



**2023-2024**  
**SIJHSAA BOYS AND GIRLS BASKETBALL**  
**EXCEPTIONS TO NFHS RULES**

\*The SIJHSAA follows National Federation of High Schools (NFHS) Rules. These are the same that are used by the Illinois High School Athletic Association. NFHS Rule Books may be purchased on the IHSA Website. ([www.ihsa.org](http://www.ihsa.org)) The following are exceptions to the NFHS Rules.

**Boys and Girls Basketball Regulations**

1. **Quarter Length:** For SIJHSAA regular season games, the quarters shall be 7 minutes in 8<sup>th</sup> grade games and 6 minutes in 7<sup>th</sup> grade games.
2. **Overtime Periods:** Shall be 3 minutes in length.
3. All "B" or "JV" games are designated for students in the 7<sup>th</sup> grade and below.
4. The SIJHSAA has no jurisdiction over contests below the 7<sup>th</sup> grade level.
5. **6 quarter Rule:** (abolished)
6. **Ejections:** Any player, coach, or fan that is ejected from an SIJHSAA Event should be reported to Adm. Asst. Wes Choate ([wchoate59@gmail.com](mailto:wchoate59@gmail.com)) by the host school of the contest. Refer to SIJHSAA By Law: Article VIII: Sportsmanship for penalties.
7. **Mercy Rule:** The Mercy Rule will be used in all regular season and SIJHSAA Basketball State Series games.  
**\*Note Mercy Rule NFHS 5-5-3: The running clock will be stopped during free throws when there is one minute left in play.**
8. **NFHS Rule Revision dealing with common fouls:** Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half and establishes the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter. A complete explanation of the NFHS Rule Revisions is on the SIJHSAA Website. ([www.sijhsaa.com/administrative/sportrules](http://www.sijhsaa.com/administrative/sportrules) )

**Member School Reminders**

1. **Length of Season:** The first day of school until the completion of the SIJHSAA State Basketball Tournament.
2. **Game Limitations:** (NEW)
  - \*Varsity (8<sup>th</sup> grade) - 28 games
  - \*JV (7<sup>th</sup> grade) - 28 games
  - \*No limit on tournaments
  - \*Shootouts - each game in a shootout counts as a regular season game.
  - \*Regional and state tournament games don't count against a team's number of total games.
  - \*FAILURE TO ABIDE BY THIS RULE SHALL CAUSE THE SCHOOL TO BE INELIGIBLE FOR SIJHSAA STATE SERIES PARTICIPATION.

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