

2025/2026 GRBA National Basketball Rules

The National High School Federation Rules and Regulations (NHSF) will apply to all GRBA games with the following exceptions.

- I. All Games will be played as follows:
 - Grades 9 thru 12 will consist of four 8-minute quarters
 - Grades 7 & 8 will consist of four 7-minute quarters
 - Grades 2 thru 6 will consist of four 6-minute quarters
 - Boys grades 2 thru 6 and all girls grades will use the intermediate (28.5) size basketball. Boys grades 7 thru 12 will use the regulation (29.5) size basketball
- II. No game will start before the scheduled time unless both coaches agree. There will be a minimum of a 5-minute warm-up period. Halftime will be 3 minutes unless both coaches agree to start earlier.
- III. Free Throws – 5 team fouls will result in a double bonus situation (2 shots). Fouls will reset at the end of each quarter.
- IV. Quarter Breaks – will consist of a 1-minute stoppage in play to reset the fouls and make player substitutions.
- V. Each Team Receives Three 30 Second Timeouts per game. Timeouts will not carry over to overtime.
- VI. Overtime:
 - First overtime will be 2 minutes, second overtime will be 1 minute (one 30 Second timeout allowed per team), timeouts do not carry over.
- VII. The clock will stop for all whistle stoppages.
- VIII. **Mercy Rule:** Once a team is leading by 20 points in the second half, the clock will continue to run. The only time the clock will stop is for injuries or timeouts. If the lead falls below 10 points, the clock will again be stopped for all whistle stoppages. If a team is ahead by 20 points or more with 1 minute or less the game will be called.
- IX. Any coach ejected for fighting will be ineligible for the remainder of the tournament. Players ejected for fighting are ineligible to participate in the team's next game. Additional penalties, up to exclusion from the tournament, may be imposed by the Tournament Director. If a coach or player is ejected from a game for unsportsmanlike behavior (not fighting), he/she will be ineligible to participate in the next scheduled game. Coaches will be removed from the building if they are removed from the game. If a coach or player is ejected a second time, he/she will be ineligible for the remainder of the tournament. Coaches or Players who leave the bench to engage athletes or coaches on the playing floor may be suspended by the Tournament Director for any period up to the duration of the tournament. The Tournament Director may impose suspensions or other penalties for misbehavior which occurs at any time and at any location during the event.
- X. Each team is responsible for their warm-up and game balls and or any other items brought into the game. GRBA is not responsible for items lost.
- XI. **Jewelry is NOT ALLOWED TO BE WORN DURING GAMES** (i.e. earrings, nose rings, rings, necklaces, wristbands, watches, etc....)
- XII. Dunking is allowed during warm-ups.

National Basketball Rules (Page Two)**Roster Rules:**

- I. Rosters are allowed a maximum of fifteen (15) players, 2 coaches, and 1 scorekeeper/timekeeper.
- II. Proof of age and / or grade is required for all players on roster. Acceptable proofs of age are clean photocopies of birth certificates, an unexpired passport, a valid driver's license, or DMV ID Card. Proof of grade is a clean copy of any report card of the current school year or school document that indicates current grade level. Teams are required to have proof of age and grade upon request.
- III. No roster additions will be permitted after the team has begun playing its first game within any tournament.
- IV. Players are only allowed to play on one team per grade. Players may play in a maximum of two grades for which they qualify within the same program.

Grade / Age Divisions:

GRBA is grade based with age parameters and limitations determined by birth dates that allow players in each division to compete against other players currently at the same grade / age level. A player may qualify under the age exception rule if they have advanced in grade due to academic excellence or parental preference. Teams are only allowed 2 grade/age exception players. The following guide determines all eligible ages at grade levels.

2nd Grade Division:

An athlete must be in the 2nd grade or below as of October 1, 2025, and can be no older than 9 on or before August 31, 2026. An athlete that is in the 3rd grade as of October 1, 2025, wanting to play down in the 2nd grade division cannot turn 9 prior to September 1, 2026.

3rd Grade Division:

An athlete must be in the 3rd grade or below as of October 1, 2025, and can be no older than 10 on or before August 31, 2026. An athlete that is in the 4th grade as of October 1, 2025, wanting to play down in the 3rd grade division cannot turn 10 prior to September 1, 2026.

4th Grade Division:

An athlete must be in the 4th grade or below as of October 1, 2025, and can be no older than 11 on or before August 31, 2026. An athlete that is in the 5th grade as of October 1, 2025, wanting to play down in the 4th grade division cannot turn 11 prior to September 1, 2026.

5th Grade Division:

An athlete must be in the 5th grade or below as of October 1, 2025, and can be no older than 12 on or before August 31, 2026. An athlete that is in the 6th grade as of October 1, 2025, wanting to play down in the 5th grade division cannot turn 12 prior to September 1, 2026.

6th Grade Division:

An athlete must be in the 6th grade or below as of October 1, 2025, and can be no older than 13 on or before August 31, 2026. An athlete that is in the 7th grade as of October 1, 2025, wanting to play down in the 6th grade division cannot turn 13 prior to September 1, 2026.

National Basketball Rules (Page Three)**7th Grade Division:**

An athlete must be in the 7th grade or below as of October 1, 2025, and can be no older than 14 on or before August 31, 2026. An athlete that is in the 8th grade as of October 1, 2025, wanting to play down in the 7th grade division cannot turn 14 prior to September 1, 2026.

8th Grade Division:

An athlete must be in the 8th grade or below as of October 1, 2025, and can be no older than 15 on or before August 31, 2026. An athlete that is in the 9th grade as of October 1, 2025, wanting to play down in the 8th grade division cannot turn 15 prior to September 1, 2026.

9th Grade Division:

An athlete who is in the 9th Grade or below as of October 1, 2025, and who is no older than 16 on or before August 31, 2026. An athlete that is in the 10th grade as of October 1, 2025, wanting to play down in the 9th grade division cannot turn 16 prior to September 1, 2026.

10th Grade Division:

An athlete who is in the 10th Grade or below as of October 1, 2025, and who is no older than 17 on or before August 31, 2026. An athlete that is in the 11th grade as of October 1, 2025, wanting to play down in the 10th grade division cannot turn 17 prior to September 1, 2026.

11th Grade Division:

An athlete who is in the 11th Grade or below as of October 1, 2025, and who is no older than 18 on or before August 31, 2026. An athlete that is in the 12th grade as of October 1, 2025, wanting to play down in the 11th grade division cannot turn 18 prior to September 1, 2026. (Teams are allowed five unsigned seniors. Athletes cannot turn 19 prior to September 1, 2026. Unsigned seniors can play if they have not committed in writing to play for a college at any level. Unsigned prep school players are also eligible to play in our tournaments. If a player has signed a letter of intent and you think they won't qualify because of grades, they still cannot play. The tournament management has the right to exclude any senior from playing. No player who has attended junior college or college may play in this event.)

12th Grade Division:

An athlete who is in the 12th Grade or below as of October 1, 2025, and who is no older than 20 on or before August 31, 2026.

***Questions regarding eligibility may be directed to the National Office by calling 260-471-5270. Or by email, chrisp@gymratsbasketball.com.

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Divisions of Play:

GRBA offers two divisions of play

- Div. 1 – Elite/Travel Teams
- Div. 2 – School teams

Protest

- All roster protests must be filed in writing and given to the Tournament Director 45 minutes PRIOR to the protested game accompanied by a \$100.00 protest fee for each player being protested (refundable if the protest is upheld). If the protest is valid, the protested team forfeits all previous games. Upon protest, teams must provide proof of eligibility. (See roster rules for acceptable proofs of age and grade.)
- All non-roster protests must be filed in writing within one (1) hour of the conclusion of the contest and must be accompanied by a \$100.00 protest fee (refundable if protest is upheld). Official calls are not grounds for a protest. Tournament Directors will NOT review film from the protested game.
- Tournament Directors' rulings on protest are FINAL.

Tie-Breakers:

- Two Teams Tied: Head-to-Head result.
- Three or more teams tied: Point Differential System will be used. Teams will receive a point differential per game up to a maximum of +20 points for a win and minimum of -20 points for a loss. The team with the highest point differential will win the tiebreaker and the second highest number will be seeded second, etc. If two teams are tied with points, then revert back to head-to-head. The team not involved in the tiebreaker will have its games eliminated. If the teams are still tied, the team with the fewest points allowed in all games played in pool play wins. A forfeit is scored as a 20-0 game.

Notes:

- Area and State tournaments have the authority to modify local playing rules to accommodate local circumstances. All teams participating in the National Tournament must adhere to National Rules outlined above.
- If a team forfeits two games by not participating; the team will be disqualified from the event and cannot participate in bracket / tournament play.
- There must be a minimum of five (5) teams per division for the National Tournament to be played. If less than five teams, all teams will be moved to Div. 1 for tournament play.
- Coaches of teams playing in National tournaments certified by the NCAA (9th-11th Grade) must be registered and certified by the NCAA in advance of the Tournament. Team Rosters must be entered on the NCAA site. Visit the GRBA national website for links to the coaches' certification and team certification on the NCAA website. NO ENTRIES WILL BE ACCEPTED UNTIL REQUIREMENTS ARE MET.
- Coaches are given passes and credentials at check-in. Any coach allowing unauthorized use of these credentials will be disqualified from the event.