

Basketball Rules

The following page is a summary of the High School Basketball Rules and only to be used as an aid to help members of the Trophy League to understand the game. In order to understand the fine point of the game or to understand more about the rules of basketball please read the [NFHS Rules Book](#). If you are in St. Alban Roe Basketball Training League (1st and 2nd Grade) you can get access to the modified rules for that league [here](#). The St. Alban Roe Trophy League follows the West County CYC rules ([click here](#)).

The following are the main concepts in the game of basketball.

- 1 **3 point shot.** A made field goal that is shot behind the 19 foot 9 inch 3 point arc. If a player is touching the line in any way it is a 2 point goal. (see Rule 5 Section 2 of the NFHS Rules Book).
- 2 **3 seconds.** A player shall not remain for three second in his/her free-throw lane while the ball is in control of his/her team in his/her front court. "Allowance shall be made for a player who, havin been in the restricted are for less tean three seconds, dribble in or moves immediately to try for goal". (see Rule 9 Section 7 of the NFHS Rules Book).
- 3 **5 seconds (Closely guarded).** Coming Soon...
- 4 **5 seconds (Inbound count).** Coming Soon...
- 5 **Back court violation (10 seconds).** The Offensive team has 10 seconds to bring the basketball from the back court to the front court. (see Rule 9 Section 8 of the NFHS Rules Book).
- 6 **Blocking.** illegal personal contact which impedes the progress of an opponent with or without the ball. (see Rule 4 Section 7 of the NFHS Rules Book).
- 7 **Charging (Player control foul)**
- 8 **Fouls (General names).**
 - Holding
 - Blocking
 - Pushing
 - Over the Back
- 9 **Free Throw 10 seconds.** The attempt for the free throw must be made within 10 seconds. (see Rule 8 Section 4 of the NFHS Rules Book).
- 10 **Illegal Dribble (A.K.A. Double dribble).** A player can not dribble a second time unless the ball has been touched by another player. (see Rule 9 Section 5 of the NFHS Rules Book).
- 11 **Kick Ball.** Intentionally striking the ball with any part of the leg or foot. (see Rule 4 Section 29 of the NFHS Rules Book).
- 12 **Over and Back (A.K.A. Back court).** The act of entering the back court with the ball, once your team has brought the ball into the front court*. Note: The team is not in front court until ball and both feet touch the front court completely. This is sometime called the 3 point rule. (see Rule 4 Section 4 Article 6 & 7 and Rule 9 Section 9 of the NFHS Rules Book).
- 13 **Traveling.** Moving a pivot foot or feet in any direction while holding the ball. "After gaining control on the floor and touching with other than hand or foot, may not attempt to get up or stand".(see Rule 4 Section 44 of the NFHS Rules Book).
- 14 **Palming or Carrying the Ball**

The following are general notes about the game.

- 1 Each team will warm-up before the game at the basket that is the one farther from its team bench.
- 2 "If a team to which the game is forfeited is ahead the score at the time of forfeiture shall stand. If the team is not ahead the score shall be recorded as 2-0 in favor". (see Rule 5 Section 4 of the NFHS Rules Book).
- 3 You can request a stoppage of play, for an injured player when you do not have control of the ball when the opponent ceases to attempt to score or advance the ball. (see Rule 5 Section 8 of the NFHS Rules Book)
- 4 Use of television monitoring or replay equipment for coaching purposes during a game is a technical foul. (see Rule 10 Section 1 of the NFHS Rules Book)

For more detail information checkout the [NFHS Rule Book page](#).