

## 2025 - 2026 NEPSGBA Basketball Rules

NEPSAC Girls' Basketball games follow NFHS rules with the following exceptions:

1. Substitutions during free throws are allowed before the 1st attempt or after a successful 2nd shot.
2. The coaches may use the new 38-foot hash mark to the end line. Coaches are not required to sit if a T is assessed to them.
3. 5-second count when a player is closely guarded **holding** the basketball not when dribbling.
4. The game clock will stop after a goal is successful in the last 59.9 seconds of the fourth quarter and the last 59.9 seconds of all extra periods.
5. A team may opt to advance to front court following a timeout after a made basket in the last 59.9 seconds of the fourth quarter after securing the ball from a rebound/change of possession if they have not already advanced the ball with a pass or dribble. The ball will be inbounded from the 28' mark on the scorer's table side of the court. You may only advance the ball on your own timeout.
6. The home team wears dark uniforms, the visiting team wears light.
7. The home team is expected to provide the game & practice balls for both teams.

### Rules Reminders:

1. Three 60-second timeouts and two 30-second timeouts per game. One additional full timeout for each overtime period.
2. Games are 32 min in length, played in four 8 min quarters. Overtime periods are 4 mins in length.
3. The shot clock is used to administer the 10 second backcourt violation. A new 10 second count is not given for a timeout, out of bounds by the defense, or a jump ball where the offense retains possession.
4. If a kick violation occurs and the shot clock is under 15 seconds, the shot clock is reset to 15 only. If the shot clock is 15 or over and a kickball violation occurs, the shot clock stays as is.
5. When the ball is in team control in the offensive team's frontcourt and the defensive team commits a violation, a common foul prior to the bonus, or the ball becomes dead, the corresponding throw-in by the offensive team will be at one of four designated spots determined by where the infraction took place. The designated spots are either the nearest 28-foot mark along each sideline or the nearest spot 3 feet outside the lane line on the end line. The one exception is when the defensive team causes a ball to be out of bounds, the throw-in shall be the spot where the ball went out of bounds.
6. Uniform Rules - Sleeves/Tights/Compression Shorts 3-5-3: Arm sleeves, knee sleeves, lower leg sleeves, compression shorts and tights are permissible. • Anything worn on the arm and/or leg is a sleeve, except a knee brace, and must meet the color restrictions. • Sleeves/tights, compression shorts shall be black, white, beige or the predominant color of the jersey and the same color sleeves/tights must be worn by teammates. • All sleeves/tights, compression shorts must be the same solid color and must be the same color as any headband or wristband worn. • Sleeves/tights and compression shorts must meet the logo requirements. See NFHS Rule 3-6. • Note: A brace is defined as anything worn for a medical purpose to increase stability. In general, it is made of neoprene or elastic knit with an insert embedded to support the joint. It may or may not have a hinge and/or straps or an opening over the knee cap.
7. Rule 1-26.7 Hair adornments, including beads, may be worn provided they are secured and do not present a safety hazard to the player, teammates, or opponent(s). (May 2022) It remains the responsibility of the head coach to ensure players are legally equipped before the competition begins.
  - a. Hair must be in a "tight ponytail or bun."
  - b. Below the shoulder blade is not acceptable.
  - c. Hair is not allowed to swing around.
  - d. Hair must be secured close to the player's head.



## Guidelines for the Option to Advance the Ball

Prepared by Jon Levinson, NCAA Women's Basketball Secretary-Rules Editor

### What is the rule?

- During the last 59.9 seconds of the game (fourth quarter or any overtime) when the team in control of the ball, or the team who is to be awarded a throw-in in their backcourt, is granted a timeout, the team will have the option to move the throw-in spot to a point 28 feet from the end line on either side of the playing court.
- The game time when the timeout is granted and charged, and not the time that team control began, will determine whether the option is available to the team calling timeout.
- An opponent's timeout or an electronic-media timeout does not provide a team with the option to advance the ball (unless the electronic-media timeout is a result of the team in control requesting a timeout, e.g., the first team-called timeout in the second half).
- If the team advances the ball by a pass or dribble, in any direction, before the timeout is granted, the team will no longer have the option to advance the ball.
- If the ball has been dribbled or passed in the backcourt before the timeout, successive timeouts do not provide the team with the option to advance the ball.
- If the ball has been dribbled or passed in the backcourt and the team in control is still in their backcourt when the defense commits a common foul before the bonus is in effect or a violation, the option is available to the team in control when they request a timeout.
- If the ball has been dribbled or passed in the backcourt and play is stopped for a timing or scoring mistake, an inadvertent whistle, a held ball, an administrative technical foul assessed to the team in control, or for an injury, blood situation or lost or displaced glasses/lenses and the team in control calls a timeout, the option to advance is NOT available.
- The head coach must notify the officials of their intent to advance the ball, or which side of the court to make the throw-in, before the timeout has been reported to the scorer. If the head coach does not inform the officials before the timeout has been reported to the scorer, play will resume at the point of interruption. When the head coach does not designate a side of the court to inbound the ball before the timeout is reported to the scorer, the throw-in will be made at the 28-foot line tableside.

**Plays:**

**Play 1:** Following a made goal by Team A with 49.9 seconds remaining in the fourth quarter, Team B immediately calls timeout. May Team B advance the ball to the throw-in spot 28 feet from the end line on either side of the playing court?

**Ruling 1:** Yes, provided the head coach of Team B notified the officials of their use of the option before the timeout was reported to the scorer.

**Play 2:** If in Play 1, Team A (the team that scored) calls the timeout, does Team B have the option to advance the ball?

**Ruling 2:** No, unless Team B calls a timeout after Team A's timeout.

**Play 3:** A1 secures a rebound in her backcourt with 1:05 remaining in the fourth quarter. She holds the ball for 8 seconds when the head coach of Team A calls timeout. Does Team A have the option to advance the ball to the throw-in spot 28 feet from the end line on either side of the playing court?

**Ruling 3:** Yes. The determining factor as to when the option is available is the time on the game clock when the timeout is granted and charged and not the time that the player gained control of the ball.

**Play 4:** A1, dribbling in her frontcourt, has the ball stolen from her by B1. B1 does not pass or dribble the ball. Team B calls a timeout with 30.2 seconds remaining in the game. May Team B advance the ball?

**Ruling 4:** Yes.

**Play 5:** Team A inbounds the ball following a successful field goal with 45.5 seconds remaining in the game. While A1 is dribbling in her backcourt:

- (1) Is fouled by B1 before the bonus is in effect for Team A;
- (2) B1 commits a kick-ball violation;
- (3) B1 causes a held ball and the alternating-possession arrow favors Team A;
- (4) There is a timing or scoring mistake;
- (5) The official has an inadvertent whistle;

(6) A2 is injured, bleeding, or has a lost or displaced lens.

If Team A calls a timeout, do they have the option to advance the ball?

**Ruling 5:** In (1) and (2), Team A has the option to advance the ball. While Team A has advanced the ball in their backcourt by a dribble or pass, because there was a foul or violation by Team B which causes a throw-in in the backcourt, Team A will have the option to advance the ball if Team A calls a timeout. In (3), (4), (5) and (6), if Team A calls a timeout, they will not have the option to advance the ball.

**Play 6:** A1 is dribbling the ball in the frontcourt with 34.9 seconds remaining in the game when B1 deflects the ball:

(1) Into Team A's backcourt and A1 secures control of the ball or

(2) Into Team A's backcourt and the ball goes out of bounds.

If Team A calls a timeout, do they have the option to advance the ball?

**Ruling 6:** In (1), Team A does not have the option to advance the ball, as there has been no change in team control when A1 secured control of the ball. In (2), Team A does have the option, as B1's knocking the ball out of bounds (violation) caused there to be a throw-in in Team A's backcourt.