



# 2018-19 MAJOR BASKETBALL RULES DIFFERENCES

(Men's and Women's)



ITEM	NFHS	NCAA
Administrative Warnings	Issued for non-major infractions of coaching-box rule, disrespectfully addressing an official, attempting to influence an official's decision, inciting undesirable crowd reactions, entering the court without permission, or standing at the team bench.	<b>Men</b> – Only for the head coach being outside the coaching box and certain delay-of-game situations. <b>Women</b> – Same as Men plus minor conduct violations of unsportsmanlike-conduct guidelines by any bench personnel.
Bonus Free Throws One-and-One Bonus  Double Bonus  Team Fouls Reset	On the seventh team foul.  On the 10 <sup>th</sup> team foul.  End of the first half.	<b>Men</b> – Same as NFHS. <b>Women</b> – No one-and-one bonus. <b>Men</b> – Same as NFHS. <b>Women</b> – On fifth team foul. <b>Men</b> – Same as NFHS. <b>Women</b> – End of first, second and third periods.
Blood/Contacts	Player with blood directed to leave game (may remain in game with charged time-out); player with lost/irritated contacts may remain in game with reasonable time to correct.	<b>Men</b> – Player with blood may remain in game if remedied within 20 seconds. Lost/irritated contact within reasonable time. <b>Women</b> – Player with may remain in game if remedied within 20 seconds or charged timeout to correct blood or contacts.
Coaching Box Size Loss of Use	State option, 28-foot box maximum. If head coach is charged with a direct or indirect technical foul.	<b>Both</b> – Extends from 38-foot line to end line. <b>Both</b> – No rule.
Delay-of-Game Warnings	One warning for any of the four delay-of-game situations; subsequent delay for any of four results in a technical foul.	<b>Men</b> – One warning for any of the four delay-of-game situations; a repeated warning for the same delay or after the second warning of any category, an administrative technical foul shall be assessed. <b>Women</b> – One warning for each delay-of-game situation; subsequent delay for that situation results in a technical foul.
Disqualification/Ejection Players/Bench Personnel   Player Participates After Disqualification/Ejection   Replacement Interval	Disqualification – Fifth foul (personal fouls and technical fouls). Ejection – Single flagrant foul; second technical foul.   Direct technical foul charged to head coach.  15 seconds.	<b>Men</b> – Disqualification – Fifth foul (personal fouls and Class A technical fouls) Ejection – Second Class A or third Class B technical foul or single Flagrant 2 foul. <b>Women</b> – Disqualification – Same as NFHS. Ejection – Single disqualifying foul, second technical foul, or second unsportsmanlike technical foul. <b>Men</b> – Noncontact Flagrant 2 technical foul charged to offender. <b>Women</b> – Disqualifying foul charged to offender. <b>Both</b> – 20 seconds.
Double Foul	Point of interruption for all double fouls.	<b>Men</b> – If differing in severity, both penalties are assessed with most severe last.

ITEM	NFHS	NCAA
------	------	------

		<b>Women</b> – Point of interruption for double/simultaneous personal fouls and fouls of equal gravity by opponents. When penalties are unequal, most severe penalty assessed last.
Fighting	Ejection. The head coach may enter court to stop fight or prevent escalation.	<b>Both</b> – Ejection. One-game suspension followed by season suspension for second offense (team and coaches). <b>Men</b> – Only the head coach may enter court. <b>Women</b> – Head coach and any assistant coach may enter court.
Fouls Types  Count Towards	Personal (double, false, multiple and simultaneous), Technical (double, false, multiple and simultaneous), Intentional Personal, Intentional Technical, Flagrant Personal and Flagrant Technical fouls.  Personal, technical and intentional (personal and technical) fouls count toward team-foul total, disqualification and ejection; and flagrant (personal and technical) fouls count toward team-foul total and ejection.	<b>Men</b> – Personal (double, false, multiple and simultaneous), Technical (administrative, double, false, multiple and simultaneous), Flagrant 1 Personal, Contact Dead-Ball Technical, Flagrant 2 Personal and Flagrant 2 Technical fouls. <b>Women</b> – Personal (double and simultaneous), Unsportsmanlike, Technical and Disqualifying fouls. <b>Men</b> – Personal, Class A technical and contact dead-ball technical fouls count toward team-foul total, disqualification and ejection; and flagrant 2 (personal and technical) fouls count toward team-foul total and ejection. <b>Women</b> – Personal, unsportsmanlike and technical fouls count toward team-foul total, disqualification and ejection; and disqualifying fouls count toward team-foul total and ejection.
Free Throw Free-Thrower Injured	Normal substitution permitted.	<b>Men</b> – Substitute shoots free throws when injured player cannot as result of a flagrant foul or blood. Otherwise opposing coach selects from four remaining players. <b>Women</b> – Same as NFHS.
Goaltending	Player touches the ball during a try/tap while it is in its downward flight entirely above the basket-ring level and has the possibility of entering the basket in flight.	<b>Men</b> – Same as NFHS and includes a ball that is touched after it contacts the backboard when any part of the ball is above the basket-

ITEM	NFHS	NCAA
------	------	------

		ring level – considered to be on its downward flight. <b>Women</b> – Same as Men except ball must be entirely above the <b>basket</b> -ring level.
<p>Game Clock</p> <p>Length of Quarter/Period/ Half</p> <p>Length of Extra Period</p> <p>Deflection Under a Minute</p> <p>Stop Clock After Successful Field Goal</p>	<p>Four eight-minute quarters.</p> <p>Four minutes.</p> <p>No rule.</p> <p>No rule.</p>	<p><b>Men</b> – 20-minute halves.</p> <p><b>Women</b> – Four 10-minute periods.</p> <p><b>Both</b> – Five minutes.</p> <p><b>Both</b> – No less than 0.3 seconds must expire when ball is legally touched and the clock is immediately stopped by an official.</p> <p><b>Men</b> – After a made basket with less than one minute in second half or overtime.</p> <p><b>Women</b> – After a made basket with less than one minute in fourth period or overtime.</p>
<p>Guarding</p> <p>Airborne Defender Exception</p> <p>Closely Guarded Legal Position</p> <p>Maintaining Legal Position</p>	<p>No exception.</p> <p>Holding or dribbling. May be established anywhere on the court.</p> <p>May move laterally or obliquely to maintain position, as long as not toward opponent when contact occurs and may turn or duck to absorb imminent contact.</p>	<p><b>Men</b> – Allowed to move forward when clearly will not make contact on shooter.</p> <p><b>Women</b> – Same as NFHS.</p> <p><b>Both</b> – Holding only.</p> <p><b>Men</b> – Secondary defender may not establish initial legal-guarding position in four-foot restricted area under the basket to draw an offensive foul on ballhandler or a player who released the ball on pass or a try.</p> <p><b>Women</b> – Same as Men except when the play starts outside the LDB and using a four-foot restricted area.</p> <p><b>Men</b> – Same as NFHS except secondary defenders cannot move sideways to maintain on an airborne shooter or passer.</p> <p><b>Women</b> – Same as NFHS except a defender may not reposition into the path of an airborne player.</p>
Jump Ball	Re-jump must be by players involved before team control is established.	<b>Both</b> – Re-jump by any two players.
Non-Playing Personnel	Not permitted on playing area during a 30-second or less time-out. Not permitted to stand in free-throw lane area extended out of bounds.	<b>Both</b> – Permitted on the playing court only during full timeouts, and media timeouts.

ITEM	NFHS	NCAA
------	------	------

Officials on Court – Jurisdiction Begins	15 minutes before start and remain for duration of pregame.	<b>Men</b> – 20 minutes before start. <b>Women</b> –15 minutes before start. <b>Both</b> – At least one official must remain on the court when team members are present.
Player Out of Bounds	Violation ruled as soon as player leaves the court for an unauthorized reason.	<b>Both</b> – Violation ruled when a player returns and is the first to touch the ball inbounds unless the player’s momentum carried them out of bounds.
Post play	An extended arm bar is not allowed.	<b>Men</b> – Equal pressure on post player allowed with one forearm. <b>Women</b> – A forearm or one hand is allowed on post player in control of the ball with her back to the basket.
Replaced Team Member	Next opportunity after clock has properly started following his/her replacement.	<b>Men</b> – Can re-enter when opponent commits a violation or foul before the clock has properly started. <b>Women</b> – Same as NFHS.
Screener Location Width	Screener must be on the playing court. Vertical plane with a stance approximately shoulder width apart.	<b>Both</b> – Screener must be inbounds. <b>Both</b> – Inside of screener’s feet no wider than shoulder width.
Shot Clock  Reset	No rule.  No rule.	<b>Both</b> – 30 seconds.  <b>Both</b> – No reset on out-of-bounds violations. Full reset on change of possession, try striking the ring or flange and backcourt fouls. <b>Men</b> – 20-second reset or time remaining on the shot clock, whichever is greater, on a defensive foul or violation with play to resume in frontcourt. <b>Women</b> – 15-second reset on kicking/fisting violations if shot clock is under 15 seconds. Full rest on frontcourt fouls.
Team Control Definition  Loose Ball	Team is in control when a player is in control, when a live ball is passed among teammates, during an interrupted dribble, when the ball is at the disposal of a thrower-in.  No rule.	<b>Men</b> – Same as NFHS. <b>Women</b> – Same as NFHS.  <b>Men</b> – When a player holding/dribbling the ball fumbles, a defender bats/deflects the ball

ITEM	NFHS	NCAA
------	------	------

Free Throws Shot	Never shot on a team-control foul.	<p>out of offensive player's control or following a try being released.</p> <p><b>Women</b> – Same as NFHS.</p> <p><b>Men</b> – When offended team is in bonus following a loose-ball foul.</p> <p><b>Women</b> – Same as NFHS.</p>
<p>Technical Fouls Types</p> <p>Head Coaches</p> <p>One-Shot Technical</p> <p>Count Toward</p> <p>Resuming Play</p>	<p>Team, Player, Substitute, Bench, Direct and Indirect technical fouls</p> <p>Direct and Indirect technical fouls – Direct for the coach's behavior. Indirect for penalty to bench personnel; includes pregame or dead-ball dunking.</p> <p>No rule.</p> <p>Team-foul total.</p> <p>Disqualification – five personal fouls (all team members).</p> <p>Ejection – two technical fouls (all team personnel).</p> <p>Throw-in to offended team at division line opposite the scorer's table.</p>	<p><b>Men</b> – Class A and Class B technical fouls.</p> <p><b>Women</b> – Player/ Substitute and Bench technical fouls.</p> <p><b>Men</b> – Class A and Class B, no penalty for pregame or dead-ball dunking.</p> <p><b>Women</b> – Same as NFHS, except no penalty for pregame/halftime dunking.</p> <p><b>Men</b> – Administrative (except excessive timeouts and more than five players) and Class B technical fouls.</p> <p><b>Women</b> – Same as NFHS.</p> <p><b>Men</b> – Class A technical fouls count toward team-foul total, disqualification and ejection, Class B technical fouls count toward ejection; administrative technical fouls do not count toward team-foul totals.</p> <p><b>Women</b> – Same as NFHS, except administrative technical fouls do not count toward team-foul totals.</p> <p><b>Both</b> – Point of interruption, except:</p> <p><b>Men</b> – Single flagrant 2 technical fouls and contact dead-ball technical fouls – throw-in at either side of division line.</p> <p><b>Women</b> – Excessive timeout, – point of interruption to offended team.</p>
<p>Ten-Second Rule</p> <p>Reset</p>	<p>Must advance from backcourt. Count starts on player control.</p> <p>Reset on new throw-in.</p>	<p><b>Both</b> – Must advance from backcourt. Count starts on legal touch of a throw-in and on control for rebounds and jump balls.</p> <p><b>Both</b> – No count reset when defense causes out-of-bounds violation, team in control retains possession after a held ball or a technical foul assessed to the team in control.</p> <p><b>Men</b> – Reset on timeout by team in control.</p>

ITEM	NFHS	NCAA
------	------	------

		<b>Women</b> – Also no reset when team in control is granted a timeout.
Three-Second Violation	One foot out and one in the air is considered out of the free-throw lane to avoid a three-second violation.	<b>Men</b> – Same as NFHS. <b>Women</b> – Both feet must be placed on the court outside the free-throw lane to avoid a three-second violation.
Throw-in 28-Foot Line Throw-in  Opponent Crosses Plane  Designated-Spot	No rule.  May not cross boundary plane until ball has been released by thrower – violation and team warning, followed by technical foul.  Nearest spot of foul/violation when not in the bonus (either on sideline or end line).	<b>Men</b> – Same as NFHS. <b>Women</b> – Upon a timeout during the last 59.9 seconds in the fourth or extra period when the ball in the backcourt is out of bounds after a made basket, after securing a rebound (no dribble or pass) or after a change of possession (no dribble or pass), the offense may choose to advance the ball to the frontcourt 28-foot line opposite the table or tableside for ensuing throw-in. <b>Men</b> – May not cross boundary plane until ball has crossed boundary plane – violation. <b>Women</b> – Same as Men except team warning followed by technical foul. <b>Men</b> – Same as NFHS when in backcourt or any change of possession. When in frontcourt after defensive foul/violation on same side of court as foul/violation either at 28-foot line when above diagonal from corners to intersections of the free-throw line and free-throw lane line (elbows) or three feet from free-throw lane line extended along the end line. <b>Women</b> – Same as NFHS.
Time-out(s) Excessive  Number and Length	Technical foul.  Three 60-second and two 30-second time-outs.	<b>Men</b> – Two shots and point of interruption. <b>Women</b> – Two shots and possession to opponents. <b>Men Media</b> – Three 30-second and one 60-second team timeouts. A team granted timeout at or under 30 seconds of media mark or when it created the first stoppage at or below the media mark becomes the media timeout.

ITEM	NFHS	NCAA
------	------	------

<p>Reduction</p> <p>Request</p> <p>Resuming Play</p>	<p>Reduced if both teams are ready.</p> <p>Recognized when a player is in control.</p> <p>Player or coach can request.</p> <p>Resumption-of-play procedure.</p>	<p><b>Men Non-Media</b> – Four 75-second and two 30-second timeouts.</p> <p><b>Women Media</b> – Three 30-second and one 60-second. A team timeout at any time above the media mark goes to media. The first team-granted timeout of second half goes to media.</p> <p><b>Women Non-Media</b> –Three 30-second and two 60-second timeouts.</p> <p><b>Both</b> – Reduced if granted team notifies official, unless timeout becomes an electronic-media timeout.</p> <p><b>Both</b> – Same as NFHS, except shall not be recognized when an airborne player’s momentum carries him/her out-of-bounds or into backcourt.</p> <p><b>Men</b> – Coaches shall not be granted a timeout during live-ball play. Exception: The coach whose team is in control on a throw-in before the ball is released.</p> <p><b>Women</b> – Same as NFHS.</p> <p><b>Both</b> – Team warning, followed by resumption-of-play procedure.</p>
<p>Uniforms</p> <p>Jersey Color</p> <p>Jersey Design</p> <p>Worn</p> <p>Penalty for Illegal Jersey/Number</p> <p>Pants/Shorts</p> <p>Undergarments</p>	<p>Home shall wear white and visitor a contrasting dark color.</p> <p>Torso defined by area from base of neckline to bottom of jersey and from side insert to side insert; no design restrictions outside torso.</p> <p>Jerseys designed to be worn outside the pants permitted; jerseys/pants may not be removed within visual confines of playing area.</p> <p>Direct technical foul charged to head coach.</p> <p>No rule.</p>	<p><b>Both</b> – Home shall wear light and visitor a contrasting dark color, except altered by mutual consent.</p> <p><b>Both</b> – Neutral zone measured five inches from top of shoulder to bottom of jersey and 12 inches in width from center of neckline (front and back); only name/number and 15 percent tonal color shift permitted in neutral zone; no design restrictions outside neutral zone.</p> <p><b>Both</b> – Jerseys worn outside the game pants prohibited; no rule regarding removal.</p> <p><b>Both</b> – Administrative technical foul.</p> <p><b>Both</b> – The perceptible majority of shorts must be the same color of the neutral zone.</p>

ITEM	NFHS	NCAA
------	------	------

<p>Undershirt</p> <p>Arm Sleeves, Headbands/Wristbands, Leg/Knee Sleeves, Compression Shorts and Tights Teammates Matching</p>	<p>Black, white, beige or the predominant color of the <i>jersey</i>. Individual player must have same length sleeves. Long sleeves permitted. One visible manufacturer's logo/trademark/reference is permitted. Same color as jersey, if visible. White, black, beige or the predominant color of the <i>jersey</i>.</p> <p>All headbands, wristbands, sleeves and tights worn must be same color.</p>	<p><b>Both</b> – Black, white, beige or color of game shorts. <b>Men</b> – Same as NFHS but sleeves not to extend below the elbow. <b>Women</b> – Same as NFHS.</p> <p><b>Both</b> – All must be a solid color and white, black, beige or any color contained in the game jersey.</p> <p><b>Both</b> – Headband and wristbands must match. Arm sleeves do not have to match leg/knee sleeves, nor do they need to match headbands/wristbands.</p>
<p>Videotape</p>	<p>Legal to use during the game or intermission for coaching bench personnel.</p>	<p>Illegal to use at courtside.</p>

**NOTE:** These differences do not include court markings; equipment; officials' signals and mechanics, etc.  
September 24, 2018