



**HYBA**  
BASKETBALL  
**HYBA BASKETBALL RULES SUMMARY**  
**REVISED 2025**

**HYBA FOLLOWS NFHS RULES WITH THE FOLLOWING EXCEPTIONS**

1. **Game Time:** Two (2) 18-minute halves, running clock. Clock only stops on timeouts & last minute of each half.
2. **Timeouts:** Two (2) times per game. Unused Timeouts do not carry over to Overtime.
3. **Overtime:** 1 Minute Duration. One (1) timeout in 1st Overtime, none in subsequent Overtimes. No sudden death.
4. **Basketball Sizes:** Girls Divisions: 28.5” ball. Boys 6th Grade & below: 28.5” ball. Boys 7th Grade and Above: 29.5” ball.
5. **Fouls:** 5 personal fouls result in disqualification of any player. Disqualified players must stay on bench.
6. **Free Throws:** No 1-and-1 Foul Rule. Double Bonus Rule in effect on 10th team foul, resulting-in 2 free throws. Shooting fouls result-in 2 free throws.
7. **Technical Fouls:** Follows NFHS’s rules (2 shots and possession at midcourt).
8. **Defense Restrictions:** No backcourt pressing in 1st through 3rd grade Divisions. No backcourt defense if leading by 15 or more points in any Division (2 warnings, then technical foul per violation).
9. **Equipment:** NFHS-compliant gear required.
10. **Playing Time for Non-Travel and Non-Recreation Team Players:** Each player must play at least half the game unless injured. This totals 18 minutes.
11. **Minimum Number of Required Players:** Games may commence with 4 players (4-on-4 allowed). Forfeit after 10 minutes of scheduled game time if a team has less than 4 players. Teams may pick-up HYBA registered players to meet 4-player minimum.
12. **Kindergarten, 1st, & 2nd Grade Leagues:** No scorekeeping. Lower basket height if decided on by the Commissioner. No zone defense in 1st through 3rd grades Divisions.
13. **Zero Tolerance Policy:** No fighting, abusive language, or unsportsmanlike conduct. Violators, including all players, coaches, parents, and fans, may be suspended/banned without warning or refund.
14. **Coach Requirement:** Each team must have a Coach who is at least 25 years old at the start of the season. This Coach must be present at the start of every game, or the team forfeits.