

2022 – 2023 NEPSGBCA Rules

NEPSAC Girls' Basketball games follow National Federation High School rules with the following exceptions:

1. We are using a 10 second backcourt count.
2. A 30-second shot clock is used. If a reset for a kick violation occurs and the shot clock is under 15 seconds, the shot clock gets reset to 15 only. If the shot clock is 15 or over and a kickball violation occurs, the shot clock stays as is with no reset.
3. Three 60-second timeouts and two 30-second timeouts per game. One additional full timeout for each overtime period.
4. Games are 32 minutes in length, played in four 8 minute quarters. Overtime periods are 4-minutes in length.
5. Teams will shoot two shots on the 5th foul of each quarter. Fouls will reset at the conclusion of each quarter. There is NO one-and-one.
6. Substitutions during free throws are only allowed before the first attempt or after a successful 2nd attempt. No substitutions are allowed between free throws.
7. 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.
8. 5-second count when a player is closely guarded holding the basketball.
9. 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.
10. 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 foot mark on the scorer's table side of the court.
11. Free throws-players in marked lane spaces may enter the lane to rebound on the release of the attempt; the low block is empty for attempts. Free throw shooter and those outside the arc/free throw line extended must wait until the ball hits.
12. The home team wears dark uniforms, the visiting team wears light.
13. 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.
14. 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.
 1. Hair must be in a “tight ponytail or bun.”
 2. Below the shoulder blade is not acceptable.
 3. Hair is not allowed to swing around.
 4. Hair must be secured close to player’s head.
15. The home team is expected to provide the game & practice balls for both teams.