court is regulation size with a three-point line, key area, and free-throw line clearly marked.
- Basket Height: Standard 10 feet from the floor.
- Three-Point Line: Marks the scoring boundary for three-point shots.
- Key (Paint): The painted area under each basket where players are limited by time rules (three-second rule).
- Side-Line: The longer boundary lines running the length of the court on both sides. When a player or ball touches or crosses this line, it results in an out-of-bounds violation and the ball is awarded to the opposing team
- Base-Line: The shorter boundary lines running the width of the court on both ends. When a player or ball touches or crosses this line, it results in an out-of-bounds violation and the ball is awarded to the opposing team



4. Game Structure

Game Length:

- Four 7-minute quarters.
- 5-minute halftime break.
- Clock stops for timeouts, free throws, and out-of-bounds or fouls during the last two minutes of each half.

Timeouts:

- Each team has two one-minute timeouts per half (do not carry over).

Overtime:

- Regular season games use one 3-minute overtime. If tied after that, the game ends in a tie.
- Playoff games use successive 3-minute overtime periods until a winner is determined, with one timeout per overtime.

5. Gameplay Rules

General Play:

- Each team has five players on the court.
- Games start with a center jump ball; subsequent jump ball situations alternate possession.

Defense Rules:

- **6th Grade:**
 - No full-court press allowed.
 - Defenders must keep at least one foot inside the three-point line when defending.
 - All defenders must retreat to half-court after each defensive possession.
 - Delay of Game Rule: The offensive team must attempt to approach the basket or position for a scoring opportunity within 10 seconds. "Advancing the ball" includes moving toward the basket with forward dribbling, cutting, or positioning players to prepare for a shot. Simply passing around the perimeter without any attempt to approach the basket will result in a Delay of Game violation.
- **7th/8th Grade:**
 - No full-court press allowed, except in the last 2 minutes of each half.



6. Substitution Rules

- **Minimum Participation:**
 - Every player must play at least one full quarter per game.
- **Maximum Playing Time:**
 - No player may play more than three quarters unless there are fewer than seven players. In that case, the opposing coach may select two players limited to three quarters.
- **Substitutions:**
 - Allowed only between quarters, or for injuries or health issues, until each player has completed a full quarter.



7. Fouls and Conduct

- **Personal Fouls:**

- Players foul out upon committing five personal fouls.
- Team fouls: First six fouls result in a side-out or free throws if fouled in shooting motion. Seventh foul and beyond leads to double bonus (two free throws).
- Types include holding, pushing, charging, blocking, over-the-back, and illegal screens.

- **Flagrant Fouls:**

- Defined by excessive force or dangerous intent, flagrant fouls lead to two free throws and possession for the opposing team.
- Automatic player ejection may apply if the act is deemed intentional or reckless, prioritizing safety.

- **Technical Fouls:**

- Awarded for unsporting conduct, excessive complaints, or intentional rule violations.
- Penalty: Two free throws and possession; two technicals result in player ejection.



8. Officials and Their Duties

Referee Jurisdiction

Jurisdiction and Authority

- **Start and End of Jurisdiction:** The Referee authority begins when they arrive and concludes when the final score is declared.
- **Final Authority:** The Referee has the ultimate decision-making power on all game matters, including rules and the final score.
- **Emergency Situations:** In the event of an emergency, such as a severe injury, the Referee has the authority to declare the game final. However, the responsibility for the care of players beyond the conclusion of the game falls on parents and coaches, not the Referee.

Referee Positioning

- **Flexible Positioning:** The Referee may position themselves anywhere on the court to get the best view of the play

Game Oversight and Responsibilities

- **Court Inspection:** The Referee inspects the court for any issues and ensures all player equipment is safe and compliant.
- **Safety Management:** Stops play and clock for injuries to ensure player safety is the priority.
- **Score and Time Management:** The Referee is responsible for monitoring the score, tracking timeouts, and ensuring accurate and fair game records.

General Game Conduct

- **Foul Assessment:** The Referee calls all fouls and ensures they are applied correctly
- **Clarifications:** Only head coaches may approach the Referee for rule clarifications. Players cannot question calls.



** **Reminder:** Our referees are crucial to maintaining the integrity and fairness of our games. They strive to make accurate calls and ensure a smooth game flow, but it's important to remember they are human and can't see every play from every angle. Please treat our referees with the utmost respect and appreciation for their hard work. For any concerns beyond the referees' responsibilities, please speak with the administrator on duty or the athletic commissioner.*

11. Conduct

Required Conduct

Player Conduct

- **Sportsmanship:** Players must demonstrate sportsmanlike behavior at all times, avoiding intentional contact, offensive language, and disrespect towards opponents, coaches, or officials. Any violation may result in immediate ejection from the game or tournament.

Coaches Conduct

- **Adherence to Rules:** Coaches are responsible for ensuring their teams follow all game rules and regulations, including respecting officials' decisions and addressing rule clarifications through proper channels.
- **Role Models:** Coaches must exemplify appropriate behavior and sportsmanship, guiding players to conduct themselves with respect and integrity.

Spectator Conduct

- **Behavior Expectations:** Spectators must maintain respectful behavior, refraining from disruptive actions, offensive language, or aggressive behavior towards officials, players, or other spectators. Let the coaches coach, and the players play.
- **Consequences:** Inappropriate behavior by spectators may result in their ejection from the game venue and potentially the removal of their affiliated player from participating in the game.

Sideline Area

- Team representatives, including players, coaches, and attendants, are to remain within the designated team area whenever they are on the sideline, and should not enter the field.

