

Cupertino Hoops Regular Season Rules

*** General ***

Cupertino Hoops abides by the NFHS Basketball Rules. Exceptions are listed below.

Basic				
Playing Time (see Overtime section for exceptions)	The basic rule is that ALL players play 10 mins in each half. With more or less than 10 players, coaches are encouraged to balance playing time as evenly as possible. Here are the minimum requirements:			
	13 players	1 player plays 10 mins each half (20 mins total)	12 players play only 5 mins in either the first or second half (15 mins total)	No player may be on the court for more than 10 mins each half
	12 players	4 players play 10 mins each half (20 mins total)	8 players play only 5 mins in either the first or second half (15 mins total)	No player may be on the court for more than 10 mins each half
	11 players	7 players play 10 mins each half (20 mins total)	4 players play only 5 mins in either the first or second half (15 mins total)	No player may be on the court for more than 10 mins each half
	10 players	ALL players play 10 mins each half (20 mins total)		No player may be on the court for more than 10 mins each half
	9 players	4 players play an additional 5 mins in either the first or second half (25 mins total)	5 players play 10 mins each half (20 mins total)	No player can play more than 25 mins (15 mins one half, 10 mins the other)
	8 players	ALL players play an additional 5 mins in either the first or second half (25 mins total)		No player can play more than 25 mins (15 mins one half, 10 mins the other)
	7 players	5 players play an additional 5 mins in both the first and second half (30 mins total)	2 players play an additional 5 mins in either the first or second half (25 mins total)	No player can play more than 30 mins (15 mins per half)
	6 players	4 players play an additional 10 mins in one half and an additional 5 mins in the other half (35 mins total)	2 players play an additional 5 mins in either the first or second half (25 mins total)	No player may play the entire game
	<p>If a player arrives late or leaves early, the player's on-the-court time shall either be distributed to other players per the rules above or be "squeezed" into the time that he/she is present. If a player gets sick or injured or receives a "cooling off" period by the referee, the player's on-the-court time shall be distributed to other players per the rules. The coach shall inform the refs and opposing coach of this situation.</p> <p>A player shall not play less than the minimum playing time due to foul trouble.</p>			

Substitutions (see Overtime section for exceptions)	Referees will stop play to allow teams to quickly sub at 5 min intervals throughout the game. Teams are allowed to quickly free sub upon approval by the referee. Whether 5 min interval or free subbing, coaches must adhere to the Playing Time rules listed above. If substitutions take too long, the referee will charge a time out to the offending team.
Coaches	All coaching must be done from the coaching box. Only the head coach may speak to the referees. Only one coach may stand up in the coaching box at a given time.
Home Team Responsibilities	Provide scoreboard operator, stats keeper and game ball. The stats keeper shall track points and fouls per player for both teams. The scoreboard operator and stats keeper responsibilities can be turned over to the Visitor Team if both teams are in agreement.
Jerseys, Shorts and Under Shirts	C-Hoops or Board-Approved jerseys must be worn. Lighter color for home and darker for visitor. Color of shorts and (if visible) shirts under jerseys must either (1) match the jersey color (visitor jersey -> darker color such as black, dark blue/gray/brown, ...; home jersey -> lighter color such as white, yellow, tan, ...) or (2) be the same (dark or light) for the entire team. Each violation will result in 1 point for the opposing team (but not possession).
Free Throws	
General and Bonus	Prior to the last 2 mins of the game, the max amount of free throws shot will be one. A player fouled on a shot will get 1 pt automatically and shoot one free throw. On a 3 pt attempt, the player will get 2 pts automatically, and shoot one free throw. On a shot attempt that goes in, the player will get the basket and one additional point automatically and not have to shoot free throws. A team will reach the bonus when their opponent has committed 7 fouls in a half. On the 7 th thru 9 th fouls, the player fouled will shoot one shot. If he makes it, he will be awarded 2 pts. If he misses it, he gets no points. A team will reach the double bonus when their opponent has committed 10 fouls in a half. On the 10 th foul and thereafter, the player fouled will shoot one shot after being awarded 1 pt.
End of 2 nd Half and During Overtime	In the last 2 mins of the 2nd half and during overtime periods, we will revert to High School free-throw shooting rules if the score differential is 10 points or less.
Technical, Flagrant and Excessive Intentional Fouls	1 pt and possession
Disqualification	
Personal Fouls	5 in a game Opposing coach may choose to let a player with 5 or 6 fouls to continue playing. Referees to ask opposing coach to make decision when a player receives 5 th or 6 th foul.
Technical Fouls on Player	2 in one game results in disqualification for current and next game. A disqualified player may remain on the bench.
Technical Fouls on Coach or Spectator	1 in one game results in disqualification for current and next game. 2 in a season results in disqualification for remainder of season. A disqualified coach or spectator must leave the gym.
Timing	

Game Duration	Two 20 min halves; Running clock (even during substitutions). Stopped clock last 2 mins of 2 nd Half if lead is 10 pts or less.
Time outs	1 min 2 per half
Overtime	
	Time permitting 2 mins; Stopped clock; 1 time out. Fouls and bonus free throws carry over from 2 nd Half. Single overtime only; Game ends following first overtime. No minimum playing time per player. Free substitutions are allowed.
Borrowing Players	
	If a team has 5 players or less, players may be borrowed from another team in the division. The total number of players (original + borrowed) cannot exceed 7. For example, a team can borrow up to 2 players if it has 5 to start with. The borrowed players must be approved by the opposing coach.
Mercy Rules (may be waived by losing team's coach)	
No. 1	In the second half of play, if the score differential is 20 points or more, <ul style="list-style-type: none"> the scoreboard shall be zeroed out for the remainder of the game, all jump balls will go to the losing team and the winning team must play man-to-man defense and only inside the 3-point line with no double-teaming for the remainder of the game (after one warning, violations will result in a technical foul)

Rules Specific to 4th-5th Boys & 4th-6th Girls

Basic	
Defense	No restrictions, except: <ul style="list-style-type: none"> Boys: No backcourt defense until Game 5 Girls: No backcourt defense allowed at any time. Boys vs Girls: No backcourt defense unless both teams agree to allow it
Ball Size	28.5"
Free Throws	
Distance	13½ feet For girls, shooter may land on or past the line, but cannot be the first player to touch the rebound.
Half time Free Throws	One for <u>every</u> player present (including injured players). May be skipped if both coaches agree.
Timing	
Half-time Break	5 mins after free throws taken
Mercy Rules (may be waived by losing team's coach)	
No. 2	In the second half of play, if a team is leading by more than 10 points, <ul style="list-style-type: none"> the winning team is not allowed to play backcourt defense (after one warning, violation will result in a technical foul)

**Rules Specific to
6th-8th Boys & Mostly 6th Girls & 6th-8th Girls**

Basic	
Defense	No restrictions, except: Boys vs Girls: Backcourt defense is allowed.
Ball Size	29.5" for boys 28.5" for girls Switch ball size at half for boys vs girls games. Home team decides on ball size for first half.
Playing Up	Rules specific to 6 th -8 th Boys & Mostly 6 th Girls & 6 th -8 th Girls apply when a 4 th -5 th Boys or 4 th -6 th Girls team plays against an older division team
Free Throws	
Distance	15 feet
Half time Free Throws	None
Timing	
Half-time Break	5 mins
Mercy Rules (may be waived by losing team's coach)	
No. 2	In the second half of play, if a team is leading by more than 15 points, <ul style="list-style-type: none"> • the winning team is not allowed to play backcourt defense (after one warning, violation will result in a technical foul)