



HEADS UP HOUSTON BASKETBALL RULES

1. All league games will be governed by the official basketball rules as adopted by the National Federation of State High School Associations with the exception of the special league rules adopted by Heads UP Houston.
2. A team must be fully registered with Heads UP Houston. **Waiver/Roster forms must be filled out by each team and turned in before their first game.** Rosters may not be changed after the second league game.
3. Players must play in the grade division they are currently enrolled in school or play in a higher division. **During Summer Sessions, the grade division currently enrolled in is considered to be the grade you will be going into the following Fall.** No player can play down to a lower grade division. Heads UP Houston reserves the right to amend this rule in special circumstances.
4. Players may only play on one team per age division, but they may play on multiple teams in different age divisions.
*If a player chooses to play on multiple teams, Heads UP Houston may attempt to schedule games at different times when requested, but this cannot be guaranteed.
5. Teams must be able to field a team of at least four players. If a team fails to have four players on the court at game time, they will be given ten minutes before a forfeit is called. At any time during a game when a team drops below four players due to injury or disqualifications, the game is forfeited. Teams that field a team with less than four players may fill their squad with other players in order to play the game, but the game will be ruled a forfeit.
6. All players must at least have numbers on the back of their jerseys. The numbers may be between 0 and 99.
7. **There must be an adult present on the bench at all times.** There will be only two coaches allowed on the bench during the game. Only one coach, designated as the "head coach", will be allowed to stand during the game and address the officials. If coaches argue judgment calls, this may result in a technical foul. Coaches must stay within the regulation 14' coach's box located in front of their bench.
8. Acts of disrespect or intimidation, while not directed specifically toward opposing players, coaches or officials, are still considered unsportsmanlike and could result in a technical foul or an ejection. Heads Up Houston encourages its coaches to act professionally at all times.
9. PreK - Kindergarten grade teams may have one coach on the floor to help instruct. Coaches should follow these parameters; being outside of these areas can cause a distraction to other teams and players.
10. Prior to each season starting, the schedules will be sent to parents via text and posted on our website at www.Headsuphouston.net. Notification of these schedules being posted will be e-mailed to the team contacts. It is the responsibility of the teams to locate their schedule and appear for their scheduled games.
11. All PreK - Kindergarten games will consist of four 6 minute quarters. All 1st - 8th grade games will consist of four 8 minute quarters. The clock will run continuously and stop only during time-outs and the last two minutes of the game on dead balls and whistles. If a fifteen-point lead occurs, the clock will run continuously during the last two minutes.
12. There will be two minutes between halves and a minimum of four minutes between games. The Courts reserves the right to alter times if games should run late with adequate warm-up time being allowed. The only time a game will start early is if both coaches agree.
13. In case of overtime, the first overtime period will consist of two minutes. The second overtime period will be a sudden death format. The first team that scores will be the winner. There will be no overtime in Pre-K - 2nd grade games. Both teams involved will be credited with a win.

14. Teams will be allowed two time outs per game to be used at any time. These timeouts will be for thirty seconds. Teams will be issued one additional time-out for the overtime period. Previous time outs remaining will carry over to overtime periods. In the event that a team is leading by 20 or more points, Heads UP Houston strongly emphasizes that the team leading not use remaining time outs unless it is for substitution purposes or in cases of emergency.
15. Basketball Sizes:
- PreK - 2nd Grade will use a Junior sized 27.5 basketball
 - 3rd - 5th Grade will use an Intermediate sized 28.5 basketball
 - 6th - 8th Grade will use an Official sized 29.5 basketball
16. Goal Height:
- PreK - Kindergarten division will shoot on 7' goals.
- 1st - 2nd grade division will shoot on 8' goals.
- 3rd - 8th gradedivision will shoot on regulation 10' goals.
17. Free throw distance:
- PreK-Kindergarten grade will not shoot free throws and instead will take the ball side out on all fouls.
 - 1st - 2nd grade will shoot free throws from the 12' line.
 - 3rd - 8th grade will shoot from the 15' line.
- 18.Pressing:
- PreK - Kindergarten grade may not go past the top of the key extended. Offensive teams may not attempt to stall or delay to circumvent this rule. It is at the referee's discretion if this is happening, and the ball may be awarded to the defensive team.
- 1st - 5th grade can pick up at ½ court.
- 6th - 8th grade can press full court in the last two minutes of the 2nd and 4th quarters of the game only.
19. Lane Violations:
- PreK - 2nd grade will have no three-second-lane violation.
- 3rd - 5th grade will use a five-second-lane violation.
- 6th - 8th grade and up will use the three-second-lane violation.
20. It is mandatory as a matter of sportsmanship, that all teams will shake hands at the end of each game.

A technical foul policy and crowd warning policy will be enforced for coaches, players, and spectators.

If, in the opinion of Heads UP Houston officials, unsportsmanlike behavior from the coaches, players, parents, or fans has put the game out of control, the offending team will forfeit the game. This could result in suspension from the league.

Heads UP Houston reserves the right to modify rules and regulations as it deems appropriate and that all rules and regulations listed are used as a guide.