

BASKETBALL RULES

NATIONAL FEDERATION (IHSA) BASKETBALL APPLY WITH THE FOLLOWING EXCEPTIONS:

PLAYERS – 5 per team. May start with 4. Maximum: 10 per roster

LENGTH OF GAME – 2 twenty minute halves with 5 minutes between.

CONTINUOUS CLOCK - Clock runs continuously except during last two minutes of game when it is stopped as in a regulation game. However, if one team is leading by 20 points or more the clock will run continuously throughout the last 2 minutes also.

TIME OUTS – Each team is allowed 2 per game; 1 minute each.

THROW-INS (IN BOUNDING) - Olympic style pass-in rule will be used during continuous clock time. Team gaining possession of ball is responsible for retrieving ball and throwing in from designated area. The officials do not need to handle the ball prior to the throw-in along the side lines or baselines except when it goes to a team under its own basket, then the official must handle the ball.

NOTE: Official should be giving visual hand count during throw in.

TIE GAMES - Overtime period of 2 minutes with continuous running of clock. If still tied, a 2 minute sudden death overtime will be played. First team to score 2 points OR team ahead by one point at end of sudden death is winner.

SCORING – Same as in regulation IHSA games.

FOULS – 4 per player per game.

- a) On all fouls except in act of shooting, the offended team takes ball out of bounds nearest spot where foul occurred.
- b) On foul during act of shooting, the offended player is awarded two free throw attempts if the basket was missed; one if it was made.
- c) All fouls during last 2 minutes of play result in the offended team being awarded the designated number of free throws. A normal one-shot foul will be a one and one regardless of the foul.
- d) Technical fouls -- 1 free throw plus possession.
- e) Intentional fouls --2 free throws.
- f) Flagrant fouls -- 2 free throws and ejection from the game.

SUBSTITUTIONS - Substitute must give name and number to scorer and wait to be summoned onto floor by official before jump ball; an out-of-bounds pass-in, except after basket is made; prior to shooting of free throw; during time outs and between quarters or halves.

DISQUALIFICATIONS - Any player guilty of flagrant violation of the rules concerning personal conduct or sportsmanship shall be immediately ejected from the game.

MIDCOURT AREA - The area between an imaginary line parallel to and 28 feet from the end line and the center court line. For games played on courts with out center court line. For games played on courts with centerlines, the midcourt line is designated by the "main court" free throw restraining line furthest from a team's goal. The 28 foot line will be marked with strips of masking tape near the sidelines.

DUNKING – NO DUNKING is allowed before, during or after games.

BACKBOARDS - In games played on courts with rectangular backboards, ball is dead when it passes directly over the backboard from any direction, however ball hitting side or top of rectangular board and rebounding to come down in front of backboard is in play.

COMMENTS AND NOTES

- When closely guarded and 5 second count is reached, it becomes a violation and the defensive team is awarded the ball out of bounds.
- When a player starts a dribble in the midcourt and dribbles from the midcourt into the forecourt, and new 5 second count shall begin.
- When a player starts a dribble in the forecourt, a new 5 second count shall begin if the player ends the dribble anywhere in the frontcourt and then holds the ball.
- The player in control is closely guarded when an opponent is in a guarding stance at a distance not exceeding 6 feet from him.
- The official should handle the ball after the 5 second call. No "olympic throw-in" in these cases.

FLAG FOOTBALL RULES

NOTE: NO CLEATS ARE ALLOWED.

PLAYERS - 8 per team. May start with 7. Maximum 16 per roster.

OFFENSIVE LINE - 4 minimum, 5 maximum

SUBSTITUTES - During dead ball only.

MINIMUM PLAYERS OF FIELD - 6

FIELD - 80 yards long, 40 yards wide: two 10 yard endzones, three 20 yard playing zones.

EQUIPMENT - Jerseys MUST BE tucked in.

No excess equipment (i.e., arm guards, pads, etc.)

No cleats allowed.

LENGTH OF GAME - Two 24 play halves. The 24 plays are both team' cumulative total.

Kickoffs, punts, and extra point plays do not count in play total. Replays caused as a result of penalty also do not count as an additional play.

Pass play off a punt counts as a play.

TIMEOUTS - Two 1 minute timeouts per team per half.

TIE GAMES - Same as IHSA: Flip coin to determine which team gets choice of first or second try to score in 4 downs from 10 yard line. If each scores and gets same extra points, repeat, reversing order, etc. Interception nullifies offense's remaining downs. Must score to win.

TOSS OF COIN - Before game and prior to overtime, to determine ball possession and goal choice.

SCORING - Touchdown: 6 points

Extra point: 1 point from 3 yd. line

2 points from 10 yd. line

Safety: 2 – plus possession at own 20 yd. line

START OF PLAY - Ball always put in play on 20 yd. line following touchdown, halves, etc.

DOWNS - 4 to score or cross zone line (1st is to nearest white line.) Front point of ball touching
Closest edge of line – 1st down or touchdown.

BALL READY FOR PLAY - Ready for play when official's places ball down. Players from both teams MUST be more than 5 yards from line until offensive team breaks huddle. Offensive team must put ball in play within 20 seconds after official signals ready by blowing whistle.

PASSING - ALL forward passes must be thrown from behind line of scrimmage.

PUNTING - Must be announced to official before play. No crossing line until kick is made; 4 receivers must be within 5 yards of line until punt. Punt is dead at spot if it hits the ground.

PUNT RECEIVERS - If punt is caught on fly, receiver may pass forward only if he has NOT taken more than 3 steps in any direction. This pass becomes the 1st down in the receiving team's 1st series of downs.

BALL CARRIERS:

- Is down when at least one flag is taken or one knee touches the ground. DEFLAGGER MUST HOLD PULLED FLAG IN THE AIR TO AID OFFICIALS IN CALLING PLAY.
- May not be pushed, blocked, or tackled.
- May not use any part of body to prevent deflagging, (i.e., lowering head, straight arming, use of arm to shield flag).
- Must avoid deflagger – may not run through, hurdle, or dive over him. However, may spin in air to avoid deflagger.

A player is not down if he maintains balance by placing one hand on ground.

NO "POWER SWEEPS" are allowed. No more than one teammate may immediately precede ball carrier as he runs, however any number of teammates may position themselves ahead of the ball carrier's intended route and block opponents as the ball carrier arrives in the area.

QUARTERBACK SNEAKS ARE ALSO ILLEGAL

BLOCKING AND STANCE

- No 3 or 4 point stance is permitted except by the center.
- Only arm blocking is authorized. The elbows of the blocker must be entirely outside the shoulders; the hands must grasp the shirt at chest height; the forearms are approximately parallel to the ground in the same horizontal plane and extended no more than 45 degrees from the body of the blocker. The blocker's hands may not be locked, nor may the blocker swing, throw, or flip his elbow or forearm so it is moving faster than his shoulder at the time of contact. Blocker may not initiate contact with the arm or hand above the opponent's shoulder.
- Blocker must not leave his feet; must remain standing after the block.
- No blocking from behind or cross body or crab blocking allowed.
- These are all extremely dangerous and illegal.

- The players on defense may use their open palms not only to push and shove, to get the ball or the runner, but may not tackle or hold players.
- The official shall call unnecessary roughness when any player, whether on offense or defense, uses rough tactics considered by the official unnecessary in the accomplishment of his legitimate purpose.
- No “power sweeps” are allowed. No more than one teammate may immediately precede ball carrier as he runs, however, any number of teammates may position themselves ahead of the ball carrier’s intended route and block opponents as the ball carrier arrives in the area.
- A teammate may not block for a ball carrier or intended pass receiver more than 5 yards downfield from the line of scrimmage.

PENALTIES

	DISTANCE	LOSS OF DOWN	WHERE MARKED
OFFENSIVE			
Offsides	5 yds	No	Previous Spot
Motion	5 yds	No	Previous Spot
Holding	10 yds	Yes	Previous Spot
Intentional Grounding	5 yds	Yes	Previous Spot
Clipping	10 yds	No	Previous Spot
Illegal Procedure	5 yds	No	Previous Spot
Pass Interference	10 yds	No	Previous Spot
Tripping, forearms Kicking, Kneeing	10 yds	Yes	Previous Spot
Guarding Flags	5 yds	Yes	Spot of Foul
Delay of Game	5 yds	No	Previous Spot
Hurdling, Diving	5 yds	No	Spot of Foul
Illegal Blocking	5 yds	No	Spot of Foul
Failing to Avoid Deflagger	5 yds	Yes	Previous Spot
DEFENSIVE			
Offsides	5 yds	No	Previous Spot
Holding	10 yds	Automatic First	Spot of Foul
Pass Interference		Automatic First	Spot of Foul
Tripping, forearms, Kicking, Kneeing, Head slapping	10 yds	No	
Illegal Procedure	5 yds	No	Previous Spot if behind line Spot of Foul if past line
Tackling, Knocking Ball Carrier Out of Bound	10 yds	No	Previous Spot if behind line Spot of Foul if past line
Intentional deflagging of Non-ball carrier	5 yds	No	
SUSPENSION			
Unsportsmanlike Conduct Or Flagrant Acts	10 yds	No	Point ball is marked after play

UNINTENTIONAL WHISTLE

If on an offensive play—

Offensive team can:

- 1) take the ball where it is when the unintentional whistle was blown and the down counts OR
- 2) take the down over from original line of scrimmage.

If on a defensive play: i.e., punt return, interception: The ball is declared dead at the spot where the ball was when the unintentional whistle was blown.

SOCCKER RULES

National Federation (IHSA) Rules apply with the following exceptions:

PLAYERS – 9 per team. May start with 5. Maximum: 15 per roster.

LENGTH OF GAME - Two 20 minute halves with 2 minute halftime. Flip coin for possession at start of game. Change goals at halftime. No stopping of clock – except for intentional stalling.

TIMEOUTS – 2 one-minute timeouts per team per half.

SUBSTITUTIONS – Unlimited during deadball situation.

TIE GAME – Each team takes 5 alternating free kicks.

SHOES – No cleats of any type allowed.

SCORING – Goal = 1 point Penalty Goal = 1 point

PLAYER PRIVILEGES - Player may dribble, volley, block, trap, or pass ball. Heading is a type of volley. Arms and hands may not be used.

OFF SIDES - When an opponent's half of field and in possession of ball, player must be behind ball before playing it. If ahead of ball, there must be 2 opponents between player and the goal, otherwise it is off sides.

A player is not off sides if:

- a. there are 2 opponents nearer goal than he.
- b. in his own half of field.
- c. ball last touches opponent.
- d. ball is received direct from referee; on a throw in, kick or goal kick.

OUT OF BOUNDS - Ball is thrown in by team not causing ball to go out. Throw in at point where ball went out.

THROW IN - Must be two-handed overhead throw, except at ends where it may be kicked. Opponents must be 10 yards from player throwing or kicking the ball in.

CORNER KICK - If defensive player last touches ball before it crosses the end line, the offensive team puts ball in play by a corner kick.

PENALTIES

A direct free kick from the point of infraction for:

- a. holding opponent
- b. placing hands or arms on opponent to reach ball
- c. pushing opponent
- d. striking or attempting to strike opponent
- e. jumping at opponent
- f. kicking, tripping, or kneeing opponent
- g. charging opponent dangerously or from behind
- h. charging opponent heading the ball
- i. carrying by goalkeeper outside of penalty area
- j. handling by goalkeeper who is playing position without notifying referee
- k. intentional ball-handling by arms or hands.

An indirect free kick from the point of infraction for:

- a. player plays ball a 2nd time before it has been touched by another player at kickoff, kick-in, free-kick, corner-kick, goal-kick, if ball is outside penalty area.
- b. ball not kicked forward from penalty kick.
- c. goalkeeper carries ball more than 4 steps in penalty area
- d. improper charging
- e. arguing, failure to heed referee
- f. unsportsmanlike conduct
- g. offside (no penalty unless player is interfering or attempting to gain advantage)
- h. interfering with goalie
- i. sliding tackle
- j. obstruction other than holding
- k. player leaving field or play during game without referee's consent

NOTE: When defensive team commits a foul resulting in a direct kick in its own penalty area, opponents are awarded a penalty kick. This is a free-direct kick taken directly in front of the goal and 12 yards away. All other players except goalie must be outside of penalty area and at least 10 yards from ball. Goalie must stand on goal line between uprights and not move feet until ball is kicked. Kicker must kick ball forward and may not kick it again until touched by another player.

Successful penalty kick = 1 point. Unsuccessful penalty kick = ball in play.

IF A PLAYER IS EJECTED FROM THE GAME, THE TEAM MUST PLAY SHORT.

16" SLOW-PITCH SOFTBALL RULES

NOTE: NO CLEATS ARE ALLOWED.

PLAYERS - 10 per team. May start with 9. Maximum: 15 per roster.

LENGTH OF GAME - Seven innings excepting game is terminated if after 5 complete innings a team is 10 or more runs ahead. If home team is ahead by 10 or more runs after 4 ½ innings, it is the winner.

PITCHING - A pitch must arch at least 3 feet but must not rise higher than 10 feet from the ground. A pitch not meeting these standards is called a "ball" but if struck at, it is a "strike" and played as any other "strike" pitch if hit or missed.

WARMING UP - At the beginning of each inning or when a pitcher relieves another, no more than 5 balls may be thrown in warming up.

BATTING

- No intentional bunting or "chopping" allowed.
- Batter is automatically out on dropped third strike.
- Stepping on plate or otherwise out of batters box is automatic out. (SAFETY OF CATCHER IS A FACTOR HERE.)

FOUL BALL ON THIRD STRIKE RESULTS IN AN OUT ON THE BATTER.

PLAYER RE-ENTRY - A player may re-enter a game for the same person who took his place as long as the original substitute has batted and played in the field for three outs, i.e., re-entries may not switch batting order positions, but playing positions may be switched.

STRIKE ZONE - The PLATE DETERMINES THE STRIKE ZONE no matter where the batter stands in the batter's box.

BASE RUNNING

- Runner may not leave the base until the ball crosses the plate or is hit. Violators are out and a "NO PITCH" is declared.
- No stealing allowed. Runner attempting to steal is not out but must return to original base.

SHOES/SPIKES - No metal spikes or cleats allowed. No bare feet permitted.

GLOVES - NO GLOVES ARE ALLOWED

HOME TEAM/SCORERS - Flip coin to determine home team. Teams provide scorers; PRINT NAMES ON CARDS; return cards to umpire after game.

VOLLEYBALL RULES

National Federation (IHSA) Rules apply except as follows:

PLAYERS – 6 per team. May start with 5. Maximum: 12 per roster.

NET HEIGHT – 8 feet

MATCHES – A match consists of best 2 out of 3 fifteen point games (no time will be kept).

SUBSTITUTIONS - May be made any time while ball is not in play. A player may enter a game three times but only in his original line-up position (starting a game counts as one entry).

TIME OUTS – 2 per team per game (one-half minute duration).

CONDUCT

Penalty for unsportsmanlike conduct:

1st offense- point or sideout

2nd offense- removal from game and area

CLARIFICATION OF SELECT RULES

- Ball hitting on line is in-bounds.
- Ball hitting overhead obstacle or basket support is out-of-bounds.
- Server must be behind line and in right 1/3 of court.
- Contact with ball must be a “clear” hit. No palming, lifting, pushing or carrying of ball allowed.
- Teams change courts and serve at end of each game. In game 3, teams change courts when one team reaches 8 points.
- Ball hitting net on serve is loss of serve.
- When ball is served, players must be in their rotation order and within their respective playing areas. Players may switch position after the ball is put in play, but regular shifts in position can only be made between games.
- Ball may be contacted by any part of the body above the waist. Heading or fisting the ball is permissible but kneeling or kicking the ball is a foul.
- Ball cannot be contacted twice in succession by same player; however simultaneous contacts by more than one player on same team are allowed and considered as one play. Players participating in such simultaneous contact may participate in the next play.
- Simultaneous contacts by players on opposing teams also permit players involved to participate in next play, however, if this results in ball being momentarily held it is a double fault and played over.
- When players on opposing teams commit fouls simultaneously, it is a double foul and played over. Points are not scored on a double foul.
- Touching net at any time is a foul, except when hard driven spike forces net into a player while he is on his side of the court.
- A player may reach over net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spike ball cannot be blocked until it has been hit.
- A player may step on the centerline but not on the floor in opponent’s court. Any part of a player’s body may be in the air below the net and beyond centerline if he does not interfere with opponent’s play by either touching ball or opponent.
- Backfield players are not permitted to spike or block the ball at the net, however they may spike a ball behind the 10-ft. restraining line.
- Three hits maximum per side; except when ball touches blockers hand(s); 3 or more hits are legal.