

2024 Back To School League Rules

The IHSA rules will apply with the following exceptions:

- Games will consist of four 10-minute quarters with a running clock. The clock will stop until the last minute of the 4th quarter.
- No game will start before the scheduled time unless both coaches agree. There will be a minimum of a 5-minute warm-up period. Halftime will be 3 minutes unless both coaches agree to start earlier.
- 1st Overtime will be 1 minute (stop clock)
- Double OT = Sudden Death
- Each team will receive 2 Timeouts per game (30 second)
- 5 fouls per player
- 5 team fouls per quarter = double bonus (2 free throws)
- 35 second shot clock for HS (Varsity Division)
- Shot clock will reset when the ball hits the cylinder
- Free throws will be shot in their entirety (2 shots for a 2pt attempt and 3 shots for a 3pt attempt)
- No full court press with 20 point lead.
- Each team must provide a scorekeeper (Home Team on the schedule keeps the official scoresheet, Away Team on the schedule is the clock operator). Shot clock operators will be supplied by the league.