

## 2022-2023 ISL Basketball Rules

### National Federal of State High School Associations (NFHS) with the following modifications:

1. Females will use a 30-second shot clock. Guidelines below.
2. Mercy Rule: If a score differential between teams reaches 30 points or more, the game clock will run continuously and only stop for timeouts. If the score differential drops below 30, normal clock operation resumes.
3. No 10 Second Backcourt Count: Females will not have a 10 second backcourt count. In effect, this modification allows a team to hold the ball in their backcourt for as long as they want until say, a shot clock violation occurs.
4. Backcourt Violation: When an offensive team brings the ball across the division line into the front court, front and backcourt restrictions do apply.
5. Coaching Box: Females will use the NCAAA coaching box with extends from the endline to the 28 foot line.
6. No "Seat Belt" Rule: Technical fouls do not result in the loss of a coach's right or ability to stand during the contest.
7. 5 Second Closely Guarded Violation: A closely guarded violation occurs when a player, who is holding the ball for 5 seconds anywhere on the playing court (not dribbling), is continuously guarded by any defensive opponent who is within 6 ft of the player. The distance is measured from the defender's forward most foot to the forward most foot of the ball handler.
8. Free Throws: Players in marked lane spaces may enter on the release. Players outside the free throw lane extended and 3pt line may enter when the FT attempt contacts the ring.
9. The home team will wear white or light jerseys and the visiting team will wear dark jerseys.
10. The Official Scorer does not have to wear a black and white shirt for games.
11. Home and Visiting teams need to provide bookkeepers at the official scoring table.
12. Disconcertion: Players and bench personnel may not make noise or attempt to disconcert opponents during free throws. This prohibition extends to calling out false shot clock or game clock times. If this behavior happens, referees should warn coaches, and if it persists, issue technical fouls.

### Shot Clock Guidelines

1. A try for a field goal is defined as the ball having left the player's hand(s) before the sounding of the shot clock horn and subsequently striking the basket ring/flange or entering the basket.
2. The team in control shall attempt a try or tap for goal within 30 seconds after gaining team control (Boys and Girls).
3. The shot clock shall be used the entire game, including overtime.
4. Officials must test both horns prior to the game to make themselves aware of the horns' different sounds – game clock and shot clock. Typically, the shot clock horn should be different from the game clock horn.
5. The shot clock shall be set to go blank/turn-off/ or freeze, when the game clock has less than the time remaining on the shot clock. (Note: Since the shot clock should have a 'front-loaded second', there are limited times when the shot clock will show a higher number than the game clock. For example, [GC=22.8; SC=23] or [GC=7.2; SC=8] Explanation: When a shot clock shows 15, the actual possible range of time to the tenths on the shot clock is 14.1 – 15.0.
6. Shot Clock **START** guidelines:
  - On a throw-in ... when the ball is legally touched by any player.
  - On a jump ball ... when control/possession is established by any player. (The game clock starts when the ball is touched during a jump ball and free throw)
  - On an unsuccessful try ... when control/possession is established by any player.
  - On an unsuccessful free throw ... when control/possession is established by any player.
7. The shot clock **RESETS TO 30** seconds:
  - Following any score (When the ball contacts the ring and/or clears the bottom of the net, operator should **click and hold** the 30 second reset button until the ball is **touched** in play).
  - When a change of control/possession occurs and the ball remains live.
  - When a held ball occurs and the AP favors the defense.
  - When a try or tap strikes the ring or flange. (When the ball strikes the ring or flange, operator should **click and hold** the 30 second reset button.
    - During the rebound, when the ball is then controlled **by either team**, operator should release the button for a 30 second reset.
  - When a defensive personal foul occurs.

- On all single technical fouls regardless of ball location. (NF)
8. The shot clock **RESETS TO 15** seconds:
- When a ball is illegally touched (kicked/fisted) by the defense with 15 seconds or less remaining in the offense's possession. {When a ball is illegally touched (kicked/fisted) by the defense with 15 seconds or greater remaining, the shot clock stays where it is.}
9. The shot clock **DOES NOT RESET** due to:
- Ball caused to be out of bounds by the defensive team
  - Try or Tap not touching the Ring or Flange
  - A pass hitting the Ring
  - A Held Ball and the AP Arrow favors the Offensive Team when the Offensive Team did not lose Team Control
  - Time Outs
  - Double Personal Fouls and Double Technical Fouls
  - Injury, Blood Scenarios, Loss of Contact lenses
  - Inadvertent whistle and a team retains control of the ball
  - As above, when a ball is illegally touched (kicked/fisted) by the defense with 15 seconds or greater remaining, the shot clock stays.