

Northern Rocky Mountain Athletic League
Athletic Handbook

~~Awards will be given for tournament champions~~

Boys and Girls Basketball

Updated: 12/20/2024

Game Rules

- Schools may allow players on B teams to play on A teams when needed to field teams. However, **no A team starters can play B (no swinging down).**
 - *Players may play 2 halves total.*
 - *Example: If a B player plays both halves of the B game, they are not allowed to play in the A game. If they play in only 1 half of the B game, they are allowed to play in 1 half of the A game.*
 - **MUST designate the swing players before the game starts.**
- **A and B games will have 2 -20 minute running clock halves with a 5 minute halftime.**
- **Timeouts** - A and B teams will get 2 full (60 second) and one half (30 second) timeouts per half.
- **Overtime** - A and B games will be one 5 minute running clock overtime period with 1 additional full timeout per team. Players and team fouls continue from regulation play. Additional 5 minute overtimes will be played until one team has won at the end of the OT period.
- **A and B games, the clock will stop on the whistle inside of 2 minutes in the second half only, unless the 20 point mercy rule is in effect.**
 - **Clock does not stop for free throws until the last 2 minutes in the second half only, unless the 20 point mercy rule is in effect.**
- **No full court press when a 20 point lead occurs for A and B games.**
- Free throws - all players, except the shooter, may enter the key on the release of the shot.
 - All free throws must be shot behind the free throw line.
 - If the ball does not make contact with the rim, it is a dead ball.
- **The 7th team foul in each half will result in 2 free throws. (no longer using 1 and 1)**
- One coach allowed to be standing up (moving around) the bench area

Mercy Rule:

- No full court press when a 20 point lead occurs.
 - 1st violation is a warning, 2nd violation is a technical foul against the coach. This technical foul does not count towards "losing of the privilege of standing in the coaching box.
- **The clock will run when there is a 20+ point spread.**
- **The clock will stop on timeouts and injuries.**

Uniforms/Equipment:

- Team uniforms will consist of jerseys and shorts.
- Under uniform garments must match the uniform.
- No jewelry (including rubber bands) may be worn.
- Game ball size for boys teams is 29.5 and for girls teams is 28.5. Game balls should be designed for indoor play and leather.
- Home team supplies basketball, scorekeepers and score book. At least one adult at score table

Basketball Tournaments:

- **Mandatory 8 minute warm up.**
- **Mandatory 5 minute halftime.**
- Rosters must be ready prior to the team taking the court.
 - Players may NOT play in both A and B tournaments
- Scoreboard and scorebook run by adults only.
- Tournament bracket will be seed based off of regular season records.