

**ROGERS COMMUNITY-SCHOOL RECREATION ASSOCIATION  
MIDDLE SCHOOL DIVISION  
VARSITY LEAGUE**

NFHS RULES WILL BE FOLLOWED, EXCEPT WHERE AMENDED BY THE FOLLOWING:

1. Games will consist of four ten-minute quarters. A team must have a minimum of four players present in order to begin the game. The clock will run continuously except during timeouts and during the last minute of each half. Half time will be three minutes. Each team is allowed two timeouts per half. Timeouts not used in the first half do not carry over into the second half.
2. Regular season games can end in a tie. For tournament games, tie games will be broken by a three-minute overtime with the clock stopping the last minute. If the score remains tied after three minutes, another three-minute overtime will be played. This process will continue until a win results. Each team will receive one time out per overtime session.
3. Free throw distance will be fifteen feet. Basket height will be ten feet. Girls divisions will use the intermediate (28.5 inch) basketball. Boys divisions will use the official (29.5 inch) basketball.
4. Every player must play at least 10 minutes of the game.  
Minimum Playing Time Exceptions:
  - a. Injury
  - b. Player disqualification (the player has fouled out)
  - c. Disciplinary action (A player may be held out for disciplinary reasons only with prior approval of the league director.)
5. **Coaches are required to fill out a line up sheet prior to each game, and turn a copy into the scorekeeper.**
6. DEFENSE: Any defense is allowed. Man-to-man is recommended, but not required. Full-court press is allowed the entire game unless your team is ahead by 20 points or more.
7. The league provides uniform shirts. No other uniform shirt is acceptable in league games.
8. **3 coaches (team staff) maximum per team bench. Only rostered coaches and players allowed on the bench side of the court. Each bench is allowed to have only one coach standing – One voice (only the head coach has communication with the officials). Positive and effective/professional communication is expected by all parties associated with the game contest. Violation of this rule may result in expulsion.**
9. **Beginning with a team's fifth foul in each quarter, two free throws are awarded, regardless of whether or not the first free throw is successful. Team fouls will be reset to zero at the end of each quarter.**
10. **Weather Cancellations**  
We post weather cancellations on Facebook (Rogers Parks & Recreation) and our website (<http://www.rogersar.gov/1101/Parks-And-Recreation>). Cancellations will be posted by 4:00pm for weeknight games and by 8:00am on Saturday games. If you would like to receive instant text messages and/or emails on all sports cancellations, go to ([www.rogersar.gov](http://www.rogersar.gov)) and sign up for Notify Me (Rainouts And Cancellations: Parks and Rec and Recreation).