FIYA BASKETBALL RULES

As of August 1, 2026

In general, FIYA Basketball rules consist of what is stated herein along with the provisions in the FIYA Regulation Manual which can be found on the FIYA website. In addition, FIYA Basketball adopts the rules set forth by the National Federation of State High School Associations (NFHS). In other words, where these FIYA Basketball Rules and/or the FIYA Regulation Manual are silent, the default is the NFHS rules.

Ball: An indoor quality ball should be used. The ball size by division is:

For Division 1 Boys, the circumference shall be 29.5 inches.
For Division 1 Girls and all Division 2, the circumference shall be 28.5 inches.
For Division 3, the circumference shall be 27.5 inches.

Backcourt Defense: is when the defensive team guards the area from the defensive team's basket to the halfcourt line. It is allowed as set forth herein:

a) For Divisions 1, backcourt defense is allowed at all times, EXCEPT when the game is being played under the Mercy Rule, then neither team can employ backcourt defense.
b) For Division 2, backcourt defense is allowed at all times EXCEPT
    i) when the leading team is ahead by MORE THAN 20 points; under this scenario, only the trailing team can employ backcourt defense
    ii) when the game is being played under the Mercy Rule, then neither team can employ backcourt defense.
c) For Division 3, teams can only employ backcourt defense in the last 2 minutes of the game and overtime.
d) For all divisions, a team has 10 seconds to cross the ball to half court for both boys and girls or it is a violation.

Defensive Rule for Division 3 Only: In addition to the restrictions on backcourt defense, for Division 3 when a team leads by MORE THAN 20 points, all defenders of the leading team must play defense inside the three point line.

Fouls (Personal): There are NO recorded personal fouls for Division 3. All other divisions, each player may commit 4 personal fouls; the 5th personal foul results in a player disqualification.

Fouls (Team): Each personal foul is also recorded as a team foul. Team fouls are recorded by the quarter, not by the half. Beginning with a team's fifth foul in each quarter (except for player control or team control fouls), two free throws are awarded, regardless of whether the first free throw is successful. Team fouls will be reset to zero at the end of each quarter, but not for overtime.

Technical Fouls: A technical foul on a player counts as a personal and team foul. A technical foul on a coach counts as a team foul. Two technicals is an automatic disqualification and may result in further suspension from future games.

Mercy: If a team leads by 30 points or more at any time during the 4th quarter, the game is considered a Mercy. The team leading automatically wins the game and a regular season game may continue at the judgment of the referees and with the consent of both teams' coaches; a playoff game does not continue. If the regular season game does continue, the score is removed from the scoreboard, the time on the clock runs continuously, there are no timeouts and no backcourt defense is allowed.

Overtime: If the game is tied after the 4th quarter, the overtime rules are as follows:

a) For Division 1, an overtime period is two minutes and the clock stops on all referee whistles. Team fouls from the 4th quarter carry over but timeouts do not carry over. Each team is allowed only 1 timeout per overtime. If the game is tied after the first overtime period, there will be a second overtime. Team fouls from the first overtime do carry over in the second overtime. Again, each team is allowed only 1 timeout per overtime. In the regular season if the game is tied after the second overtime period, there will be a sudden death period whereby the first team to score a point wins. There are no timeouts allowed in sudden death. In the playoffs, additional two minute overtime periods will be played as above until a winner is determined.

b) For Division 2, an overtime period is two minutes and the clock stops on all referee whistles. Team fouls from the 4th quarter carry over but timeouts do not carry over. Each team is allowed only 1 timeout per overtime. If the game is tied after the first overtime period, there will be a second overtime. Team fouls from the first overtime do carry over in the second overtime. Again, each team is allowed only 1 timeout per overtime. IIf the game is tied after the second overtime period, there will be a sudden death period whereby the first team to score a point wins. There are no timeouts allowed in sudden death.

c) For Division 3, there is only one overtime period of two minutes. If the game is still tied after the first overtime period, the result of the game is a tie.

Rim Height: 10 feet for all divisions except for Division 3 girls which should be 9 feet.

Roster: A school with multiple teams in a division may not use a player from the school on multiple teams.

Time: A game consists of four (4) ten minute quarters. The clock is always running time except for (i) timeouts and (ii) the last two (2) minutes of the game IF the margin is 10 points or less in Divisions 1 and 2 or, if Division 3, the margin is 6 points or less ("Within The Margin"). If the score of the game is Within The Margin, the clock stops on every referee whistle and resumes when a player on the court touches a live ball.

Timeouts: Each team is allowed three timeouts for the whole game. If a game goes into overtime, each team is allowed one timeout per overtime period; there is no carry over of unused timeouts.

Uniforms: Teams that do not have reversible uniforms should bring pinnies of a different color as a potential backup when two teams have same colored uniforms. If necessary a coin-flip will be used to determine which team wears the pinnies.

Sportsmanship: Each student athlete participating in FIYA shall endeavor to exhibit good sportsmanship at all times. FIYA reserves the right to discipline any student athlete who does not exhibit good sportsmanship.

In addition, game officials have the authority to remove a player from a game if the officials determine that the player needs a cooling off period in order to maintain control of the game as well as to assist the player in question to regain his/her composure. It is within the game officials' discretion in consultation with the coach to allow the removed player to re-enter the game.

Game officials also have the ability to eject a player from a game. Any ejected player shall automatically serve a *minimum* one game suspension.

Exhibits to this document can be found on the pages below as follows:

Exhibit A

FIYA D-1 & D-2 Basketball Scoresheet

Exhibit B

FIYA D-3 Basketball Scoresheet