

## **SSYO POLICY AND RULES FOR VARSITY BASKETBALL**

November 2022

The SSYO follows the National Basketball Federation (High School Rules) for basketball with the following exceptions:

### **VARSITY LEVEL**

The Varsity level of sports enables coaches to develop players to their fullest potential. Competition afforded at this level allows players to excel behind the efforts of coaches who must constantly study the game to be a better teacher. The goal is to allow each player the opportunity to participate.  
Season will consist of 12 games.

### **GAME INFORMATION**

Game time will be two 14 minute STOP time halves with 2 minute Overtimes, if needed. Additional overtimes will be played as needed. **Overtimes ARE NOT sudden death.**

#### **Games do not end in a tie.**

Four Time Outs will be allowed per game. (Two per half with no carryover).

One Time Out per Overtime with no carryover to other Overtimes.

NO PRESS when you are ahead by 20 or more points.

Last seven (7) minutes of the second half will be running time only if one team is up by 20 or more points. If lead drops to 10 points or less, stop time will be resumed.

**STOP TIME THROUGHOUT THE GAME (EVEN WHEN RUNNING TIME RULE IS IN PLACE):**

**FOR THE FOLLOWING REASONS:**

1. SHOOTING FOULS
2. TIME OUTS
3. INJURY

Regulation High School size basketball will be used for boys.

Regulation Women's size basketball will be used for girls.

### **STARTING PLAYERS AND SUBSTITUTIONS**

Starting players must be designed to the official scorekeeper BEFORE the game begins.

Substitute players must go to the score table to check-in before entering the game.

Players **DO NOT** go in from the bench. Once checked in, scorekeeper will sound the horn at a dead ball and official will signal player into the game.

### **THREE POINT LINE – NO EXCEPTIONS NO LINE = NO SHOT**

Three point shot will only be counted in gyms that have a three point line painted on the floor.

**JEWELRY - NO jewelry is allowed** except medical alert bracelet or necklace. **Medical alert jewelry must be taped in place.** Players may **NOT** put tape over earrings.

**Earrings MUST be removed or the player does not participate in SSYO basketball games. NO exceptions.**

**PENALTY FOR ALL TECHNICAL FOULS**

**Coach has 15 seconds to send in replacement player for player receiving a technical foul. 1<sup>st</sup> offense coach will receive a delay of game warning. 2<sup>nd</sup> offense coach will receive a bench technical.**

Technical foul is a shooting foul and offensive team will retain possession of the ball in the defensive end of the court. Any player receiving a technical foul for conduct by judgment of the official is immediately suspended for the game in which the technical foul was given. Upon review by the SSYO Director, the player may be suspended for the next game. The gym supervisor/Athletic Director, coaches and the official giving the technical involved in the game in which the technical foul was given must report technical fouls to the SSYO Director ([ssyomn@aol.com](mailto:ssyomn@aol.com))