

Vertical Sports

14-16 Boys Basketball Rules

I. Game Play Rules

Play is governed by the National Federation of State High School Associations' Rules Book (www.nfhs.org).

Playing time rules unique to Vertical Sports:

-Each player is required to start at least three games during the season.

-All players will play at least 10 minutes of every game. At the end of a close game, it is understood that coaches will desire to play their best possible lineups. Please plan ahead for this situation by playing players fairly throughout the game.

A. Pressing Rule

- No Pressing in Half Court Games.

B. Time Outs

- Each team has 3 – 30 second time-outs per game. An additional time-out will be awarded for an overtime period if needed. Time-outs will not carryover to any overtime periods.

C. Free Throws

- Will be standard 15ft free throw shot.

D. Timing Procedures

- There will be a coin flip to start the game and then there will be alternating possessions.
- Two 12-minute halves with running clock.
- Regulation clock the last minute of each half (unless 20+ point lead).
- 3-minute overtime with last minute regulation clock
 - i. If still tied, move to FT shootoff (like soccer penalty kicks). The 5 players on the court shoot. If tied after 5 shots, bench players begin to shoot. Shoot until tie is broken, in sequential order.

E. Possession

- The ball will change possession after every made basket.
- The ball must be passed or dribbled back to behind the 3 point line after each change of possession, regardless of whether or not a shot was attempted, a shot hit the rim, or steal. Failure to do so results in loss of possession. When you “take it back”, the ball and both feet of the player must be behind the 3 point line.
- At the beginning of a new possession from a made basket, foul, or out of bounds, the ball must be checked by an opposing player. This will take place at the top of the court by the half-court line. Ball must be passed in and cannot be shot to begin possession.
- When taking the ball out of bounds or shooting a free throw, a player will have ten seconds to start the play. Anything longer than 10 seconds will result in loss of possession to the other team.

F. Roster

- May consist of 6 players maximum
- Games may begin with 2 players and finish with 2 players
- Teams may substitute at any dead ball during the game (after a foul, out of bounds, timeout).

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G. Fouls

- Players cannot foul out.
- Non shooting fouls result in checking the ball at the top of the key and resuming play. Starting on the 7th team foul teams can choose to shoot 1/1 or 1 attempt behind the three point line.
- All shooting fouls will be two shots. Starting on the 7th team foul and every foul afterwards, teams will have the option of shooting two free throws or 1 attempt from behind the three point line. The non-shooting team will get possession after any regular shooting foul.
- On all intentional/flagrant/technical fouls, you will have a choice of two free throws or two attempts from behind the three point line and you will keep possession of the ball.

II. Equipment

A. The ball used will be 29.5” men’s ball. Coaches are instructed not to bring basketballs to gyms for games and practices, as Vertical Sports will provide balls.

B. Rim height will be 10 ft.

III. Conduct

Coaches must be very cautious to avoid the appearance of “running up the score”. Be realistic in your consideration of what constitutes a “safe” lead. There are many creative things that can be done to avoid embarrassing your opponents, while still maintaining the integrity of the playing experience. Consult a Vertical Sports staff member if you need help in this area.

All coaches are expected to behave in a Christ-like manner, serving as positive examples to players, parents, and fans. Every technical received for improper conduct will be reviewed by Todd Buck, Sports Minister at Vertical Sports, for disciplinary measures, with maximum penalty being dismissal as coach.

Any player, coach, or parent who receives an unsportsmanlike technical foul will be ejected from that game and suspended for the next game. If the player, coach, or parent receives another unsportsmanlike technical foul during the season they will be ejected from the game and suspended for the rest of the season.

Coaches should be concerned about their actions as well as those of their players and fans. They should encourage sportsmanship and make every attempt to calm and control inappropriate behavior by fans and parents. As ambassadors for Christ, our desire to win should be second in priority to our desire to present an effective Christian testimony.

Parents are expected to encourage a positive atmosphere and bring any concerns privately to their coach. Public displays of disagreement or anger toward a player/coach/referee will not be tolerated. All rules are subject to change at the discretion of Vertical Sports.