

BASIC BASKETBALL RULES

1. Only five players per team on the court.
2. Score more than your opponent to win.
3. Score within the shot clock.
4. Dribbling advances the ball.
5. The offense has five seconds to inbound the ball.
6. Ball and ball handler must remain inbounds.
7. Defenders can't interfere with a shot on a downward trajectory.
8. Defenders can legally block or steal the ball.
9. Defenders must leave the paint after three seconds.
10. Each team is allotted a certain number of fouls.
11. Illegal contact results in a foul.
12. Illegal contact results in a personal foul.
13. Excessive contact results in a flagrant foul.
14. Charges and illegal screens result in an offensive foul.
15. Certain rule violations result in technical fouls.

SFPSL RULES

1. Four 6 minute quarters. (Clock stops on whistles)
2. JV is only allowed to press for the last two minutes of each half.
3. Varsity is allowed to press all game.
4. 5 timeouts per team.
5. 7 team fouls = 1 and 1 free throw
6. 10 team fouls = 2 free throws
7. Team fouls reset at halftime
8. A player fouls out when they get 5 fouls

ALL OTHER RULES ARE STANDARD BASKETBALL RULES!