

Boys and Girls Basketball

- A. A regulation men's size ball will be used for boys and a regulation women's ball (28 ½") will be used for girls.
- B. There will be four (4) – six (6) minute quarters.
- C. No restrictions on which uniform numerals are legal.
- D. Spandex shorts under the uniform are permissible. However, in accordance with National Federation rules, hair ribbons may not be worn during games.
- E. Basketball games must have two (2) officials unless otherwise decided upon by the host AD.
- F. The full court press is allowed in all four periods in conference and tournament play. Coaches should be sensitive to point differentials when applying a full court press. In conference play no full court press is allowed when up by 20 points or more.
- G. The three (3) point rule is in effect in both conference and tournament play.