

Competitive Basketball (Boys and Girls) Guidelines

Updated: 11/14/24

Middle school games will be controlled by the National Federation rules with the following exceptions:

1. **Participation:** SUSD offers Junior Varsity and Varsity teams in the sports of Volleyball, Basketball, Baseball, and Flag Football. SUSD offers Varsity in the sports of Soccer, Softball, Track, and Cross Country. 8th Graders are not permitted to play Junior Varsity and no player may participate in more than one competitive game a day.
2. Teams shall "suit up" at least 12 players for each game; all players "suited up" for a game must be played during that game.
3. Quarters shall be of **ten (10) minutes** in duration, with a running clock. Time will stop for time outs, technical fouls, injuries, during the shooting of free throws and during the last two (2) minutes of the 4th quarter.
4. Overtime periods shall be one (4) minute quarter with a running clock. Time will stop for time outs and during the last two minutes. If tied after overtime the game ends in a tie. Coaches will have 1 and only 1 full timeout during overtime.
5. Halftime will be five (5) minutes per game – pending completion of Spiritline performance.
6. Time outs per game are: 3 – 60 second and 2 – 30 second.
7. Girls will use an official-size women's ball.
8. Boys will use an official-size men's ball.
9. Home team will provide the game ball.
10. There shall be an allowance for a "coaching box" which shall be approximately three (3) feet wide and which shall extend the full length of the bench so that coaches may direct comments to the players during the game without shouting.
11. **If any team (JV or Var.) has a 25 point lead they are not allowed to press.**