



High School Division

EQUIPMENT AND COURT SPECIFICATIONS

Size of Ball	29.5		
Height of Baskets	10'		
Size of Court			
Free Throw Line Distance			
3-Point Line Distance			

GAME STRUCTURE

Game Length	10-minute quarters	Running Clock	
Time between Quarters	1 minute	2-minute half time	
Overtime	1-minute running clock	Double OT- First team to score wins!	Triple OT – First team to score wins!
Scoring	3 Pointer – 3 Points	Field Goal - 2 points	Free Throw – 1 point per make
Timeouts	3-time outs per game		

GAME TACTICS

Playing Time	No player can sit out an entire quarter or half	All players must play at least half of the game	
Defenses	Defense can defend full court but no trapping or double teaming		
Pressing Defense	Team can press (full court) only last three minutes of first half and fourth quarter.	Defense can trap or double team full court last 3 minutes of half and game	
Double-Team	Teams can double team		
Backcourt Timeline	Offense has 10 seconds to advance basketball pass half court		
Clock Stoppage	Running clock, except last 2-minutes of game	Clock will stop for subs, injuries, or official's discretion	Clock will continue to run if one team leads by 15 or more points
Substitutions	Mandatory substitutions at beginning of each quarter and halfway through each quarter	No player can sit out two consecutive quarters. Players on the bench at end of a quarter, must start the next quarter.	Each team has 30-seconds to make substitutions
Fouls	Players are allowed six (6) fouls	Sixth foul, player must sit rest of game	
Free Throws	Players must start behind free throw line. Players can enter lane once ball hits rim or backboard.	Players cannot jump over free throw when attempting free throw	7 th team foul – 1 and 1 10 th team foul – 2 shot
Lane Violations	3 second lane violation is in effect		
Fast Break	Players/teams can fast break		
Jump Ball	Each game will start with jump ball	Possessions will alternate with every jump ball and/or beginning of quarter.	

CITY OF MILTON/HALFTIME SPORTS WINTER RECREATION BASKETBALL LEAGUE

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