

**VALLEY INTERSCHOLASTIC SPORTS ASSOCIATION
BASKETBALL RULES**

**Certified
Officiating**
VISA Rules

Revised – September 1, 2018

These rules are for clarification or to note exceptions to CIF rules.

CIF rules apply to any situation not included here.

1. Teams will use an Official Women's Size Basketball, 28.5 inches in circumference.
2. Each team will be allowed 4 timeouts per game. There is no restriction as to how many timeouts may be called in a half. The head coach may call timeout from the bench.
3. During play, the coach must stay within the coaches box. The coaches box is a 12' area which should be marked on the floor, along the sideline, from the edge of the scorer's table toward the baseline. Only one coach may be standing. More than one coach standing from the same team is a technical foul.
4. The game will consist of two 20 minute running halves with an 5 minute rest period between halves. There will be no stop-clock procedure at the end of the game. The clock will only stop for timeouts.
5. In the event of a tie, a 2 minute running overtime period will be played, with 1 time-out allowed for each team. Overtime periods will be played until a victor is determined. There will be a 1 minute rest period between overtime periods. The clock will only stop for timeouts.
6. A win will be declared for the leading team if a 30 point lead is accumulated. No further scoring will be recorded. The timing of the game will continue.
7. There is no lack of play penalty. The five-second rules still apply.
8. Support poles must be padded. **Games may not be played without padded poles.** The game will be declared a forfeit, with the visiting team declared the winner.
9. Jewelry may not be worn. It is not acceptable to place tape over jewelry. **Players wearing any jewelry (covered or not) may not participate. No exceptions!**
10. The free throw line is 13', which is two feet ahead of the standard free throw line. Shooters may not step on or over the line until the ball has contacted the goal. **Free throw line violations are to be strictly enforced for all levels.** Stepping on or over the line before the ball contacts the rim is a violation.
11. The non-shooting team is required to fill both lane positions closest to the basket. The offense occupies the next spot, and the defense the third spot. The fourth lane space (the one nearest the shooter) on each side will remain empty. A maximum of three players may line up on each side of the free throw lane.
12. No back court defense will be allowed at any time.
13. Three point shots **are allowed**, when fully and completely marked.
14. Fouls will **not** be recorded in the score book. Accordingly, players will not foul out of the game and free throws will only be attempted on shooting fouls. There will be no bonus free throws.