

2019-2020 TYBA HS REC Rules

	HS
Ball Size	Boys-29.5" Girls- 28.5"
Hoop Height	10'
Time Outs	(4) Thirty second timeouts per team- per game
Substitutions	Any dead ball
Game Length	7 minute stopped clock quarters
Scoring	Scoreboard & scorebook for points & fouls
Backcourt	Any time as long as you are not up by 15 pts or more
Defense / Offense	No restrictions on defense
Overtime	One 2-minute OT only. (1) Thirty Second Timeout per team.
Parent Help	Home = scoreboard; Visiting = scorebook
In the Key	3 seconds allowed
Closely Guarded	5 second rule applied
Fouls	5 Fouls per player
Free Throws	Normal distance; rebound once leaves shooters hand

*2nd OT - SUDDEN DEATH- FIRST POINT TO BE SCORED WINS
* 1 Minute break between Quarter
*2 Minute break for Halftime
*2 minute Warm up before game guaranteed