



2022-23 NFHS BASKETBALL RULES POWERPOINT

National Federation of State
High School Associations



Rules Changes
Editorial Changes
Points of Emphasis

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STATE HIGH SCHOOL ASSOCIATIONS
(NFHS)**



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leader and advocate for high school athletics and performing arts programs.
 - Serves 51 state associations, 19,500 high schools and 12 million student participants.
 - Writes playing rules for 17 high school sports for boys and girls.
 - Offers online education courses for high school coaches, officials, parents, students and others.
 - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Basketball, Girls
Lacrosse and
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball, Swimming &
Diving and Water Polo



Elliot Hopkins
Baseball and
Wrestling



Julie Cochran
Cross Country, Gymnastics,
Field Hockey, Soccer and
Track & Field



James Weaver
Boys Lacrosse
and Spirit



Dan Schuster
Ice Hockey

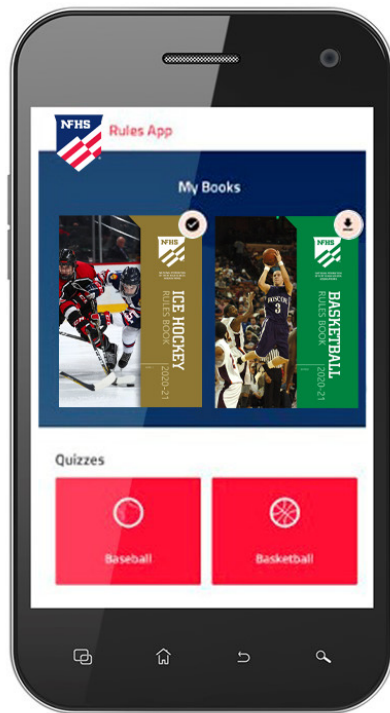


NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



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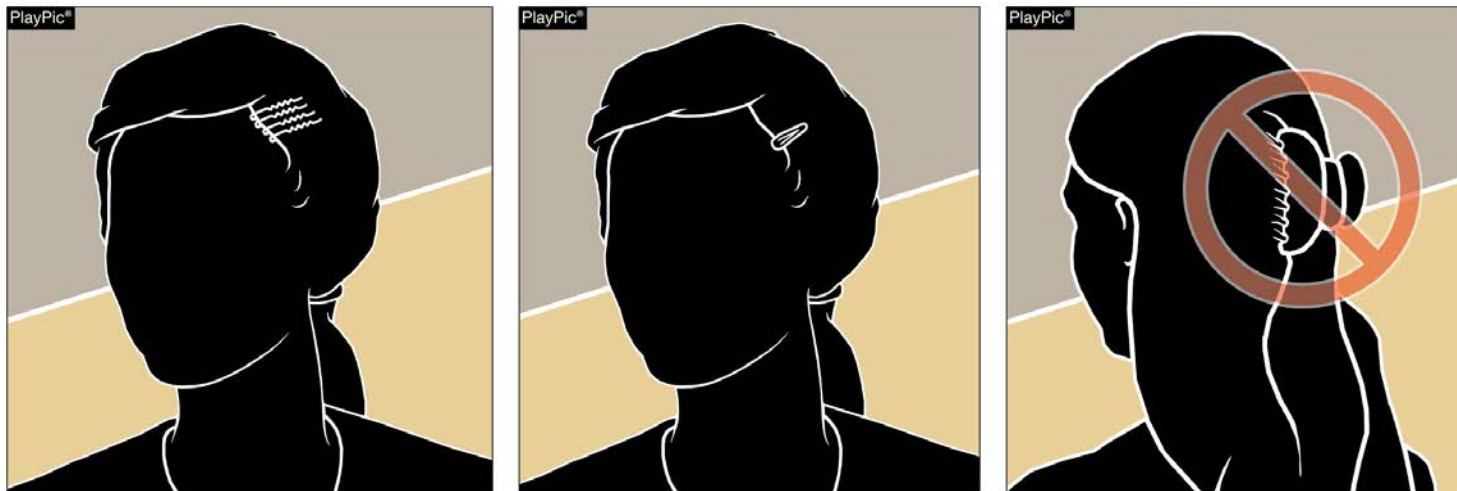


Rules Changes

2022-23 NFHS BASKETBALL



TEAM MEMBER'S EQUIPMENT, APPAREL 3-5-4d

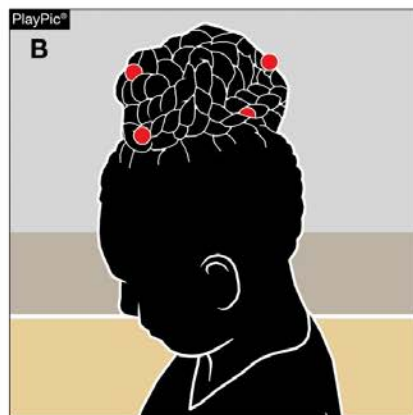


- Hair control devices that **are securely fastened close to the head** and **do not increase risk** to the athlete, teammates and opponents are permitted.
- Hair clips that are hard, protrude from the head and/or are easily dislodged do not comply and are not legal.

TEAM MEMBER'S EQUIPMENT, APPAREL 3-5-4d



Non-compliant



Compliant



Non-compliant



Compliant

- Hair adornments, such as beads, that are **securely fastened close to the head** and **do not increase risk** to the player, teammates or opponents are permitted (PlayPics B and D).
- PlayPics A and C illustrate hair beads that are **not** securely fastened close to the head and **do** increase risk of injury; therefore, these examples are non-compliant.

TEAM MEMBER'S EQUIPMENT, APPAREL 3-5-4d



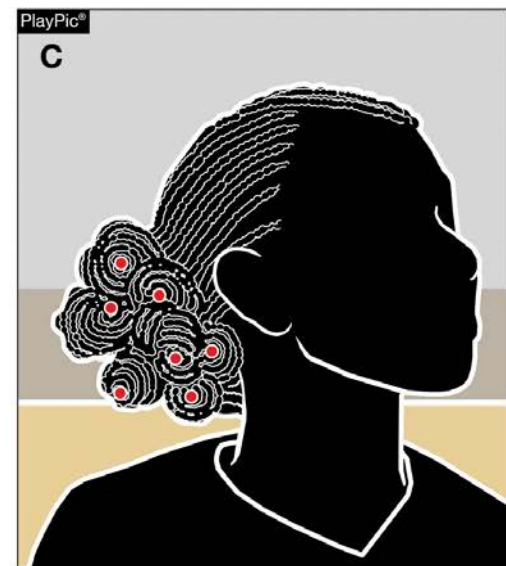
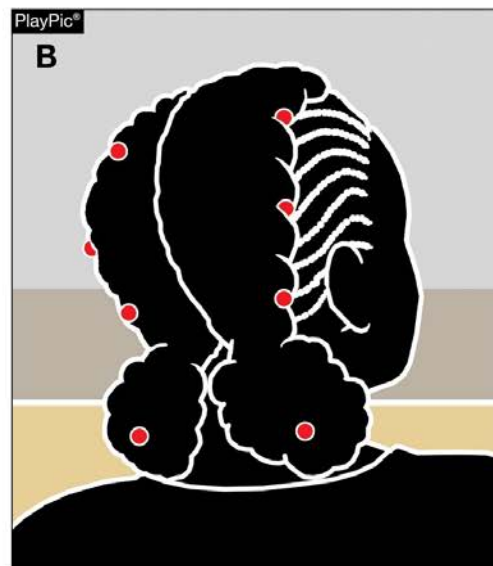
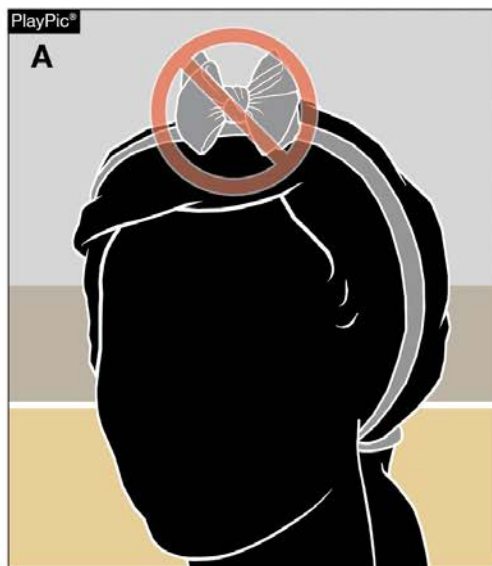
Non-compliant



Compliant

- Hair adornments that are **not** securely fastened, **do** increase the risk to the player, teammates or opponents and/or are **not** secured close to the head should be addressed by the official with the **coach**.
- The player(s) shall have the opportunity to comply or remove the adornment(s).

TEAM MEMBER'S EQUIPMENT, APPAREL 3-5-4d



- **PlayPic A** – Rules 3-5-4a & b still require headbands (any item that goes around the entire head) to adhere to the color requirements; be free of extensions, non-abrasive and unadorned, and no more than 3 inches wide.
- **PlayPics B and C** – provide additional examples of **compliant** hair adornments.

TEAM MEMBER'S EQUIPMENT, APPAREL 3-5-4d



- Hair charms are considered jewelry and per rule 3-5-7 would **not** be permitted.



Major Editorial Changes

2022-23 NFHS BASKETBALL



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SHOT CLOCK – STATE ASSOCIATION ADOPTION

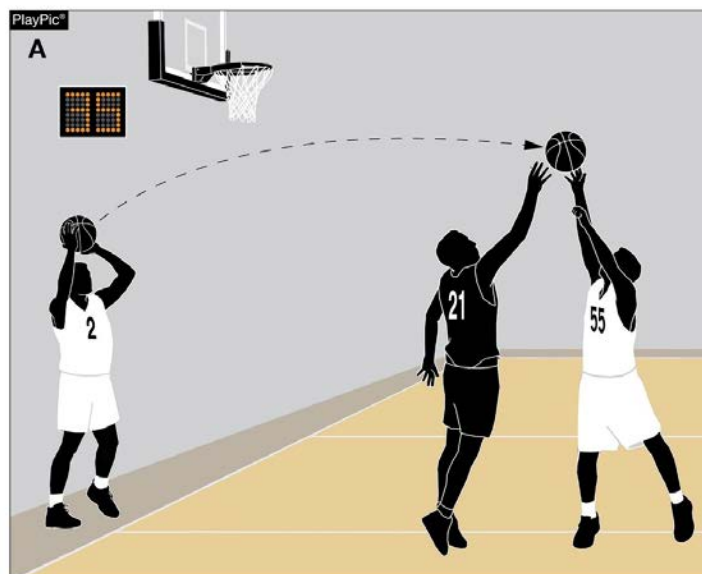
- Rule 2-14 outlines the rules, effective with the 2022-23 season, for state associations that adopt the shot clock. Those rules include:
 - The team in control shall attempt a try for field goal within 35 seconds after gaining team control.
 - The clock shall be visible.
 - The tap/try for field goal shall leave the shooter's hand before the expiration of time.
- The shot clock guidelines are **recommendations** by the NFHS Basketball Rules Committee. Modifications to these recommendations will not qualify as rules modifications.



SHOT CLOCK – STATE ASSOCIATION ADOPTION

OFFICIALS' GENERAL DUTIES

- If using the shot clock to administer the 10-second backcourt count, the 10-second count begins when the ball touches or is legally touched by a player in the backcourt.
- **Rationale:** Creates consistency for the shot clock operator and game officials.



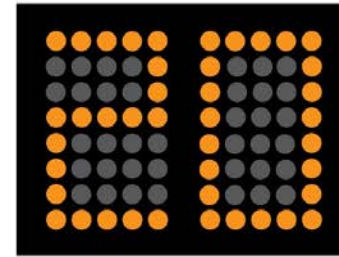
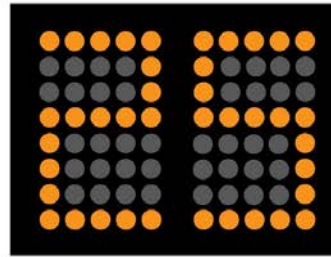
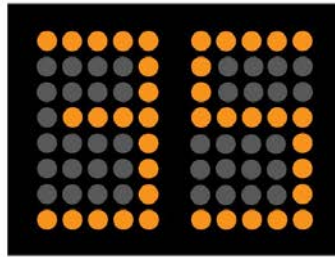
- If the ball is not cleanly caught by a player on the court, the team in control will get the remaining first 10-seconds of the shot clock to exit the backcourt.

SHOT CLOCK – STATE ASSOCIATION ADOPTION

- **THE SHOT CLOCK OPERATOR SHALL:**
 - **Item 2:** Eliminated the reference to turning off the shot clock when 5-5-3 NOTE (Mercy Rules) are implemented.
 - **Rationale:** This is a state association determination based on state association mercy rules.
 - **Items 5a-c and 6b v & vi:** Simplified language when the shot clock operator shall start the clock and when the shot clock operator shall stop and reset to the full amount.
 - **Rationale:** Clarifies shot clock operator duties while aligning language with other rules codes.



SHOT CLOCK – STATE ASSOCIATION ADOPTION



■ THE SHOT CLOCK OPERATOR SHALL:

- **Item 8:** Eliminated reference to resetting the shot clock not to the full shot clock amount (20 seconds).
 - **Rationale:** State associations may determine if resetting to not the full shot clock and to what amount based on experience level of shot clock operators. A 35-second shot clock could result in a 25-second reset if/when not resetting to the full shot clock, a different amount or only administer a full reset.



Editorial Changes

2022-23 NFHS BASKETBALL



www.nfhs.org

EDITORIAL CHANGES

- 3-7: The referee shall not permit any team member to participate if, in the referee's judgment, any item constitutes a safety concern, ~~such as, but not limited to a player's fingernails or hairstyle.~~
- 4-19-4: ...If technical, it involves dead-ball contact or noncontact conduct at any time...
- 4-22: Reformatted as 4-22-1 and 4-22-2





EDITORIAL CHANGES

- 4-28-2: The jump ball begins when the ball leaves the official's hand(s) and ends when the touched ball contacts a nonjumper, an official or the floor, ~~a basket or backboard~~.
- 6-4-3f NOTE: When the alternating-possession procedure has not been established, the jump ball shall be in the center retraining circle between the two players involved in the ~~subsequent~~ previous action.



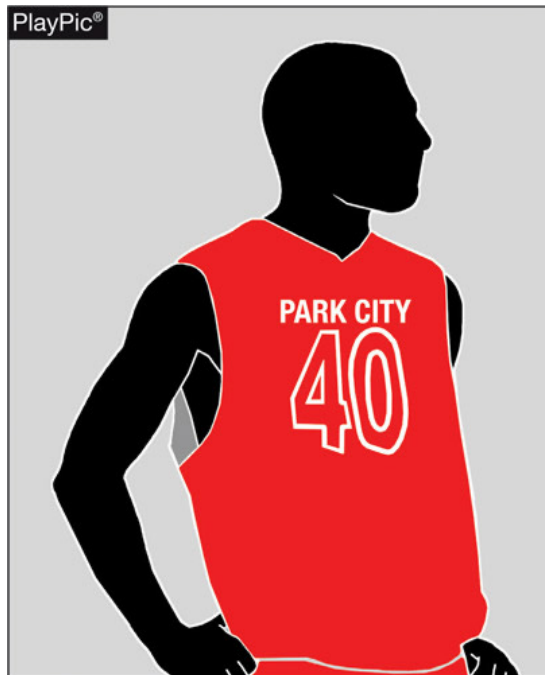


Rule Change Reminders

2022-23 NFHS BASKETBALL

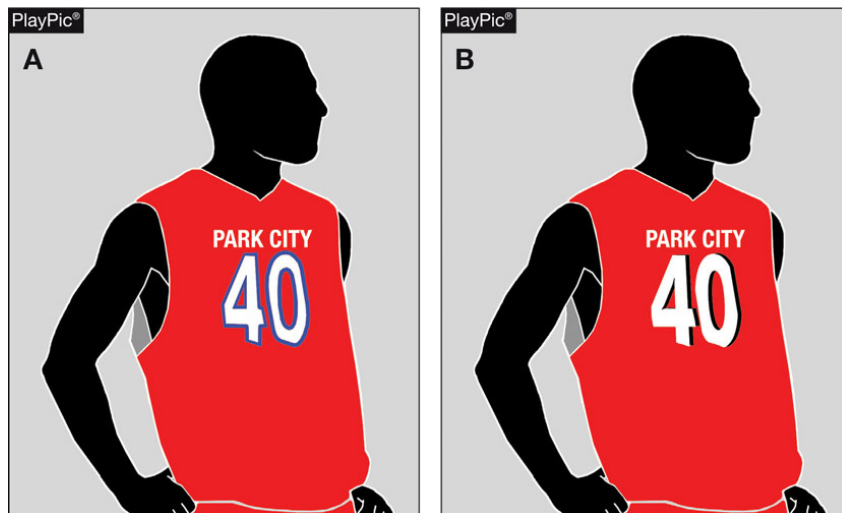


JERSEY NUMBERS 3-4-3e(2)



- Beginning in the 2024-25 season, the body of the number must clearly contrast from the body of the uniform regardless of trim.
- This option [3-4-3e(2)] will no longer be compliant.

JERSEY NUMBERS 3-4-3e(1 & 3)



- Two legal jersey numbering options will remain:
 - A solid contrasting number with no more than two solid color $\frac{1}{4}$ -inch borders around the entire number (PlayPic A);
 - A solid contrasting color with a “shadow” trim of a contrasting color on part of the number not to exceed $\frac{1}{2}$ inch in width and may be used with one $\frac{1}{4}$ -inch border (PlayPic B).



Points of Emphasis

2022-23 NFHS BASKETBALL

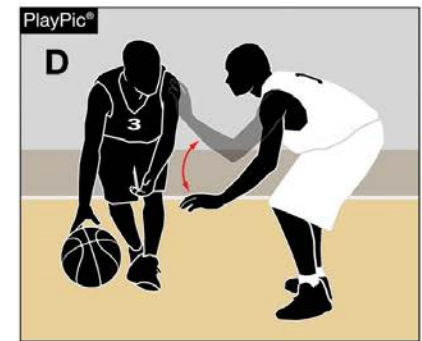
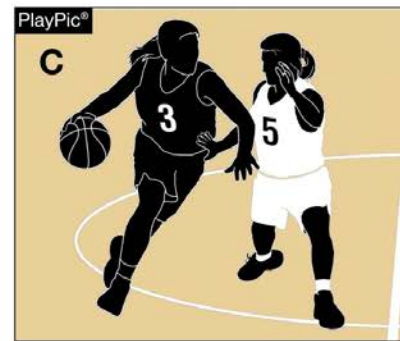
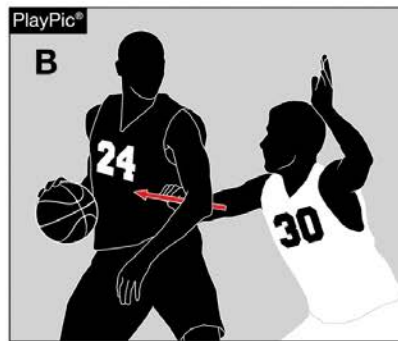
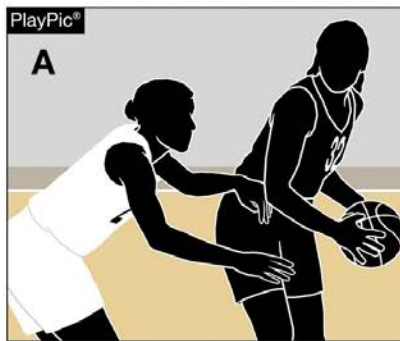


REDUCING ILLEGAL CONTACT

- To maintain the sound traditions of all sports, encourage sportsmanship, and minimize the inherent risk of injury, playing rules are developed to serve the varying skill levels of the involved participants.
- When officials allow personal philosophies to enter into their enforcement of the rules, unintended advantages can be provided to players or teams, advantages that can determine the outcome of a contest.
- It's incumbent on contest officials to enforce the rules as written.
- Participants should expect nothing less from contest officials on a nightly basis, and the enforcement of all playing rules should be made without regard for time and circumstance.
- A foul or violation in the first quarter is expected to be a foul or violation in the last minute of a contest.



REDUCING ILLEGAL CONTACT

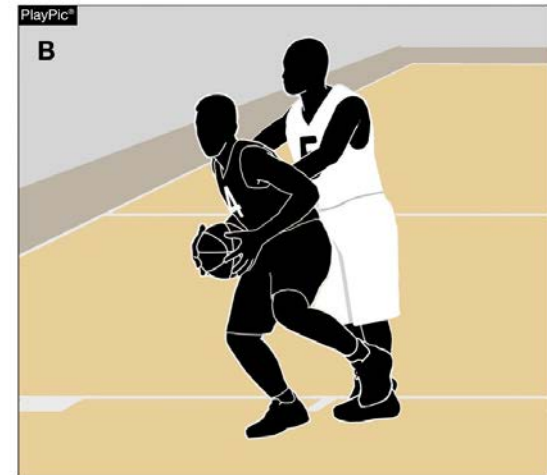
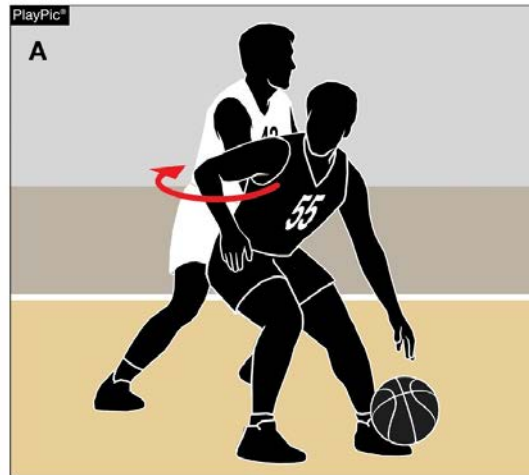


- **Hand Checks:** Rule 10-7-12 is very clear for officials to apply. Over the recent years, freedom of movement for players has improved, and officials need to remember the simple concepts of Rule 10-7-12 that prohibit defensive players from:
 - Placing two hands on the player (PlayPic A),
 - Placing an extended arm bar on the player (PlayPic B),
 - Placing and keeping a hand on an opponent (PlayPic C), or
 - Contacting an opponent more than once with the same hand or alternating hands (PlayPic D).
- Keeping these simple principles in mind are critical for officials and need to be ruled when they occur.



REDUCING ILLEGAL CONTACT

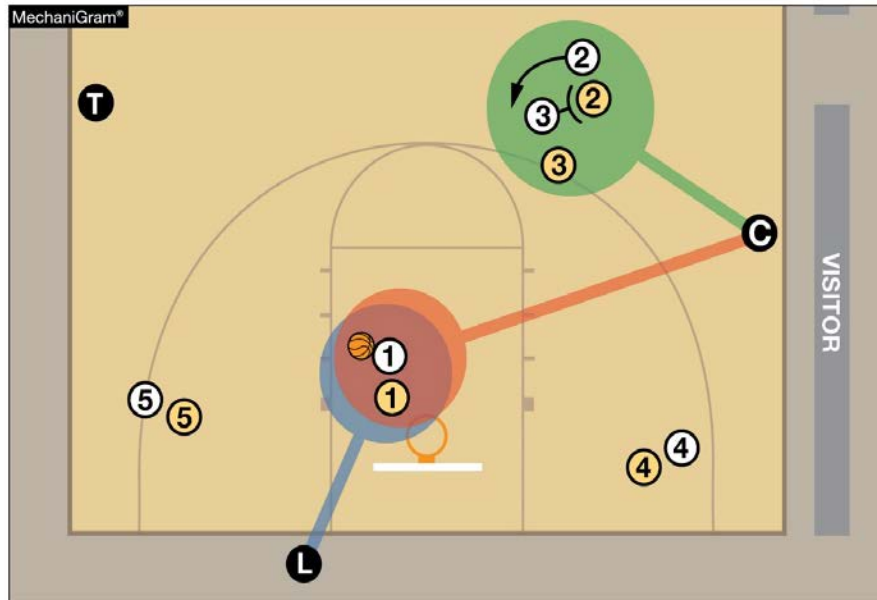
Post Play: The High School RIO National High School Sports-Related Injury Surveillance Study revealed more basketball injuries occur in the post than any other place on the floor. Officials need to monitor play in the post, whether the ball is involved or not.



- Players who either illegally carve out space for themselves (PlayPic A) or defenders who repeatedly push, knee, or otherwise attempt to knock offensive players off balance (PlayPic B) need to be penalized for their actions.
- Failure to address the first illegal contact leads to more physical play.
- Regardless of the player's location on the floor, when a player's rhythm, speed, balance, or quickness is impeded, a foul has occurred.

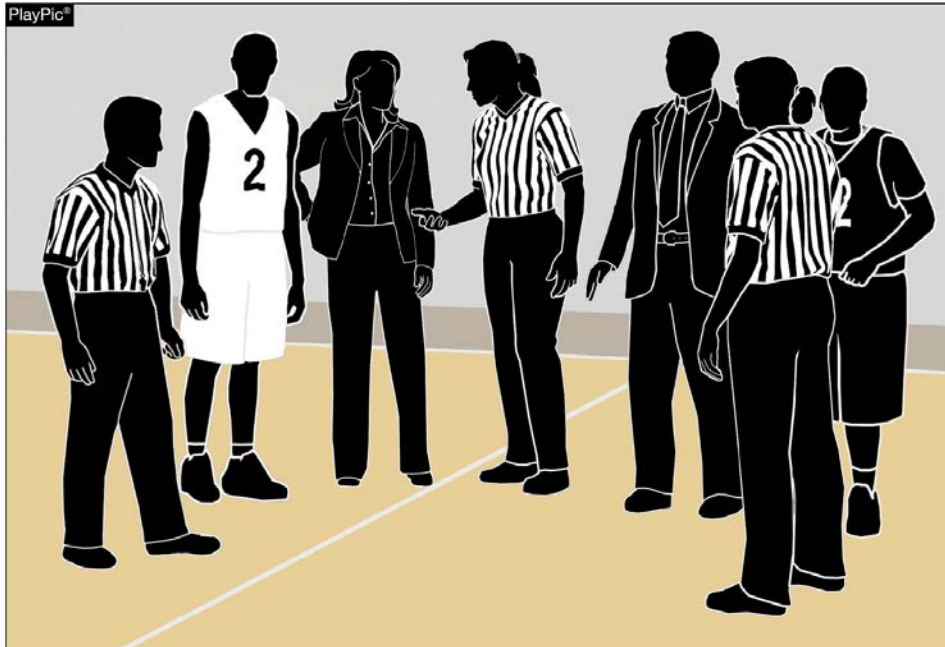


REDUCING ILLEGAL CONTACT



- **Off-ball play:** Keeping eyes on off-ball plays is also necessary to help reduce the physicality in the game. Officials need to keep their focus on their primary coverage area, and no place is that more critical than off-ball plays.
- Officials who tend to 'ball watch' will miss screening plays in front of them that involve illegal contact. Allowable action by screeners, cutters, and defenders are outlined in the rules, and officials who stay in their primary area will naturally better officiate these kinds of plays.
- When either the offense or defense are allowed to play outside the screening and defending rules off-ball, more physical and illegal play tends to follow.

PREGAME MEETING – ADDRESSING ILLEGAL UNIFORMS, EQUIPMENT AND APPAREL



- Rule 2-4-5 requires that game officials verify with each head coach, prior to the start of a contest, that the teams' uniforms and equipment are legal and will be worn properly, and that all participants will exhibit proper sporting behavior throughout the contest.
- Before and after this pre-game verification, officials should monitor players and notify the head coach if they notice anything that needs to be addressed, including the color of uniforms, undershirts/undergarments, jewelry, casts, braces, or hair control devices.

PREGAME MEETING – ADDRESSING ILLEGAL UNIFORMS, EQUIPMENT AND APPAREL



- If an official identifies any uniform or equipment issue that is of concern, the official should allow head coaches to address the problem and not take it upon themselves to deal directly with the player.
- Even during the pre-game period, players must be legally attired, and paying attention to these details in pre-game will set the tone for the contest.

SPORTSMANSHIP



- NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote *respect*, *integrity* and *sportsmanship*. However, for these ideals to occur, everyone involved in these programs must be doing their part.

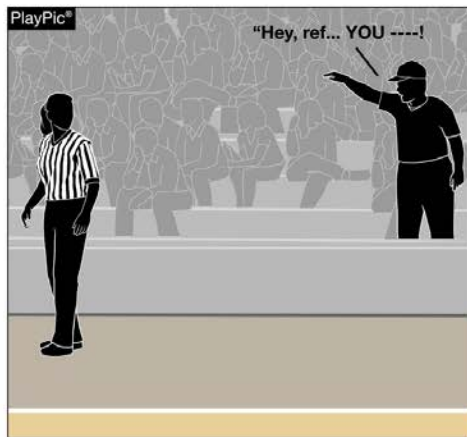


SPORTSMANSHIP



- There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest.
- Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

SPORTSMANSHIP



- Contest officials should never engage with spectators who are exhibiting unsporting behavior.
- School administration is responsible for dealing with unruly spectators prior to, during and after the contest.
- If spectators are using demeaning or profane language at officials, coaches or players – or at others in the stands – those individuals should be removed from the contest by school administration.



SPORTSMANSHIP



- Good sports win with *humility*, lose with *grace* and do both with *dignity*.
- It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.



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