

2025 - 2026 NEPSGBA Basketball Rules

NFHSAC 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.