



BASKETBALL
CCP TRAINING

UIL BASKETBALL TEAM



Ray Zepeda
Athletic Director



Joseph Garmon
Assistant AD



Grace McDowell
Assistant AD

UIL BASKETBALL TEAM



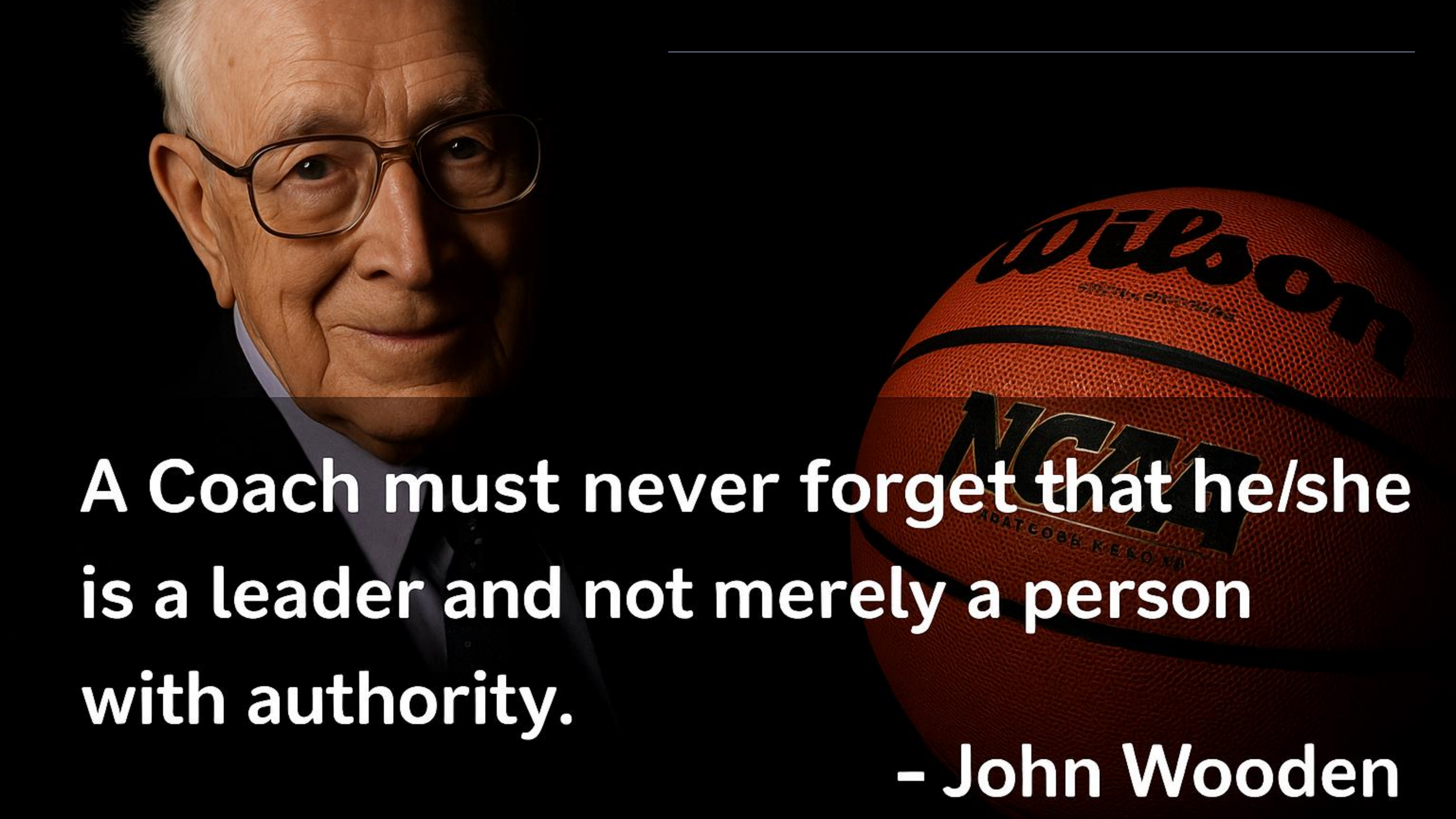
Hannah Higgins
Senior Event Coord



Jessica Walker
Senior Event Coord



Dillon Bankston
Officials Coordinator



**A Coach must never forget that he/she
is a leader and not merely a person
with authority.**

- John Wooden

AGENDA

- What's New for 2025-2026
- 2025-2026 Areas of Focus
 - Basketball Specific Info
 - NFHS Rule Changes
 - UIL Rule Reminders



WHAT'S NEW FOR 2025-2026

HOMESCHOOL STUDENT PARTICIPATION:

- All homeschool students are eligible to participate in UIL activities, practices and processes unless their local school district has opted out of the law.
- If the local district has opted out, student would be eligible at nearest school that allows participation to their address.
- School districts that do allow participation can elect to not allow students from other districts to participate.



WHAT'S NEW FOR 2025-2026

NIL:

- **UIL rules now allow student-athletes 17 years or older to enter into NIL agreements with colleges & universities while participating in that UIL sport.**
- **Athletes are still prohibited from entering into NIL agreements with any other entity until exhausting their eligibility in that applicable sport.**
- **Athletes are still prohibited from promoting a product or service related to their UIL sport.**
- **UIL rules do not prohibit an athlete from obtaining professional representation.**



WHAT'S NEW FOR 2025-2026

SUB-VARSITY ELIGIBILITY

Page 1 of the PAPF is now
REQUIRED to be
completed for new
students **PRIOR** to
competing at the sub-
varsity level.



ELIGIBILITY PAPF

(PREVIOUS ATHLETIC PARTICIPATION FORM)

WHO NEEDS TO HAVE A PAPF?

1. Is the student **NEW** to your school?
2. Did they participate in 8th grade or beyond at a different feeder school or high school in the US or Mexico?

***If the answer to both questions is YES, then a fully completed PAPF is required.**

****If the student is NEW but did not previously participate, only page 1 of the PAPF is required.**

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

____ Grade ____ Birthdate ____
____ City ____ State ____
____ City ____ ☐ Public ☐ Charter ☐ Private
____ City ____ State ____ ☐ Public ☐ Charter
____ Date of withdrawal from previous school: ____
Enrolled in the new school for one calendar year? ☐ Yes ☐ No

Has the student practiced or participated in extracurricular athletic activities (before school, after school or during school) in the United States or Mexico in grades 8-12? If yes, the student must complete page 2 in addition to page 1 and file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

Has the student ever enrolled or participated in a Home School program, Magnet program, Charter school, Open Enrollment or International Baccalaureate (IB) program in grades 9-12?

Provide the name of the school ____ and school year ____

REFERENCE RULE: *QUESTIONS IN THIS SECTION ARE REFERRING TO BIOLOGICAL PARENTS. REFERENCE C&CR SECTION 403.

Does the student live with ☐ one parent ☐ both parents ☐ guardian ☐ foster parent(s)?

If the student lives with a GUARDIAN or FOSTER PARENT(S), a UIL Parent Residence waiver may be required. You must contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Are the parents of the student ☐ married ☐ never married ☐ married- living apart ☐ divorced? If the parents are MARRIED-LIVING APART or MARRIED and the student is LIVING WITH ONE PARENT, a waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Do any parent(s) of the student reside outside the attendance zone of the school the student wishes to represent? If yes, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Has there been a change in schools but no change in address? If yes, please attach an explanation.

Do the parents own, rent or maintain more than one residence? If yes, please attach an explanation.

Are any members of the family still residing at the previous residence? If yes, it should be investigated prior to participation.

Are there other family members in grades K-12 attending a different school district other than the school district the student is attending?

REFERENCE RULE: REFERENCE C&CR SECTION 403.

Has the student enrolled in less than an average of four hours per day of instruction for either state or local high school for the current year?

If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C).

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade ____

ELIGIBILITY

PAPF REQUIREMENT

(PREVIOUS ATHLETIC PARTICIPATION FORM)

The UIL Legislative Council approved a change to Section 443 of the UIL C&CR

The completion of the Page 1 of the PAPF in the UIL portal is now REQUIRED prior to participation at ANY level at a new school.

It is recommended that coaches send the PAPF to the previous school once page 1 is completed.

Proposed Amendment to the Interscholastic League Constitution and Contest

Amendment

3, *Changing Schools for Athletic Purposes*, and S
Previous Athletic Participation Form (PAPF) and
to participation at any level at a new school.

ons

not filing timely PAPFs when students enter new s
school in grades 9-12 must complete the New Student
school. The amendment also reorganizes the flow of sec

(c) of the UIL *Constitution and Contest Rules* would b
of Education:

CHANGING SCHOOLS FOR ATHLETIC PURPOSES

NT ELIGIBILITY QUESTIONNAIRE. THE NEW STUDEN
AIRE (PAGE 1 OF THE PAPF) IS REQUIRED FOR ANY M
2. THE NEW STUDENT ELIGIBILITY QUESTIONNAIRE
D AND SUBMITTED PRIOR TO THE STUDENT PARTICI

ELIGIBILITY

PAPF REMINDERS

New school must verify that student athletes meet the parent residence rule (See Sec 442 of the C&CR)

- Contact previous school
- Appropriate documentation
- Could conduct a home visit

***In reference to PAPF Section III., the appropriate use of the automatic bypass feature is important. (14 days)

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

Grade Birthdate
City State
City ☐ Public ☐ Charter ☐ Private
City State ☐ Public ☐ Charter
Date of withdrawal from previous school:
Enrolled in the new school for one calendar year? ☐ Yes ☐ No

practiced or participated in extracurricular athletic activities (before school, after school or during school hours) in the United States or Mexico in grades 8-12? If yes, the student must complete page 2 in addition to page 1 and file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

ever enrolled or participated in a Home School program, Magnet program, Charter school, Open Enrollment, or International Baccalaureate (IB) program in grades 9-12?

Provide the name of the school and school year

RESIDENCE RULE: *QUESTIONS IN THIS SECTION ARE REFERRING TO BIOLOGICAL PARENTS. REFERENCE C&CR SECTION 403.

Student live with ☐ one parent ☐ both parents ☐ guardian ☐ foster parent(s)?
If student lives with a GUARDIAN or FOSTER PARENT(S), a UIL Parent Residence waiver may be required. You must contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

Parents of the student ☐ married ☐ never married ☐ married- living apart ☐ divorced
If parents are MARRIED-LIVING APART or MARRIED and the student is LIVING WITH ONE PARENT, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

parent(s) of the student reside outside the attendance zone of the school the student wishes to represent? If yes, a UIL Parent Residence waiver may be required. You MUST contact the district Athletic Director/Coordinator then contact the UIL Athletics Department at (512) 471-5883.

change in schools but no change in address? If yes, please attach an explanation.

more than one residence owned, rented or maintained by the parents? If yes, please attach an explanation.

any members of the family still residing at the previous residence? If yes, it should be investigated prior to participation.

where other family members in grades K-12 attending a different school district other than the school district the student is attending?

TIME STUDENT RULE: REFERENCE C&CR SECTION 403.

the student enrolled in less than an average of four hours per day of instruction for either state or local high school?

If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C)

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade

ELIGIBILITY

PAPF REMINDERS

VARSITY PARTICIPATION

District Executive Committee must determine that student did not move for athletic purposes & approve/submit the PAPF to the UIL for a student to be eligible for varsity participation.

****A PAPF does not have to be 'filed' in the UIL office before a student can participate, it only needs approval from the DEC.****

Previous Athletic Participation Form University Interscholastic League

Eligibility Questionnaire for New Student Athletes in Grades 9-12

Must be on File with School Before Participation at any Level in Grade 9-12
(To be filled out by the student and/or parent and filed with the school.)

Grade	Birthdate
City	State
City	<input type="checkbox"/> Public <input type="checkbox"/> Charter <input type="checkbox"/> Private
City	State <input type="checkbox"/> Public <input type="checkbox"/> Charter
Date of withdrawal from previous school:	
Enrolled in the new school for one calendar year? <input type="checkbox"/> Yes <input type="checkbox"/> No	

Has the student practiced or participated in extracurricular athletic activities (before school, after school or during school hours) in the United States or Mexico in grades 8-12? If yes, the student must complete page 2 in addition to page 1 and file with the District Executive Committee Chairperson. If no, the student must complete page 1 and file with the school.

Has the student ever enrolled or participated in a Home School program, Magnet program, Charter school, Open Enrollment, or International Baccalaureate (IB) program in grades 9-12?

Provide the name of the school and school year

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Are there other family members in grades K-12 attending a different school district other than the school district the student is attending?

TIME STUDENT RULE: REFERENCE C&CR SECTION 403.

Did the student enroll in less than an average of four hours per day of instruction for either state or local high school?

If yes, please attach an explanation.

FOUR YEAR RULE AND AGE RULE: REFERENCE C&CR SECTION 400 & 405(FOUR YEAR) & 440(C), 446 (C).

Did the student first enroll in the 9th grade more than 4 years ago? The first date of enrollment in 9th grade

FOCUS ON PRESEASON AND IN-SEASON ELIGIBILITY PROCESSES

- 2 coaches verify all eligibility processes
- PAPF's for all students that require one completed prior to first contest at any level of play
- Factually complete PAPF when sending school
- Appropriate verification of residence (Section 442) & contact previous school

25-26 COACHES AREAS OF FOCUS



CONTINUED FOCUS ON APPROPRIATE ETHICS AND ACCOUNTABILITY

- Removal of situational ethics
- Willingness to act and be responsible when necessary (Do your part)
- Power of a positive example (Be what you expect others to be)

25-26 COACHES AREAS OF FOCUS



EMERGENCY RESPONSE READINESS (EFFECTIVE EAP'S)

- All EAP's reviewed for all athletic facilities
- Regular rehearsal of EAP by staff and students
- Establish a process for a pregame medical timeout with admin, officials, coaches, & trainers

25-26 COACHES AREAS OF FOCUS



CONTINUED IMPROVEMENT OF SPORTSMANSHIP & RESPONSE TO ADVERSITY

- **Begins with expectations & example of the COACH!**
- **What is your system for teaching sportsmanship?**
- **Active Engagement with the Texas Way Program**
- **Focus on athlete conduct & supervision**
- **Positive Expectations for Parents/Spectators**

**25-26
COACHES
AREAS OF
FOCUS**





2023-24

Coach Ejections: 48
Player Ejections: 268
Total Fan Ejections: 172

2024-25

Coach Ejections: **43**
Player Ejections: **306**
Fan Ejections: **78**

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SPORTSMANSHIP

2023-24

Coach Ejections: 30

Player Ejections: 180

Total Fan Ejections: 172

2024-25

Coach Ejections: **26**

Player Ejections: **223**

Fan Ejections: **67**



BASKETBALL
GIRLS

SPORTSMANSHIP

PLAYER EJECTIONS

- Ejected basketball players miss the rest of the game in which they were ejected plus all the following game.
- Player ejections **cannot** be overturned by a game official and/or chapter.
- If a coach has a question following a contest with a player ejection, the coach should contact UIL.



SPORTSMANSHIP THE TEXAS WAY!!

REMINDERS FOR COACHES:

- Provide Specific Instruction to Athletes & Ensure Understanding of Expectations
- Have a Bench Plan in the Event of a Game Altercation
- IMPLEMENT AT ALL LEVELS (MS, 9th, JV & Varsity)



UIL SIDELINE/BENCH PROTOCOL GUIDANCE

responsible for the personal conduct and behavior of all team members and level. Coaches should communicate to athletes that it is how we respond to pressure, and adversity that will define us as a person or student-athlete. We all sink to the level of our training, so how are we training our athletes daily and in times of crisis? We need to have a plan, and it's important that without practice, the plan will not be implemented, similar to an offense,

include responding to crisis situations in practice plans randomly on a daily walkthrough may be the perfect time.

Understood that failure to respond appropriately and immediately to a fight could result in consequences.

The plan is clearly outlined for athletes so they fully understand the

IN THE EVENT THAT A FIGHT BREAKS OUT


Expected UIL Knowledge Needed

Where do I find all the information I need???


www.uiltexas.org




s.org

Latest UIL updates and information [Learn More »](#)

 The University of Texas at Austin

Home | About | Calendar | Contact | Sh

 **University Interscholastic League**

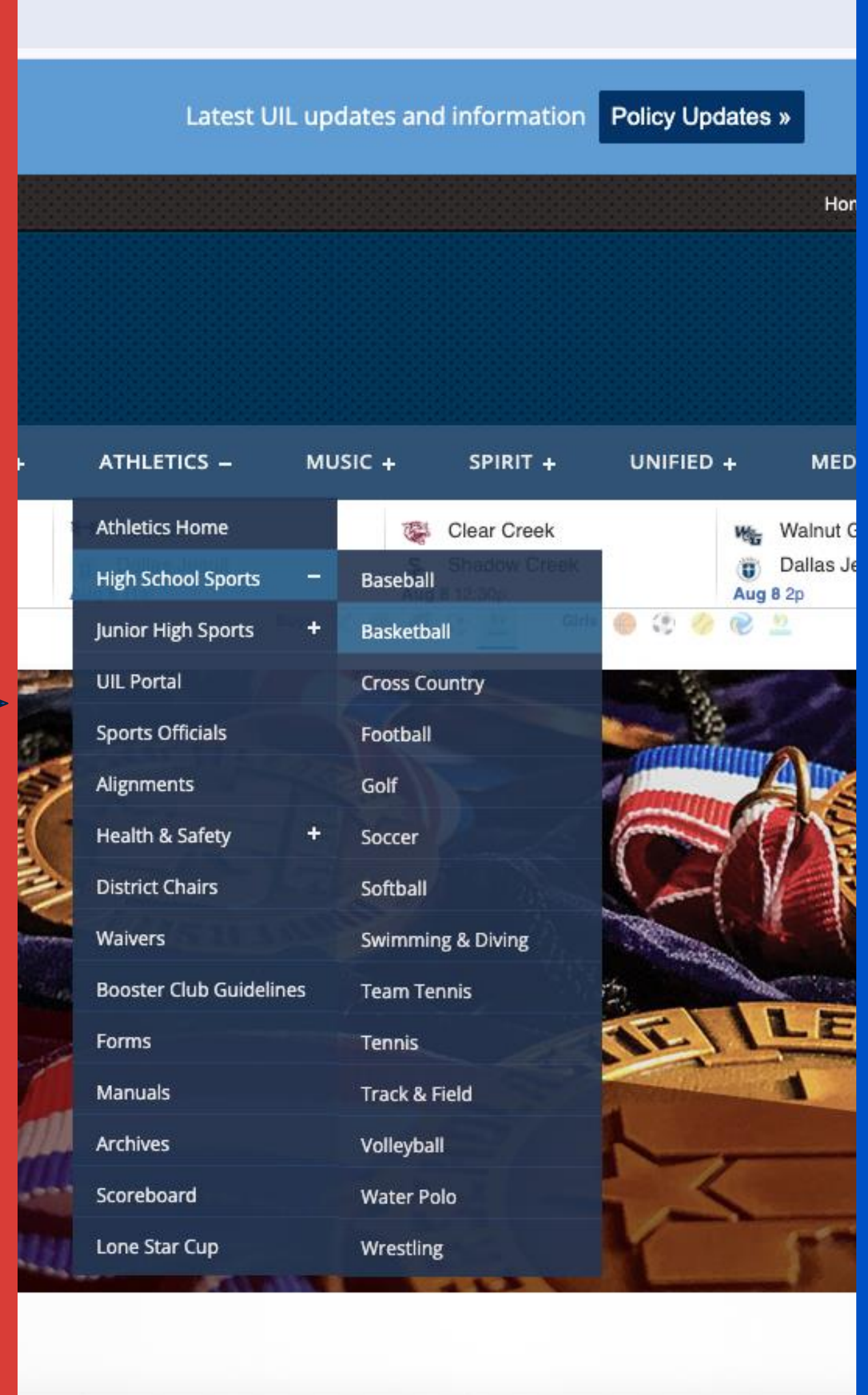
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ACADEMICS + ATHLETICS + MUSIC + SPIRIT + UNIFIED + MEDIA + POLICY +

Exploring the UIL Website

UILTEXAS.ORG

Increase Understanding
of Resources Available



**BASKETBALL**

Basketball Overview

Rules & Guidelines

Manual

Alignments

Basketball Forms

Playoff Brackets

Post Season Packet

Girls State Tournament

Boys State Tournament

Officials

Sanctioning

FAQ

Basketball Archives

**BASKETBALL CONTACT
INFO**

**Assistant Athletic
Director:**
Grace McDowell

Email:
gmcowell@uiltexas.org

Basketball Manual

2024-2025 Basketball Manual

The content of the online sport manuals below are now available in two printable PDFs.

- [Download the printable 2024-2025 Basketball Manual](#) (sport specific content)
- [Download the printable 2024-2025 Team Sport Manual](#) (general content applicable to all team sports)

Table of Contents

- [Basketball Calendar](#)
- [2024 Basketball Champions](#)
- [Basketball Coaches' Checklist](#)
- [Basketball Rules & Guidelines](#)
 - [Basketball Plan \(Constitution\)](#)
 - [UIL Rule Changes & Additions](#)

COACHES' REMINDERS

UIL SPORTS MANUALS

- UIL Sport Manuals contain UIL information specific to each sport.
- Can be found on the left side of the Basketball page on the UIL website.
- A pdf of the manual will be available.

COACHES' REMINDERS

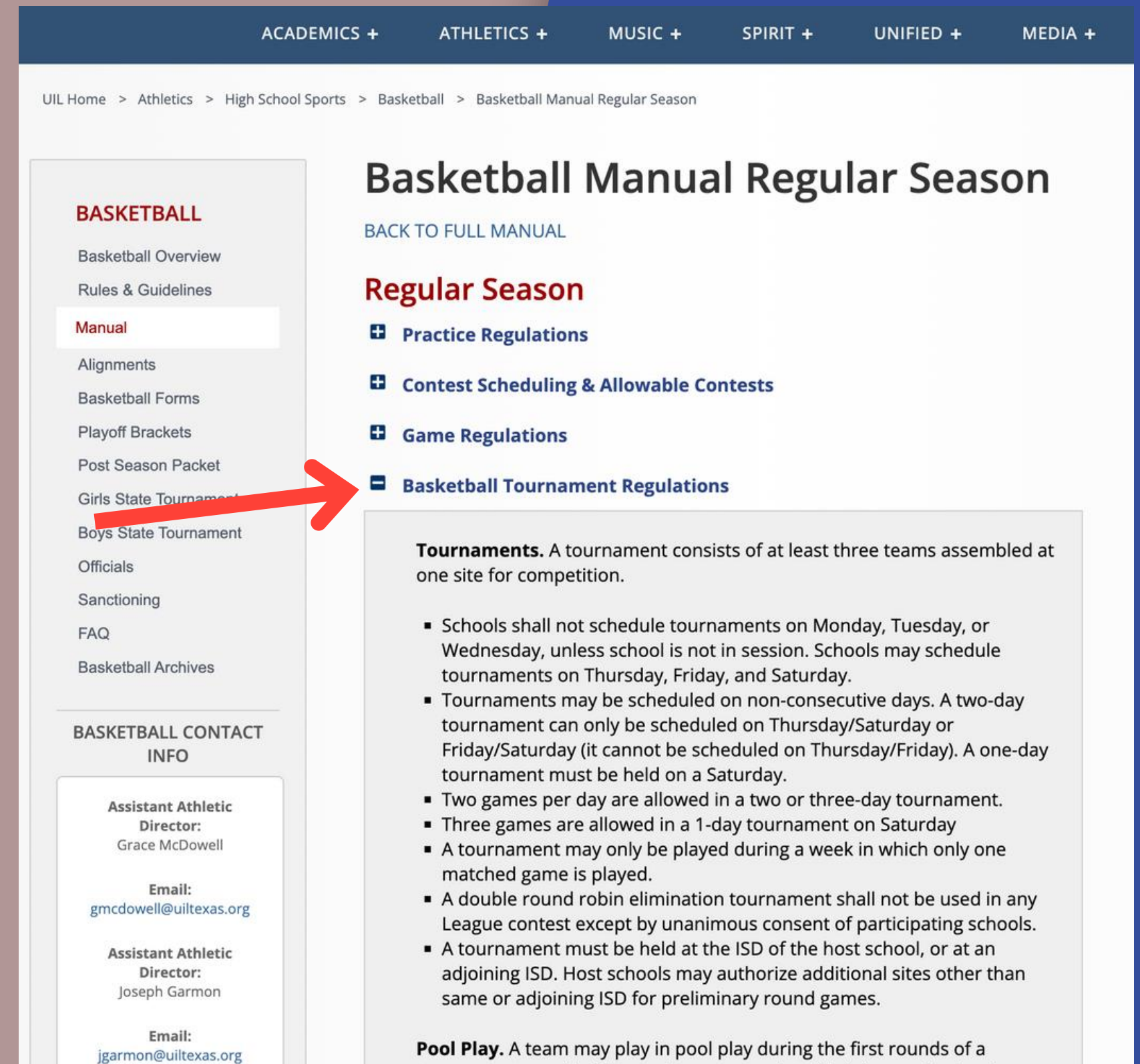
UIL CHECKLISTS

- Sport specific documents that can be found on each sports manual page. The Basketball Checklist is the 3rd bullet listed in the Basketball Manual.
- A helpful tool for coaches to use in preparation for their season and to help stay in compliance.
- **ALL REQUIRED TRAINING MUST BE COMPLETED BY THE FIRST DAY OF SCHOOL!**

UIL Coaches Checklist Basketball 2024-25	
CHECKLIST	REFERENCE
Complete profile in the UIL Portal	UIL Portal
Basketball Manual	Basketball Manual
Coach name in Max Preps	MaxPreps
Verify coaching requirements (CCP & TEC)	Coaching Requirements
TEA-UIL Side-by-Side	Side-by-Side
Complete participation required forms. Keep on file.	Athletic Forms
Verify participation required forms. Keep on file.	Athletic Forms
Review rules regarding eligibility for athletic contests	C&CR Sec. 400 & 401
Review Basketball Plan	Basketball Plan
Review UIL rule changes	UIL Rule Changes
Review NFHS rule change	NFHS
Complete PAPFs and file with UIL Office <ul style="list-style-type: none">• Apply/Complete any necessary Waivers and file with UIL	PAPF Process Waiver Information
Submit Varsity Eligibility Form to district chair (UIL Portal)	UIL Portal

TOURNAMENT REGULATIONS

The Basketball Tournament Regulations covers the days tournaments can be held, contests per day, etc. can be found in the Regular Season section of the Basketball Manual.



ACADEMICS + ATHLETICS + MUSIC + SPIRIT + UNIFIED + MEDIA +

UIL Home > Athletics > High School Sports > Basketball > Basketball Manual Regular Season

Basketball Manual Regular Season

[BACK TO FULL MANUAL](#)

Regular Season

- [Practice Regulations](#)
- [Contest Scheduling & Allowable Contests](#)
- [Game Regulations](#)
- [Basketball Tournament Regulations](#)

Tournaments. A tournament consists of at least three teams assembled at one site for competition.

- Schools shall not schedule tournaments on Monday, Tuesday, or Wednesday, unless school is not in session. Schools may schedule tournaments on Thursday, Friday, and Saturday.
- Tournaments may be scheduled on non-consecutive days. A two-day tournament can only be scheduled on Thursday/Saturday or Friday/Saturday (it cannot be scheduled on Thursday/Friday). A one-day tournament must be held on a Saturday.
- Two games per day are allowed in a two or three-day tournament.
- Three games are allowed in a 1-day tournament on Saturday
- A tournament may only be played during a week in which only one matched game is played.
- A double round robin elimination tournament shall not be used in any League contest except by unanimous consent of participating schools.
- A tournament must be held at the ISD of the host school, or at an adjoining ISD. Host schools may authorize additional sites other than same or adjoining ISD for preliminary round games.

Pool Play. A team may play in pool play during the first rounds of a

BASKETBALL

- Basketball Overview
- Rules & Guidelines
- Manual**
- Alignments
- Basketball Forms
- Playoff Brackets
- Post Season Packet
- Girls State Tournament
- Boys State Tournament
- Officials
- Sanctioning
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BASKETBALL CONTACT INFO

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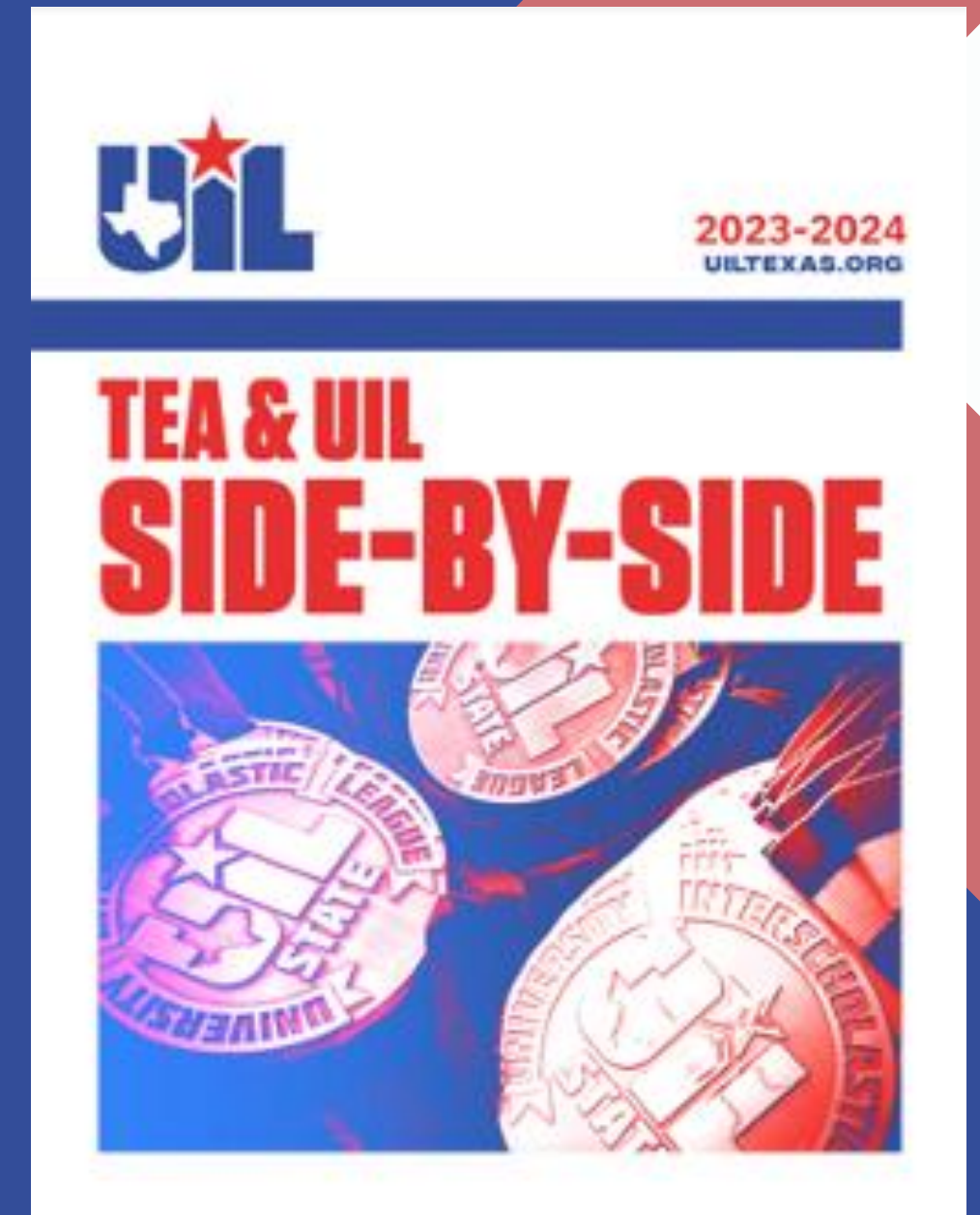
2025-2026 COACHES' REMINDERS



UIL RULES UIL Constitution & Contest Rules (C&CR)

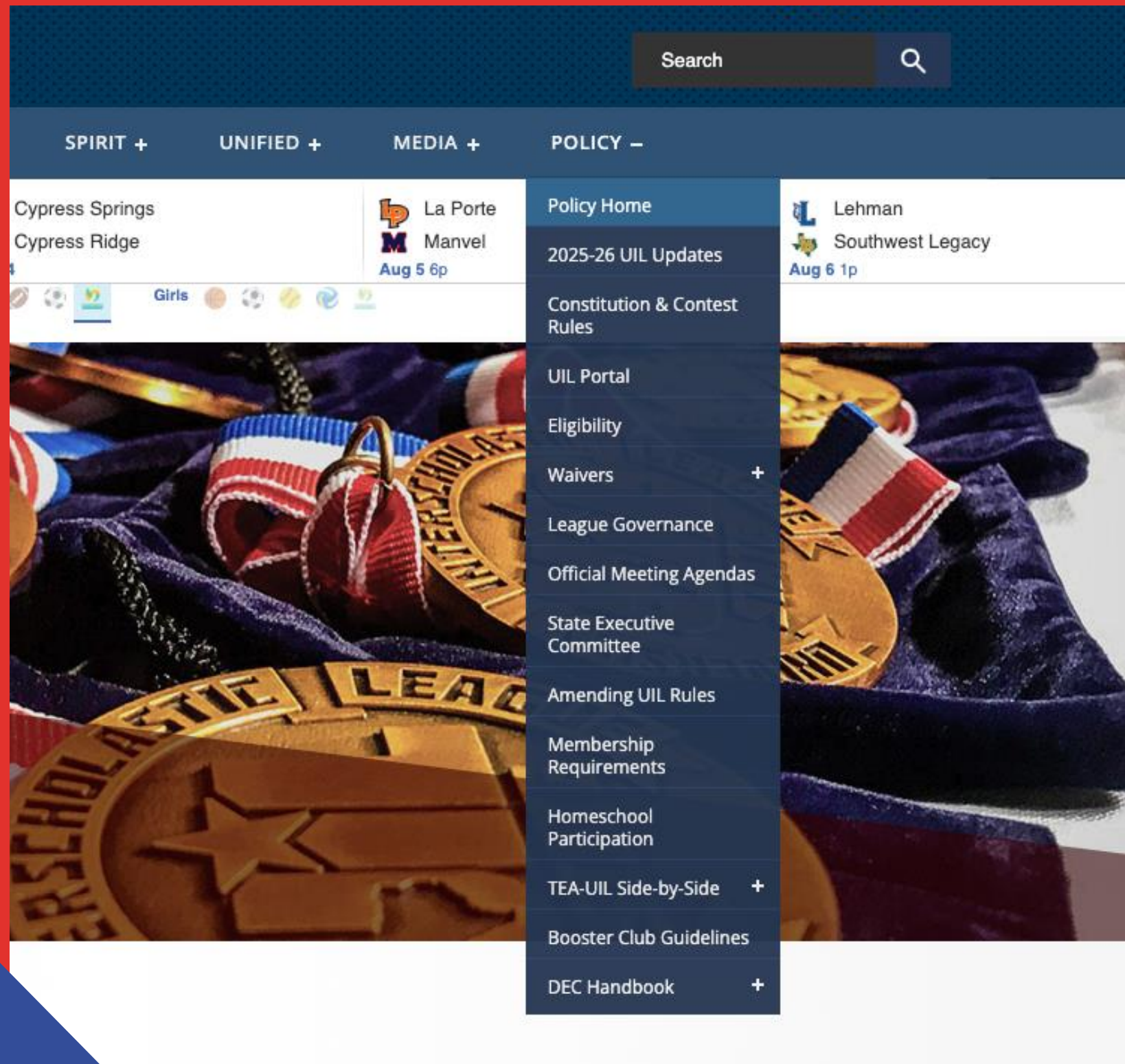
UIL Side by Side Manual

**VERY
IMPORTANT!!!**

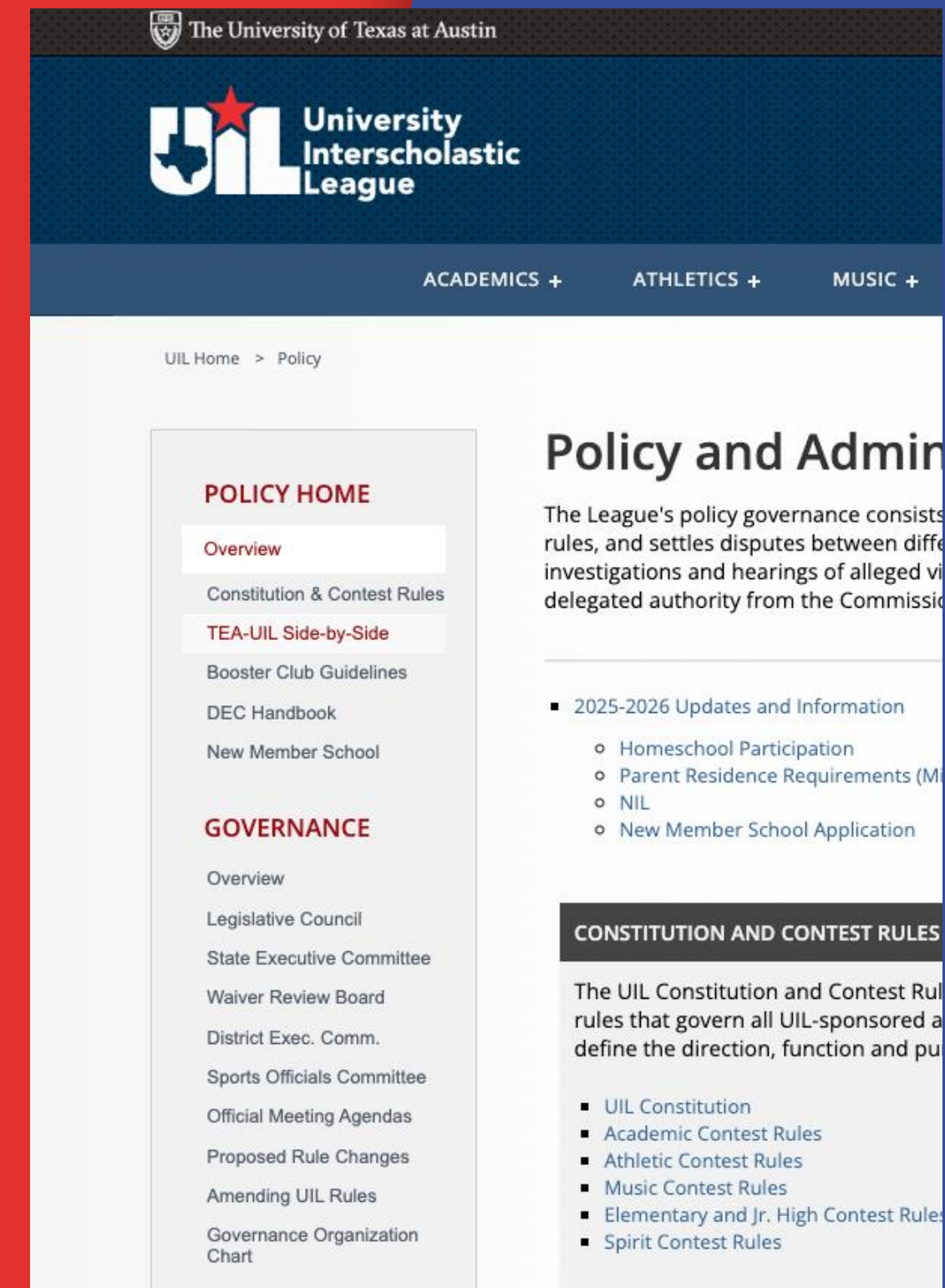


Exploring the UIL Website

POLICY HOMEPAGE



C&CR AND SIDE BY SIDE





Athletic Calendar

Contact

NOVEMBER 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				November 1: Deadlines: OAP: to hold dir's planning mtgs. and 1st day to contact 2nd & 3rd judges for panels Volleyball: Bi-district, all Conferences October 30 - November 1	Nov 1 - Congress Region: 1st Day. A+ Acad: 1st day for inv. meets. CX: Online Dist info form w/ Dist Dirs' name Cross Country: State Meet. Oct 31 - Nov 1	1 Girls Basketball: First day for scrimmages. Marching Band: Preferred Area Contest date 3A & 5A
2	3 Marching Band: State Contest 2A, 4A & 6A. Volleyball: Area, all conferences.	4	5	6 Marching Band: Area contest deadline, 3A, & 5A. Volleyball: Regional quarterfinals, Conference A. Volleyball: Regional semifinals, Conferences 2A-6A.	7 Girls Basketball: 1st day for inter-school games.	8 Boys Basketball: 1st day for scrimmages. Football: District certification deadline, all conferences.
9	10 Marching Band: State Contest 1A, 3A & 5A. Volleyball: Regional Semifinals, Conference A. Volleyball: Regional Finals, Conferences 2A-6A. Wrestling: 1st day for meets & tournaments.	11	12	13 Football: Bi-district, all conferences. Volleyball: Regional Finals; State Semifinals, Conference A.	14 Boys Basketball: 1st day for inter-school games.	15 Congress: Region Last Day Volleyball: State Semifinals, Conferences 2A-6A.
16	17 Congress: Region results due	18	19	20 A+ Academics: Participation reg. due. Deadline to submit spring district meet info & contest material orders. One-Act Play: Double representation due. Football: Regional, 1A, Area, 2A-6A. Volleyball: State Finals, All Conferences.	21 A+ Academics: Participation reg. due. Deadline to submit spring district meet info & contest material orders. One-Act Play: Double representation due.	22
23	24	25	26	27 Football: Quarterfinals, 1A, Regional, 2A-6A.	28	29
30						

ATHLETICS

ACADEMICS

MUSIC

POLICY & ADMINISTRATION

Athletics

Department email: athletics@uiltexas.org
 Department fax: 512-471-6589

CONTACT INFORMATION

Name	Title	Responsibilities	Contact Email
Ray Zepeda	Director of Athletics	Athletic Administration Reclassification & Realignment, Eligibility Catastrophic Injuries Officials	athletics@uiltexas.org
Virginia Flores	Assistant Athletic Director	Volleyball Spirit Soccer Track & Field	vflores@uiltexas.org
Grace McDowell	Assistant Athletic Director	Water Polo Swimming & Diving Basketball Softball	gmcowell@uiltexas.org
AJ Martinez	Assistant Athletic Director	Football Wrestling Golf Baseball	ajmartinez@uiltexas.org
Joseph Garmon	Assistant Athletic Director	Team Tennis Cross Country Basketball Tennis Track & Field	jgarmon@uiltexas.org

2025-26 GIRLS BASKETBALL DATES

OCT 22: 1st Day of Practice

NOV 1: 1st Day for Scrimmages

NOV 7: 1st Day for Games

FEB 14: District Certification

FEB 15-16: Bi-District

FEB 19-21: Area

FEB 23-24: Regional Semifinals

FEB 26-28: Regional Finals

MARCH 2-3: State Semifinals

MARCH 5-7: State Championships



2025-26 BOYS BASKETBALL DATES

OCT 29: 1st Day of Practice

NOV 8: 1st Day for Scrimmages

NOV 14: 1st Day for Games

FEB 21: District Certification

FEB 23-24: Bi-District

FEB 26-28: Area

MARCH 2-3: Regional Semifinals

MARCH 5-7: Regional Finals

MARCH 9-10: State Semifinals

MARCH 12-14: State Championships





NON-SCHOOL PARTICIPATION COACHES' REMINDERS

Know the UIL Rules regarding non-school competition (leagues, camps, clinics, clubs, tournaments).

Coaches are prohibited from:

- 1. Coaching students from their attendance zone in grades 7-12.**
- 2. Using school or booster funds to pay for team camps or leagues.**
- 3. Pressuring athletes to play club basketball or in non-school leagues. This includes pushing athletes to participate on a specific club team.**

NON-SCHOOL PARTICIPATION **COACHES' REMINDERS**

WHAT DO THE RULES ALLOW COACHES TO DO?

- 1. Supervise the facility for a club team practice or a league.**
- 2. Assist with organization of a league or club team. (assign officials, secure facilities, develop schedules, assist with registration and help secure equipment)**
- 3. Assist with the selection of coaches & players for a club team/league.**
- 4. Distribute information about leagues & club teams.**



BASKETBALL RULE BOOK

The bASKETBALL playing rules are not UIL rules.

*UIL BASKETBALL will follow NFHS rules.
it is important to review the **NFHS**
BASKETBALL Rules prior to the season.*



NFHS BASKETBALL RULE CHANGES

4-22-1 & 2: THIS CHANGE REMOVES THE OFFENSIVE TEAM FROM GOALTENDING VIOLATIONS, SIMPLIFYING ENFORCEMENT FOR OFFICIALS AND REDUCING AMBIGUITY OVER WHETHER A BALL WAS A SHOT OR A PASS. IT ALSO ENCOURAGES MORE SCORING OPPORTUNITIES AND MINIMIZES CONFUSION FOR PLAYERS AND COACHES.

RATIONALE: THE CHANGE ELIMINATES THE POSSIBILITY OF AN OFFENSIVE GOALTENDING VIOLATION, WHICH SIMPLIFIES THE RULE FOR OFFICIALS AND PLAYERS. IT REMOVES THE NEED TO JUDGE WHETHER A BALL IN FLIGHT IS A TRY OR A PASS, RESULTING IN CLEARER ENFORCEMENT, GREATER CONSISTENCY, AND MORE OPPORTUNITIES FOR SCORING PLAYS NEAR THE BASKET.



NFHS BASKETBALL RULE CHANGES

4-22-3 (NEW): THIS RULE CHANGE ESTABLISHES THAT ONCE THE BALL CONTACTS THE BACKBOARD, IT IS AUTOMATICALLY CONSIDERED TO BE ON ITS DOWNWARD FLIGHT. THEREFORE, IF A PLAYER TOUCHES THE BALL AFTER IT HITS THE BACKBOARD, AND THE BALL HAS A POSSIBILITY OF ENTERING THE BASKET, IT IS RULED AS GOALTENDING.

THIS CLARIFICATION HELPS PROTECT LEGITIMATE SHOT ATTEMPTS, REDUCES ROUGH REBOUNDING SITUATIONS, AND ADDRESSES A COMMON RULES MISCONCEPTION AMONG COACHES AND PLAYERS. IT PROVIDES OFFICIALS WITH A CLEARER STANDARD FOR ENFORCING GOALTENDING IN BACKBOARD-RELATED PLAYS.

RATIONALE: THIS CHANGE ENHANCES OFFICIATING CLARITY AND PROTECTS LEGITIMATE SHOT ATTEMPTS. IT ALSO ADDRESSES A COMMON MISCONCEPTION AMONG COACHES AND PLAYERS BY EXPLICITLY DEFINING GOALTENDING, LEADING TO MORE CONSISTENT ENFORCEMENT.



NFHS BASKETBALL RULE CHANGES

4-34-1: THIS RULE CHANGE UPDATES THE DEFINITION OF A PLAYER TO CLARIFY THAT A PLAYER IS ONE OF THE FIVE TEAM MEMBERS LEGALLY ON THE COURT AT ANY GIVEN TIME, EXCEPT DURING TIME-OUTS OR INTERMISSIONS. THE CHANGE ENSURES CONSISTENCY IN RULE ENFORCEMENT BY RECOGNIZING THAT IT IS DIFFICULT TO DISTINGUISH BETWEEN PLAYERS, SUBSTITUTES, AND BENCH PERSONNEL DURING TIME-OUTS AND INTERMISSIONS. THIS CLARIFICATION ALSO SUPPORTS THE ACCOUNTABILITY OF COACHES FOR ALL TEAM CONDUCT DURING THESE PERIODS AND HELPS AVOID MISAPPLICATION OF PENALTIES SUCH AS TECHNICAL FOULS.

RATIONALE: THIS CHANGE ENSURES CONSISTENT ENFORCEMENT OF PENALTIES FOR UNSPORTING CONDUCT BY BENCH PERSONNEL. IT ALLOWS OFFICIALS TO ISSUE TECHNICAL FOULS TO BENCH PERSONNEL DURING TIME-OUTS, ALIGNING WITH THE CURRENT RULES FOR INTERMISSIONS. IT ELIMINATES CONFUSION AND POTENTIAL MISAPPLICATION OF RULES AND ENSURES FAIR AND CONSISTENT ENFORCEMENT OF PENALTIES FOR UNSPORTING BEHAVIOR, REGARDLESS OF THE INDIVIDUAL'S ROLE.



NFHS BASKETBALL RULE CHANGES

7-5-4: THIS RULE CHANGE UPDATES THE PROCEDURE FOR DETERMINING THE DESIGNATED THROW-IN SPOT FOLLOWING A STOPPAGE OF PLAY (NOT DUE TO THE BALL GOING OUT OF BOUNDS) IN THE FRONT COURT AND BACK COURT. INSTEAD OF RELYING ON AN IMAGINARY LINE, OFFICIALS NOW USE EXISTING COURT MARKINGS, SPECIFICALLY THE THREE-POINT LINE, TO DETERMINE THE LOCATION. THIS CHANGE IMPROVES ACCURACY, CONSISTENCY, AND CLARITY FOR OFFICIALS BY USING VISIBLE FLOOR MARKINGS RATHER THAN IMAGINARY LINES, WHICH WERE OFTEN MISJUDGED.

RATIONALE: BY USING THE VISIBLE THREE-POINT LINE AS THE LINE OF DEMARCATION, OFFICIALS WILL HAVE A CLEARER AND MORE CONSISTENT METHOD FOR DETERMINING THROW-IN LOCATIONS. THIS IMPROVES ACCURACY AND REDUCES CONFUSION, RESULTING IN MORE RELIABLE THROW-INS.



NFHS BASKETBALL RULE CHANGES

9-2-12 & 9-3-4 (NEW): THIS RULE CHANGE ADDRESSES SITUATIONS WHERE A THROWER PURPOSELY AND/OR DECEITFULLY DELAYS RETURNING INBOUNDS AFTER LEGALLY STEPPING OUT OF BOUNDS AND THEN BECOMES THE FIRST PLAYER TO TOUCH THE BALL UPON RE-ENTERING THE COURT. PREVIOUSLY PENALIZED AS A TECHNICAL FOUL, THIS ACTION IS NOW TREATED AS A VIOLATION, ALIGNING IT WITH SIMILAR OUT-OF-BOUNDS SCENARIOS. THE CHANGE REDUCES THE SEVERITY OF THE PENALTY TO ENCOURAGE MORE CONSISTENT ENFORCEMENT BY OFFICIALS AND PREVENTS PLAYERS FROM GAINING AN UNFAIR ADVANTAGE THROUGH DECEPTIVE RE-ENTRY TACTICS.

RATIONALE: THIS CHANGE LESSENS THE PENALTY FOR PLAYERS WHO DELAY THEIR RETURN AFTER BEING OUT OF BOUNDS, SHIFTING THE PENALTY FROM A TECHNICAL FOUL TO A LESS SEVERE VIOLATION. THIS RULE ALIGNS WITH THE PENALTY STRUCTURE OF SIMILAR VIOLATIONS, SUCH AS RULE 9-3-3 (WHERE A PLAYER STEPS OUT OF BOUNDS ON THEIR OWN VOLITION). THE CHANGE IS INTENDED TO MAKE IT EASIER FOR OFFICIALS TO RECOGNIZE AND PENALIZE THESE ACTIONS CONSISTENTLY WHILE REDUCING THE SEVERITY OF THE PENALTY, ENCOURAGING MORE ACCURATE ENFORCEMENT.



NFHS BASKETBALL RULE CHANGES

10-4-4B: THIS RULE PROHIBITS PLAYERS FROM ILLEGALLY CONTACTING THE BACKBOARD OR RING IN WAYS THAT CREATE AN UNFAIR ADVANTAGE OR INTERFERE WITH A SCORING ATTEMPT. THIS RULE IS DESIGNED TO MAINTAIN FAIR PLAY AND PROTECT THE INTEGRITY OF SCORING OPPORTUNITIES BY PENALIZING ACTIONS AFFECTING THE OUTCOME OF A SHOT, WITH A TECHNICAL FOUL.

RATIONALE: THE RULE CHANGE AIMS TO STANDARDIZE AND CLARIFY THE ENFORCEMENT OF BASKET INTERFERENCE, LEADING TO FAIRER OUTCOMES AND MORE CONSISTENT OFFICIATING. THE REMOVAL OF SUBJECTIVE JUDGMENTS AROUND INTENT ALLOWS FOR CLEARER RULINGS AND BETTER ALIGNMENT WITH CURRENT GAME DYNAMICS.



NFHS BASKETBALL RULE CHANGES

4-6-1A & B (NEW): THIS RULE CHANGE CLARIFIES AND EXPANDS THE DEFINITION OF BASKET INTERFERENCE TO INCLUDE ADDITIONAL ACTIONS THAT UNFAIRLY AFFECT THE BALL WHILE IT IS IN A SCORING POSITION. BASKET INTERFERENCE NOW OCCURS WHEN A PLAYER SLAPS OR STRIKES THE BACKBOARD, CAUSING THE BACKBOARD OR BASKET TO VIBRATE, WHILE THE BALL IS ON OR WITHIN THE BASKET, TOUCHING THE BACKBOARD, OR WITHIN THE CYLINDER.

RATIONALE: THIS CLARIFICATION HELPS OFFICIALS CONSISTENTLY IDENTIFY INTERFERENCE THAT AFFECTS SCORING PLAYS AND ENSURES THE INTEGRITY OF THE BASKET AREA DURING SHOT ATTEMPTS.



NFHS BASKETBALL RULE CHANGES

2025-26 BASKETBALL EDITORIAL CHANGES

4-19-3C, 4-47, 5.2.1 SITUATION C, 6-3-2A, 6-3-5B,
10-5-2

2025-26 BASKETBALL POINTS OF EMPHASIS

1. BENCH DECORUM & COMMUNICATION
2. FAKING BEING FOULED
3. CONTACT ON THE BALL HANDLER



BASKETBALL REMINDERS

practice regulations

IN-SEASON: School is In-Session

Eight Hour Rule

- Practice outside the school day during the school week (excluding holidays) is limited to a maximum of 8 hours per activity.
- The athletic period does not count towards the 8 hours.



BASKETBALL REMINDERS

practice regulations

***IN-SEASON: When School Is Not In Session
(HOLIDAY BREAKS)***

1 Practice – Cannot exceed 3 hours

2 Practices – Cannot exceed 5 hours

- **3 hours is max for a single practice**
- **2-hour rest break is required if 2 practices are scheduled**

Cannot schedule and/or students may not participate in more than one practice on consecutive days.



TEAM SPORTS

practice regulations

OFF-SEASON: School is In-Session

Strength & Conditioning Instruction

- Teams in off-season are allowed 1 hour of S&C instruction outside the school day.
- Athletes may only attend one, 1-hour session per day, Monday-Friday
- No skill instruction or equipment is allowed
- Skill Instruction is ONLY allowed during the athletic period for off-season team sports.



SCRIMMAGES

- **Friday, November 1st – first day for girls**
- **Friday, November 8th – first day for boys**
- **One scrimmage during the school week.**
- **One additional scrimmage at the end of the school week (Friday after school or Saturday).**
- **Limited to scrimmaging against 3 other schools at the same site on the same day.**
- **If more than 4 teams, each team may only scrimmage 3 other teams.**
- **No scrimmages after a team's first game.**



ALLOWABLE CONTESTS

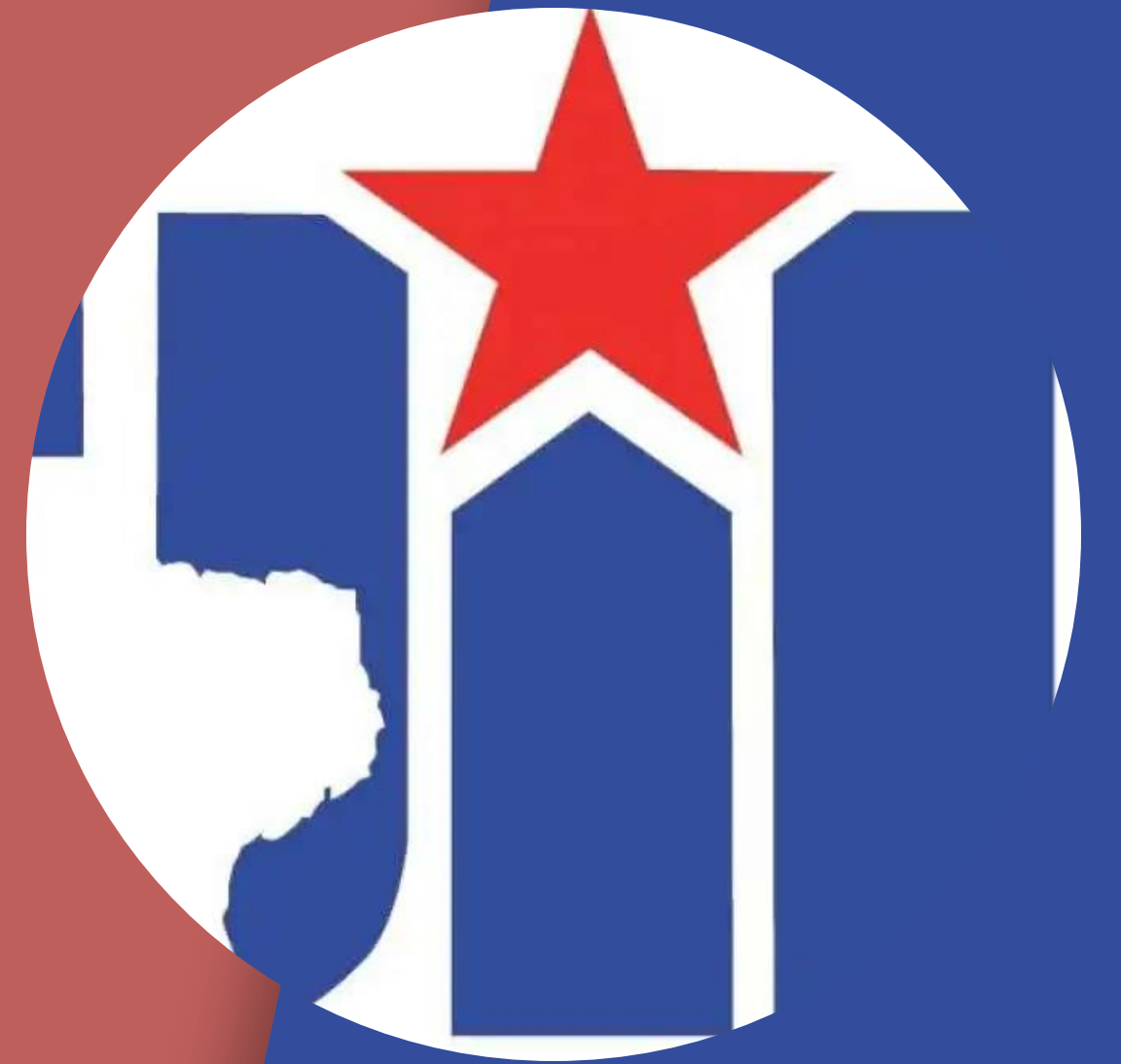
- 3 Tournaments and 21 Games or
- 2 Tournaments and 23 Games or
- 1 Tournament and 25 Games or
- 0 Tournaments and 27 Games

2 Games may be substituted for a tournament



DOUBLE HEADER

- A player plays in two games at two levels on the same night (9th & JV, JV & Varsity)
- A double header counts as two games in the calendar week for that athlete.





DOUBLE HEADER

Example:

- Athlete plays a double header on Tuesday night, they cannot play again in that calendar week (M-Sa)
- If an athlete plays in a JV game on Tuesday, that player may not play a double header (JV & Varsity game) on Friday.
- Should an athlete play in 3 games in a calendar week, the team would be required to forfeit the third game the athlete participated in.
- Exceptions: Thanksgiving week & December/January Holidays



A GOOD COACH
CAN CHANGE
A GAME,
A GREAT COACH
CAN CHANGE
A LIFE.



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