

National Federation of State
High School Associations



NFHS Basketball

**2010-11
Rules Changes
Major Editorial Changes
Points of Emphasis**

Take Part. Get Set For Life.™

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High School Associations




NFHS Basketball

**2010-11
Rules Changes**


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**Concussion Procedure Revised
(2-8-5; 3-3-8)**

- Concussion language revised in all NFHS rules books.
- Removed references to “unconscious or apparently unconscious.”
- New procedure requires an athlete *exhibiting signs, symptoms or behaviors consistent with a concussion* be removed from the contest.



Concussion Recognition and Management (2-8-5; 3-3-8)



Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete who has had a concussion should be "removed" (i.e. have withdrawn) from play.

Common Symptoms of Concussion Include:


- Headache
- Difficulty concentrating
- Irritability
- Fatigue
- Loss of energy, motivation
- Blurred vision
- Sensitivity to light and sound
- Nausea/vomiting
- Dizziness
- Loss of consciousness
- Memory impairment
- Slurred speech
- Incontinence
- Seizures
- Loss of consciousness
- Slurred speech
- Incontinence
- Seizures

Suggested Concussion Management:

1. No athlete should return to play (PTU) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional (HCP).
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, HCP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.


The National Federation of State High School Associations (NFHS) Suggested Guidelines for Management of Concussion. © 2010 NFHS.

**See Appendix D
on Page 75
of the 2010-11
NFHS Basketball
Rules Book**




Concussion Recognition and Management (2-8-5; 3-3-8)

- A concussion is a brain injury that results in a temporary disruption of normal brain function.
- A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body.




Concussion Recognition and Management (2-8-5; 3-3-8)

- Neither officials, nor coaches, are expected to “diagnose” a concussion; that is the job of an appropriate health-care professional.
- Officials, coaches and administrators are being asked to make all efforts to ensure that concussed athletes do not continue to participate.




Concussion Recognition and Management (2-8-5; 3-3-8)

- The game official is not responsible for the evaluation or management of the athlete after he/she is removed from play.
- If an appropriate health-care professional determines that the athlete HAS NOT suffered a concussion, the athlete may return to play.




Concussion Recognition and Management (2-8-5; 3-3-8)

- If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHOULD NOT be permitted by the coach to return to play.
- Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury.




Suggested Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition.



Suggested Concussion Management

4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.





Concussion Management Rule 2-8-5; 3-3-8





A
Injured player directed to leave game



B
Cleared by appropriate health-care professional



C
Re-enters game

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List of Legal Head/Wristband Colors Expanded (3-5-3a)

- Change made in 2008-09 permitted headbands and wristbands to be a single solid color of white, black, beige or a color similar to the torso of the jersey.
- New rules change permits headbands and wristbands to be white, black, beige or a **single solid school** color.




List of Legal Head/Wristband Colors Expanded (3-5-3a)

- All team members must continue to wear the same color for each item and for all participants.



Headband/Wristband Colors Rule 3-5-3a


REFeree



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Player/Team Member Location While Game in Progress (10-3-6i)

- A player leaving the court for an unauthorized reason to demonstrate resentment, disgust or intimidation added to the list of unsporting behaviors.
- Hope to further reduce the likelihood of individual players demonstrating unsporting behavior.



Sporting Behavior Rule 10-3-6i; 10-5-5


REFeree



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Player/Team Member Location While Game in Progress (10-5-5)

- A similar rule was added requiring team members to remain on the court/in the bench area while the game is in progress until each quarter or extra period has ended.
- This includes free-throw attempts by an opponent with no time remaining on the clock.



Player/Team Member Location While Game in Progress (10-5-5)

- Since the Head Coach is ultimately responsible for the conduct of all team members, the penalty is a technical foul assessed directly to the Head Coach.



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NFHS Basketball

2010-11
Major Editorial Changes

Take Part. Get Set For Life.™


**Substitutions During Intermission
/Time-Outs (3-3-1a Note; 4-34-2)**

- Substitutes between quarters, at halftime or during a time-out must report prior to the warning signal.
- Note added to clarify that when a substitute is not properly reported, the players in the game at the conclusion of the quarter/when the time-out was granted will be in the game when play resumes.






**Substitutions During Intermission
/Time-Outs (3-3-1a Note; 4-34-2)**

- Rule 4-34-2 was edited as follows:
 - During intermission, all team members are bench personnel for the purpose of penalizing unsporting behaviors.
- Language reflects the spirit and intent of the rule.




**Substitution Clarification
Rule 3-3-1a Note; 4-34-2**

Frame 4

**Uniforms
(3-4-2d)**

- Change made to clarify that a school or conference logo/mascot may be located:
 - At the apex/opening of the neckline
 - In the corresponding area on the back of the jersey
 - In either side insert



**Logo/Mascot on Jersey
Rule 3-4-2d**






Front, side insert or back of jersey

Frame 5


Guards, Casts and Braces (3-5-2)

- The language regarding guards, casts and braces was edited to clarify:
 - a. The prohibition regarding hard and unyielding items on the elbow, hand, finger/thumb, wrist or forearm.




Guards, Casts and Braces (3-5-2)

- b. Closed-cell, slow-recovery foam no less than 1/2" thick must be used to pad hard and unyielding items on the upper arm or shoulder.
- c. Knee and ankle braces unaltered from the manufacturer's original design/production are permitted and need not be padded/covered.



Guards, Casts and Braces (3-5-2)

- d. A protective face mask made of hard material may be worn, but must be molded to the face with no protrusions.



Protective Face Mask Rule 3-5-2






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Ball at Player's Disposal (4-4-7d)


- Clarified that the ball is **at the disposal** of a player when:
 - It is available to him/her after a goal.

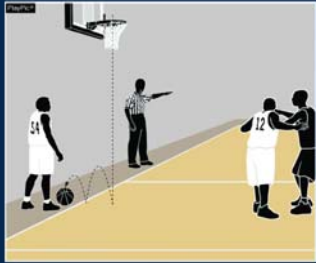
AND

 - The official begins the throw-in count.



Disposal on Throw-In Rule 4-4-7d






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Throw-in Awarded to Wrong Team (7-6-6 New)

- Clarified that when the ball is awarded to the wrong team on a throw-in...the mistake must be rectified before the throw-in ends.
- This has been the interpretation and stated clearly in the NFHS Basketball Case Book for years – now just stated in the Rules Book.



Throw-In Mistake Rectified Rule 7-6-6







Throw-in hasn't ended;
mistake may be rectified



Throw-in has ended;
mistake may not be rectified

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NFHS Basketball

2010-11 Points of Emphasis

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Rules Enforcement

- There appears to be continued movement away from consistent enforcement of NFHS playing rules.
- Individual philosophies, personal interpretations and deviations from the rules **as written**, negatively impact the basic tenets and fundamentals of the game.



Rules Enforcement

- The rules are written to:
 - Minimize risk to participants.
 - Provide a balance between offense and defense.
 - Promote the sound tradition of the game.
 - Promote fair play.




Basketball
Rules Book

2010-11




Rules Enforcement

- Illegal tactics that are permitted – are promoted.
- When officials permit players to use illegal tactics without penalty, the behavior is condoned and consequently encouraged.




Rules Enforcement

- When officials consistently enforce the playing rules as written and intended, players and coaches are able to make the proper adjustments – promoting skill development and a level playing field.




Sporting Behavior

- Teams entering the gymnasium prior to the contest should not run through the area occupied by the opposing team or under the basket where opponents are warming up.
- Where possible, teams should only enter, jog and warm up on their half of the court.




Sporting Behavior

- Gatherings intended to motivate a team after the warm-up period, during or following introductions and post-game celebrations should be performed in the area directly in front of the team bench.
- If during the pre-game or half-time warm-up period, one team leaves the floor, the other team may not use the entire court.
- Teams should only warm up on their half of the court.




Sporting Behavior



Frame 9


Sporting Behavior

- Only authorized personnel (cheerleaders, athletic trainers, managers, administrators, etc.) should be permitted on the floor.
- All spectators should be in designated areas.




Perimeter Play

- Two illegal actions are taking place on the perimeter of the court that are particularly problematic.
 - Defenders are illegally using hands to “check” the ball handler/dribbler.
 - Offensive players are palming the ball to elude a defender.
- Both illegal tactics are going uncalled, which promotes further illegal actions (see Rule Enforcement POE).






Perimeter Play - Hand Checking

- Hand checking is any tactic using the hands or arms that allows a player, on offense or defense, to control (hold, impede, push, divert, slow or prevent) the movement of an opposing player.
- Hand checking is a foul and is not incidental contact.



Perimeter Play




Illegal use of hand(s)/arm(s) by defender

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Frame 10


Perimeter Play - Hand Checking

- Defenders shall not have hand(s) on the offensive player.
- When a player has a hand on, two hands on or jabs a hand or forearm on an opponent, it is a foul.
- Players may not place their hands on an opponent with or without the ball.
- Only incidental contact is permitted.




Perimeter Play - Hand Checking

- When a player contacts an opponent with his or her hands as an aid in starting, stopping, driving around, defending a screen, controlling or anticipating the opponent's next move, it is a foul.
- Much of the roughness in high school basketball is a direct result of not assessing the proper penalty when illegal contact with the hand(s) occurs.







Perimeter Play - Palming

- When the hand is in contact with the ball and the palm of the hand is beyond the perpendicular position (more than a handshake), tilted in a skyward position so the ball has come to rest on the hand, the dribble has ended.
- When the player then pushes the ball to the floor, he or she is starting another dribble (illegal dribble), which is a violation.



Perimeter Play


Palming

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Frame 11


Closely Guarded

- Closely-guarded rule is in place to create better balance between the offense and defense.
- The offense gains a tremendous advantage if the rule is not enforced properly and consistently.




Closely Guarded

- The rule basics:
 - Player is in control in his/her team's frontcourt.
 - Guarded by an opponent who is within 6 feet.
 - Defensive player must obtain a legal guarding position.




Closely Guarded

- The rule basics:
 - Player may legally...
 - **HOLD** for 4 seconds
 - **DRIBBLE** for 4 seconds
 - **HOLD** for 4 seconds



Closely Guarded

- Measuring 6 feet:
 - Officials must have clear image of the guarding distance necessary.
 - Visual examples on the court:
 - Free-throw line and top of semi-circle.
 - Division line to jump circle.
 - Two adjacent FT marked lane spaces.





Closely Guarded




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Closely Guarded

- A closely-guarded count continues if defenders are switched – provided the 6-foot distance and legal guarding position is maintained.
- Officials use a visible count when the 6-foot distance is established and switch counting arms when going from one counting situation to another.




Principle of Verticality

- Concern that principle of verticality is not being applied consistently, especially in situations that involve blocked shots.
- Verticality applies to a legal position.
- The following are the basic components of the principle of verticality:




Principle of Verticality

1. Legal guarding must be obtained initially and movement thereafter must be legal.
2. From this position, the defender may rise or jump vertically and occupy the space within his/her vertical plane.
3. The hands and arms of the defender may be raised within his/her vertical plane while on the floor or in the air.
4. The defender should not be penalized for leaving the floor vertically or having his/her hands and arms extended within his/her vertical plane.




Principle of Verticality


5. The offensive player, whether on the floor or airborne, may not “clear out” or cause contact within the defender’s vertical plane; this is a foul.
6. The defender may not “belly up” or use the lower part of the body or arms to cause contact outside his/her vertical plane; this is a foul.
7. The player with the ball is to be given no more protection or consideration than the defender in judging which player has violated the rules.




Principle of Verticality


- Misunderstanding of this rule generally results in the defensive player being charged with a foul when actually his or her vertical plane has likely been violated.






Verticality






A
Legal defense




B
Legal defense; player-control foul



C

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Frame 13

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QUESTIONS?

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