PECSAA
Basketball Rules & Regulations
Revised (2025)

I. Admissions

A. $5.00 for Adults, $1.00 for Students, and Children under the age of 5 get in free.

B. Coaches, players, student managers, scorekeepers, principals, teachers, pastors, and Athletic Directors are admitted free of charge.

II. Roster Limitations

A. All teams will be limited to 15 dressed players per game.

III. Practice Rules

A. Tryouts/practice can begin (5) weeks prior to the first league game.

B. There will be a 4 ½ hour practice limit for each team/player each week; practices can go no later than 9:00 pm.

C. If violations are discovered, the offending coach will get one warning; a second offense will result in the coach being suspended for one league game; a third offense will result in the coach's dismissal from the team for the entire season. After the coach's dismissal, any interaction involving coaching with the team will result in the team's forfeiture of all league games. Offenses are cumulative from year to year.

IV. Age Limits & Eligibility

A. Any varsity player may participate as long as his/her 15th birthday is not on or before October 15th of that school year. A student who has reached their 15t^{h} birthday before the aforementioned date can make an appeal to the league in order to participate. This must be done before the school year begins.

B. Any JV player may not be older than 13 as long as his/her birthday is not on or before October 15th of that school year. A student who has reached their 13th birthday before the aforementioned date can make an appeal to the league in order to participate at the JV level. This must be done before the school year begins.

C. JV players can only be 5th and 6th graders, with the following exception: 4t^{h} graders can be added to a JV team in order to make a full squad, up to 12 players. This applies for practice and games. If it is

discovered that a coach has violated this rule, the team will forfeit all conference games they utilized an illegal roster.

D. Varsity can be 7th or 8th graders.

E. 5th and 6th grade JV players can also play for Varsity only to help the roster reach a full squad, up to 12 players.

F. 5th and 6th graders do not have to play in the JV game to play Varsity, but if the JV player is dressed and on the bench during the JV game, they must play. If it is discovered that this rule has been violated, the team will forfeit the game

V. Ball Regulations

A. The 28.5-inch size basketball will be used by both the girls' (JV and Varsity) teams.

B. The 28.5-inch ball will be used by the JV boys' team. The varsity boys will use the 29-inch ball.

C. All official balls must be leather game balls.

VI. Starting Time

A. All teams will be dressed and on the floor 15 minutes prior to game time.

B. If there is an inability to meet the expected starting time the coaches must inform the Athletic Director, or team representative, as soon as possible. A delay of play may be implemented to prevent rescheduling or cancellation to occur.

C. The home team is only responsible for opening the gym 30 minutes prior to the official start time. Opening sooner is at the discretion of the home teams' athletic director.

VII. Time Limits/Rules

A. Junior Varsity (Girls and Boys) - 6-minute quarters.

B. Varsity (Girls and Boys) 7-minute quarters

C. Coaches are allowed three Full and two 30 second timeouts/game.

D. Pre-Game Warm-up Time will be 6 minutes for JV, 7 minutes for Varsity, unless a shorter time is agreed upon.

E. Half-time will be 5 minutes unless a shorter or longer time has been agreed upon by the Athletic Directors and coaches.

F. In the event of a tie at the end of regulation play, overtime periods of three (3) minutes will be played until a winner is determined. Each team will be granted one (1) additional time out during each overtime period.

G. Running Clock: A running clock will be utilized at the start of the 4th quarter if there is a deficit of 20 plus points.

H: Bonus/Team Fouls: The bonus will result in two free throws. Teams will reach the bonus when their opponent commits 5 fouls in a quarter and will be awarded 2 free throws. Any additional fouls in the quarter will result in two free throws. Team fouls will be calculated by quarter and will reset at the end of each quarter. The one-and-one rule is eliminated.

VIII. Playing Time

A. Varsity: There is no requirement for playing time at the Varsity level. It is at the coach's discretion to play the players that help their team be the most successful. Finding playing time opportunities for as many players as possible is encouraged.

B. Junior Varsity: All players must have played in the game by the end of the 3rd quarter. Again, playing time is considered 1 second of regulation time.

1. Official scorekeepers will be instructed to check at the end of the 3rd quarter to make sure all have played.

2. If a team fails to get a player in by the end of the 3rd quarter, a technical foul will be assessed to that team at the beginning of the 4th quarter. If that player(s) does not start the 4th quarter, the game is a forfeit. The league strongly recommends a minimum of two game-clock minutes per game for every player.

C. If at any point a team has a 30+ point lead over their opponent, all starters must be pulled from the game. If a team has less than 10 players, all bench players must be used any any remaining starters can continue to play.

IX. Press Rule

A. "Press" is defined as ball pressure on the offensive players after their team has obtained possession of the ball by a rebound, inbound pass after a made basket or in-bound pass after a dead ball situation.

B. Varsity: A team may full court press any time during the game **as long as they have less than a 15-point lead** over an opposing team. The team will not be allowed to press in the backcourt again until the margin is below 15 points.

1. In the event this rule is violated, a warning will be issued by the officials. A technical foul will be assessed for every offense thereafter (Note: The letter of the rule is one thing; the spirit of the rule is another).

C. Junior Varsity: A team may full court press at any time during the game. JV teams may full court press during the entire game, and any overtime periods, **if they have less than a 12-point lead** over an opposing team. The team will not be allowed to press in the backcourt again until the margin is below 12 points. As with Varsity, a warning will be issued by the officials. A technical foul will be assessed for every offense thereafter.

X. Game

A. The hosting Athletic director is responsible for supplying 2 officials per contest, with no official refereeing more than two games in a day.

B. Home teams will be responsible for timekeepers and official scorebooks.

1. Timekeepers and individuals at the table keeping a book, official or not, must be 16 years of age or older, unless agreed upon by both coaches.

2. Individuals running the clock or the official scorekeeper should not use cell phones for telephone calls or texting during the game. In addition, table personnel should refrain from cheering.

C. Coach's Conduct: Coaches are to be models of sportsmanship for their players. Players look up to their coaches and key off their behavior. Coaches who engage in inappropriate behavior (excessive technical fouls, use of profanity, not shaking other team's hand after a contest, etc.) will get one warning from the league. After this warning if that coach spurs another incident, The League Director and the AD's have the authority to determine discipline of said coach
which could include the dismissal of the coach from the league. If a coach is dismissed, any interaction involving coaching with his former team will result in the team's forfeiture of all league games.

D. The home team Athletic Director is responsible to ensure the games are played according to these rules. The visiting team must have either the Athletic Director or a designee at the games. The visiting AD is responsible to make sure their teams are playing according to these rules and to be available for consultation with the home team Athletic Director in case any issues or disputes arise during the games.

XI. Protests and Grievances

A. In the event of a dispute the decision of the League Director will be final as long as the League Director is not directly involved in the event.

B. If the League Director is involved, then the Assistant League Director would be authorized to make the decision with the help of the two most available Athletic Directors from other schools. If the Athletic Directors are not available, the dispute would be put to a majority vote for a decision to be made.

XII. The Athletic Directors

A. If the policy, rules or other mandates set forth to operate the PECSAA league are broken, it is the responsibility of the AD to adhere to the rules and honor the code of conduct expected of all PECSAA schools. This may require for a game to be forfeited as a result of a rules violation.

B. If it discovered that a rule has been broken and a game has started, it will be the responsibility of the home AD to find a reasonable time to stop the game at which time the AD will alert the head coaches and visiting AD if present about the violation.

XIII. Cancellation Policy

A. If a team needs to cancel a game they must contact the opposing team's Athletic Director as soon as possible, but at least 24 hours before a contest.

B. In case of an unexpected event and the visiting team cannot make games, the Athletic Director will be responsible for calling the home team's Athletic Director prior to 7:30 am on game day.

C. In the event of inclement weather, affected AD's will get together and discuss possible cancellation as soon as possible. They will make a decision based on travel conditions and distance, always keeping safety of players and families as first priority.

XIV. PECSAA Basketball Tournament Rules

A.1st, 2nd, and 3rd place will be awarded.

B. Brackets will be seeded according to place at the end of the conference regular season.

1. In the event of a tie between two teams, head-to-head wins will be the first tie breaker. If unsettled by this juncture, point differential in their head-to-head matchups will be the next tiebreaker (a maximum of +13 points per game will be calculated with the differentials). If still undecided, a coin toss will determine the higher seed. If the tie is for 1st place then both teams will be named co-conference regular season champions.

2. If there is a multi-team tie, the teams' regular season record against the other tied teams will be the first tiebreaker. If they all split their contests, point differentials amongst each other will determine the higher seeds (Example: Team A is +5 in four contests, Team B is 0, and Team C is -5; the order would be A,B,C). If they have the same differential, a coin toss will determine the seeds. If the tie is for 1st, all teams will be co-champions. (A maximum of +13 points per game will be calculated with the differentials)

C. PECSAA Basketball tournament admission: Adults: (Ages 18 & Above) $7; Students/ Children (Ages 6-17): $3/Children 5 & Under: Free