

NFHS BASKETBALL RULES

Rule 3: Players,
Substitutes, and
Equipment

- ▶ Team: Consists of five players on the floor participating
- ▶ Team must start a game with five players, but may continue with less than five if they do not have any substitutes
- ▶ If a team gets down to one player, it must forfeit, unless the referee thinks that a team has a chance to win the game

RULE 3

- ▶ Captain—a representative of a team who may communicate with officials on matters or rules interpretations or to gain information
- ▶ Rosters—due ten minutes before the game's scheduled starting time
 - ▶ Should include name & number of each team member who may participate
 - ▶ Designate the five starters

RULE 3

- ▶ Penalty for not complying with these below requirements is a maximum of one technical foul, regardless of how many and how often these five requirements are not met (see next slide):

RULE 3

A. Changing a designated starter—unless necessitated by an injury or illness, illegal equipment , or to attempt a technical foul shot. The change must be recognized prior to the ball becoming live (tossed) to administer the penalty

B. Adding a name to the team member list. Team technical when added

C. Changing a team member's number in the book. Team Technical when changed

D. Requiring a player to change a number in the book. Team technical when changed.

E. Identical Numbers on team Members and/or player. Team technical when done.

RULE 3

- ▶ Substitutes—these are team members who are eligible to replace a player
- ▶ Subs report to the scorer's table (at the X mark) and give his/her number
- ▶ Subs must report before a 15 second warning horn is sounded during a timeout or between periods

RULE 3

- ▶ When it is known that multiple free throws will be awarded, the sub may only enter prior to the last free throw attempt or after the last free throw is successful
- ▶ May allow all properly checked in subs to enter if a player for one team is injured or disqualified and must be replaced

RULE 3

- ▶ Subs who have legally reported may also enter when the ball is dead and the clock is stopped
- ▶ Team captains may request a defensive match up if three or more subs enter from the same team during an opportunity to make substitutions
- ▶ A sub cannot enter to replace a designated free-thrower or jumper unless required due to injury or disqualification

RULE 3

- ▶ A sub becomes a player when he legally enters the court. If entry is not legal, the sub becomes a player when the ball becomes alive
- ▶ A player becomes bench personnel after his substitute becomes a player or after the head coach is notified of his disqualification
- ▶ A player that has been replaced or directed to leave cannot re-enter the game until the next opportunity to sub, after the clock has started

RULE 3

- ▶ If a player is injured and a coach or other bench personnel come onto the court to attend to this player, he must be replaced unless his team is granted a timeout. Rule is the same for blood on a player or excessive blood on the uniform
- ▶ If a player shows signs consistent with a concussion, he may not return to the game until cleared by an appropriate health care professional

RULE 3

► Uniforms



RULE 3

- ▶ Shirts shall have Arabic numerals on both the front and back. Numbers 6-9 are not allowed. 0 or 00 are allowed but not both on the same team!
- ▶ Shirts are to be tucked in the pants/shorts/skirts.
- ▶ Shorts are to be pulled above hip level

RULE 3

- ▶ One visible logo is permitted on undershirts just as other auxiliary pieces of clothing/accessories.
- ▶ Teams can wear undershirts that are the predominant color of the uniform. Home team (white color) can wear white undershirts. Visiting team (dark color) can wear dark undershirt.
- ▶ If a team member needs to change undershirts, have him change it offsite (outside gym)

RULE 3

- ▶ Compression shorts shall be a single solid color similar to the predominant color of the uniform, the length shall be above the knee.
- ▶ Sleeves and tights are permitted—shall be black, white, beige, or the predominant color of the uniform
- ▶ All teammates must wear the same color sleeves

RULE 3

- ▶ Team Members may wear medic alert religious medals
- ▶ Medic alert bracelets are to be taped and can be visible
- ▶ Religious medals must be taped and placed under the uniform
- ▶ Head coverings may be worn for medical or religious reasons but must provide physician statement or documented evidence to the state association for approval—authorization must be provided to the schools and made available to the officials

RULE 3

- ▶ Jewelry—Can't wear anything you were not born with having on your body
- ▶ Medical and religious items are NOT jewelry

RULE 3

