



SRYBL Boys and Girls High School Division Gameday Rule Book

The SRYBL High School basketball league is designed to offer High School students a safe environment to compete in the game of basketball. It is our mission to offer an organized, well run and safe environment for High School students to participate in a basketball league. This is a recreational level league with the goal of all players participating.

High School Girls

Equipment & Game Structure

Size of Ball: 28.5"

Height of the Basket: 10'

Game Length: 40 Minutes (20-minute Running Clock Halves)

Substitutions: In the first half every 5 minutes there will be a stoppage of the game to allow substitutions to happen. (See Playing time below)

Warm Up Time: 3 minutes

Half Time: 2 minutes

Overtime Period: 2 minutes

Timeouts: Two 45-second timeouts permitted for each half of play and One 45-second timeout permitted for the overtime period.

Personal Fouls: A player is allowed 5 Personal Fouls. On the fifth personal foul, that player shall be removed from the game. Technical fouls are counted as a personal foul.

Game Tactics & Highlighted Rules

- Playing Time: Equal Playing time for each player in attendance during 1st half.
- Pressing: Full Court Press is Allowed (No pressing allowed by a team leading by 20 points or more)
- Set Defense: All half court defenses allowed
- Clock Stoppage: Clock will stop the last minute on a dead ball in the first half and the clock will stop the last 2 minutes on a dead ball in the second half. (High School rules last two minutes of the game).
- Shooting fouls: 2pt FG Att 1 FT for 2pts. 3pt FG Att 1 FT for 3pts. All fouls on a made basket 1pt awarded in addition to the made shot no FT.
- Team Fouls: Beginning with a team's 10th foul in each half, free throws are awarded. (Shoot 1 Ft for 2Pts)
- Technical Fouls: Automatic 2pts and possession of the ball.

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Our Onsite Professional Coach and Gym Monitor will help with any rules questions each week during games.