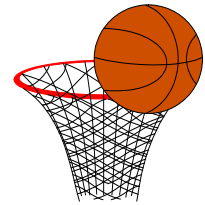




BASKETBALL UPDATE – 2019

As high schools have changed to playing full FIBA rules (with only shot clock differences), we are playing games using the same rule set. The full set of basketball rules and other information can be found at:

<http://www.fiba.basketball/documents>



CHANGES for 2019

Time-outs are requested at the score table and are given at the next dead ball opportunity.

On any whistle – either team can have a timeout. Before the first free throw attempt or after the last made free throw – either team can have a timeout

When a team scores a field goal – the non-scoring team can have a timeout

Teams get 2 timeouts in the first half, 3 timeouts in the 2nd half (one has to be used before the last 2 minutes of the 4th quarter) and 1 timeout in an OT period. All timeouts are 60 seconds.

A team that calls a timeout in the last 2 minutes that is entitled to a backcourt throw in can choose to move the ball up for a front court throw in opposite the bench

Other reminders: 8 seconds to get across half (count does not reset if ball goes out of bounds)

On free throws, the defense can have 3 rebounders, offense can have 2

Free throw penalty – 2 shots at 5 team fouls in the quarter – (no such thing as 1 and 1). Games should therefore be played in quarters, not halves

Falling down with the ball is not travelling

Frontcourt throw ins cannot be thrown into the backcourt

In the last 2 minutes of the 4th quarter the clock stops on whistles and made baskets

*In Junior Basketball - Man-to-Man defense is ENCOURAGED at ALL times (Full court and half court) for all around better skill development (offensive and defensive skills).