

SKAGIT COUNTY PARKS & RECREATION

Boys S.W.I.S.H. Basketball League Rules

This program is organized for the primary focus of skill development, fitness, teamwork, fair play, and sportsmanship. Please keep these concepts in mind at all times!

Official playing rules are the National Federation of High School Associations, with the following noted or added exceptions:

1. **“AA” and “A” Divisions (8th Grade), “BB” and “B” Divisions (7th Grade), “CC” Division (6th Grade) and “DD” Division (4th/5th Grades)** – Full court pressing and zones allowed. No full court pressing allowed if ahead by 20 or more points.
2. **“C” Division (6th Grade) & “D1” Division(s) (4th/5th Grades)** – Zone defenses allowed, but no full court pressing, except the last two minutes of the game.
3. **“D2” Division(s) (3rd/4th Grades)** – No zone defenses allowed. Only man-to-man defensive schemes allowed. No full court pressing, except the last two minutes of the game.
4. **Ball Sizes** – 7th & 8th Grade Divisions use a Full Size (29.5”) Basketball. 3rd-6th Grade Divisions use an Intermediate Size (28.5”) Basketball.
5. Penalty for illegal defense (i.e. pressing with a 20 point lead or in a division where pressing and/or zone defenses are not allowed) is 1 point and possession of the ball. A referee need not warn a team before penalizing.
6. A regulation game is four 7-minute STOP CLOCK quarters. The first overtime is 3 minutes or the first team to gain a 4-point lead. The second overtime is a “Sudden Victory” format, with the first team to score being declared the winner. Both overtime periods start with a jump ball.
7. There will be no 30-second shot clock. Instead, players will only have 10 seconds to bring the ball across half-court.
8. Halftime will be 4 minutes in length.
9. Barring injury or sickness, all players should play a minimum of 7 minutes each game. Coaches are responsible to monitor playing time of players.
10. Technical Fouls (including Intentional & Flagrant Fouls) are two points and possession of the ball. Two “T’s” on the same player or coach will result in an ejection from that game and the next scheduled game. Three technical fouls in a season are grounds for suspension for up to 1 year. Fighting is an automatic ejection.
NOTE: A Technical Foul on a player will count as a personal foul and count towards the team total. A Coach/Bench Technical Foul will also count as a team foul (NFHS Rules).
11. If a player fouls out, causing his team to have less than 5 eligible players, the disqualified player may continue to play. However, each subsequent foul on that player will be an automatic two points for the opposing team (NO SIDE OUT), as well as administering any free throws for the personal foul.
12. Substitutes must report to the official scorer and be motioned into the game by an official during a dead ball.
13. **TIME OUTS** – Teams are provided four (4) full time outs per game. An additional time out will be granted for each overtime period. Time outs can be carried over from the game and overtime periods.
14. Teams will be in the bonus and shoot 1-and-1 foul shots after the 7th team foul of each half. Teams will be awarded 2 shots on and beyond the 10th team foul of each half. Technical fouls are counted as team fouls.
15. **Free Throws** – Players in the lane may move/step into key on the release of the shoot. Players behind the 3-Point Line and Shooter must still wait for the ball to hit the rim before moving.
16. **Free Throw Lane Administration** – Marked lane spaces may be occupied by a maximum of four defensive and two offensive players. The fourth spaces (nearest the Base Line) shall not be occupied and are not considered marked lane spaces.
17. Players may play on only one team, regardless of Division of play.
18. League Tournament Participation – Each player should play in four games (8 regular season + 1 Seeding Game) in order to participate on a team in the League Tournament.
19. Coaches are responsible for the actions and conduct of their players and spectators. **Negative remarks and suggestions towards officials will not be tolerated.**
20. Players are required to have same colored, numbered jerseys.

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Additional COVID Specific Protocols – Girls SWISH Basketball League:

- Teams (players, coaches, spectators) will not be allowed to enter a gym until the previous game(s) have completed and all previous teams have left the gym (unless one or more team(s) are scheduled for a doubleheader).
 - Gyms that have suitable hallways, foyers or bleachers that have enough space to properly physically distance may be available for your team to wait prior to your game inside. Coaches can pre-coordinate any access to any available areas prior to game(s) each week with Skagit County Parks & Recreation.
- ALL players, coaches, spectators, referees and staff will be required to wear a mask at all times, regardless of vaccination status per [state guidelines](#).
- No food or beverages for spectators allowed.
- Hand Sanitizer will be available at the score table.
- No end of game handshake will occur.
- Electronic Fox-40 Whistles may be used by referees in place of a traditional whistle.
- Only team personnel and players should be in the team bench area
- Pick up your litter and dispose of it properly after games.
- Promptly leave the gym following your game(s).

SAFETY FIRST



**PLEASE WEAR A MASK
THANK YOU!**