

Grades 9 through 12: Boys & Girls

Rules for 2025-26 Season

Welcome to the 2025-26 season. As you read these rules, you will realize that TBA strives to maintain a program that allows each player to realize his or her full potential, while keeping the ideals of sportsmanship and fair play above all else.

Since this is a recreational league, competitiveness is downplayed while participation and fun are emphasized.

There are some fundamental safety rules enforced at all grade levels. These include:

- Absolutely no jewelry of any kind is allowed except NFHS exceptions
- Metal and hard plastic hair clips are prohibited. Exception per NFHS: Hair adornments made of hard material are permitted provided they are securely fastened close to the head and do not present an increased risk to the player, teammates or opponents.
- No casts of any kind are allowed
- Absolutely no food or drink is allowed in any gym as per school district rules. Only individual plastic water bottles containing water are allowed. No sports drinks, coffee or pop. Violations may each result in a bench technical foul.
- Flash photography is prohibited during play
- No spectators will be allowed to stand or sit along the endlines during game play. At Fowler, temporary foot traffic will be permitted in order to access Court 2 (farther from main entry).

By following these safety rules, the program provides a safe environment for our children. We expect every coach, player, parent and spectator to adhere to these rules.

- Players who participate in practices must play at least 50% of each game held that week. It is the responsibility of parents to report any non-compliance of this rule to the TBA Hoop Line.

GAME RULES

TBA operates under the current rules of the National Federation of State High School Associations (NFHS) with the following modifications and exceptions. Referee decisions are final. TBA does not recognize appeals.

At least 5 minutes prior to the start of each game, each head coach will:

- a) Produce a volunteer to work at the scorer's table.
- b) Present a roster with player names (first and last) and jersey numbers to the scorekeeper.

Penalty for each a) and b): administrative team technical foul – 2 shots for opposing team and possession of the ball to start the game.

- TBA-issued jerseys for the current season must be worn, or the game will start with an administrative technical foul for each violation. If both teams violate, the technicals do not offset each other. The technicals count as team fouls, but not player fouls or indirect coach technicals. Players may participate with non conforming jerseys after penalties have been assessed.
- Undershirts and shooting sleeves may be of any color.
- Only registered TBA players shall participate in TBA games. Use of a player in a game who is not registered will result in the game being declared a forfeit, and the head coach receiving a flagrant technical foul (with ejection) for unsportsmanlike conduct.
- Any coach, player or spectator ejected from a game will, at a minimum, be suspended from attending all TBA activities for one week.
- Teams should have at least six players to start the game. If a team has fewer than six, they may play with four or five, or they may recruit other registered TBA players who are in the gym at the time and who are of the same gender and the same status level or below. Only as many players as it takes to get to a full complement of six are allowed to be recruited. If that team's roster players arrive during the game, they must replace the non-roster players at the next substitution opportunity, and the non-roster players cannot participate further in the game except for injury.
- If a number of players are disqualified to reduce the available players to less than five, the most recently disqualified player(s) may remain in the game, but each foul assessed thereafter against a disqualified player shall be penalized as a result of the foul, plus one free throw and possession of the ball by a throw-in.
- If a team is assessed 3 unsportsmanlike technical fouls in a game, that team forfeits and the game will end. This is in addition to any individual sanctions that may result.
- Fines: In addition to being suspended from one week of TBA activities, any player or coach ejected from a game must meet in person with the appropriate VP and pay a \$30 fine before that person may participate in another TBA game.
- Any coach receiving 2 unsportsmanlike technical fouls in separate games must serve a one week suspension from all TBA activities. Any player or coach ejected twice in a season will be dropped from TBA.

- TBA does not recognize a designated coaching box at any level and coaches must remain seated except that the head coach may stand to request a timeout, confer with the scorer's table, or spontaneously react to an outstanding play by a team member.
- If at any time during the game a team has a lead of 15 or more points, that team is not allowed to defend in the back court. The offensive team needs to be allowed to advance the ball into the front court. One warning per team shall be given for violations of the no backcourt guarding rule. Subsequent violations may be assessed as team technical fouls.
- If a team has a lead of over 30 points, the score will not be shown on the scoreboard, and the clock will run during free throws. The current score will continue to be maintained in the scorebook.
- Point System for Tournaments: "Points" are any combination of player or coach unsportsmanlike technical fouls (UST) and/or ejections. USTs carry one point and ejections carry two points. If at any time during the season a team accumulates 5 points, they are automatically disqualified from any tournament play unless the TBA Executive Committee rules otherwise.

GAME TIMING, ALL GRADE LEVELS 9-12

- Games shall consist of 10 minute running clock quarters, a 3 minute half time and 1 minute between quarters.
- The clock stops for free throws and timeouts.
- If the score differential is less than 10 points in the last 2 minutes of a game, timing will change to stop clock for the remainder of the game.
- There will be no overtime periods during the regular season.
- If games are running long, the officials may alter the timing regulations of the games as needed to stay on schedule.
- Playoff games with the score tied at the end of regulation will play a single 2 min OT, stop clock. One 30 second timeout per team.
 - If needed, a 2nd OT will be sudden death (first team to score wins the game).

NOTE ON RUNNING CLOCK GAMES

- Following a timeout, the clock will start at the same time it would in a stop clock game and thereafter the clock will run.
- Each team may be granted up to two full 60 second timeouts per half. Unused timeouts do not carry over into the second half. It is important that all games begin and end on schedule. When your game is completed, please exit quickly so the next game's personnel may prepare for their game.