2025-26 NCAA/NFHS Major Basketball Rules Differences

	NFHS	NCAA Men	NCAA Women
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.	Only for the head coach being outside the coaching box	Same as Men plus minor conduct violations of misconduct guidelines by any bench personnel.
Blood/Contacts	Player with blood directed to leave game (may remain in game with charged timeout); player with lost/irritated contacts may remain in game with reasonable time to correct.	Player with blood may remain in game if remedied within 20 seconds or after charged timeout. Lost/irritated contacts within reasonable time. If timeout becomes media timeout, no charged timeout to team.	Player with blood or lost/irritated contacts may remain in game if remedied within 20 seconds or charged timeout to correct blood or contacts.
Bonus Free Throws			
One-and-One Bonus	No one-and-one bonus	On the seventh team foul.	Same as NFHS.
Double Bonus	On fifth team foul.	On the 10th team foul.	Same as NFHS.
Team Fouls Reset	End of first, second and third quarters.	End of the first half.	Same as NFHS.
Coaching Box Size	State option, 28-foot box maximum.	Extends from 38-foot line to end line.	Same as NCAA Men.
Loss of Use	If head coach is charged with a direct or indirect technical foul.	No rule.	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.	No warnings for Administrative technical. One warning for coach delay and one for player delay. Then, Class B technical.	One warning for each delay-of-game situation; subsequent delay for that situation results in a team technical foul.
Disqualification/Ejection **Players/Bench Personnel**	Disqualification – Fifth foul (personal fouls and technical fouls). Ejection – Single flagrant foul; second technical foul.	Disqualification – Fifth foul (personal fouls and Class A technical fouls). Three Class A Technical fouls. Ejection – Second Class A or third Class B technical foul or single Flagrant 2 foul.	Disqualification – Same as NFHS, includes Flagrant 1 Fouls. Ejection – Single Flagrant 2 Foul, second Technical Foul, second Flagrant 1 Foul or combination of one Technical and one Flagrant 1 Foul.

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Player Participates After Disqualification/Ejection	Direct technical foul charged to head coach.	Noncontact Flagrant 2 technical foul charged to player. Class B to head coach.	Flagrant 2 Foul charged to offender.
Replacement Interval	15 seconds.	20 seconds.	15 seconds
Double Foul	Point of interruption for all double fouls.	If differing in severity, both penalties are assessed with most severe last.	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.	Ejection. One-game suspension followed by season suspension for second offense (team and coaches). Head coach and any number of assistants may enter the playing court.	Same as NCAA Men.
Types of Fouls	Personal (double, false, multiple and simultaneous), Technical (double, false, multiple and simultaneous), Intentional Personal, Intentional Technical, Flagrant Personal and Flagrant Technical fouls.	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.	Personal (double and simultaneous), Flagrant 1, Technical (Adminsitrative, Team, Player/Substitute, Bench), and Flagrant 2 Fouls
Count Towards	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.	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,	Personal, Flagrant 1, and Technical Fouls (excluding Administrative Technicals) count toward team-foul total, disqualification and ejection; and Flagrant 2 Fouls count toward team-foul total and ejection.
Flopping/Faking Being Fouled	Same as NCAA Women	Class B Technical	Team warning (one per team), followed by Team Technical Foul for subsequent offenses.
Free-Thrower Injured	Normal substitution permitted.	Substitute or any player shoots free throws when injured player cannot as result of a flagrant foul. If result of blood, only substitute shoots. Otherwise, opposing coach	Same as NFHS.

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		selects from four remaining players.	
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. Also a ball that is touched after it contacts the backboard when any part of the ball is above the basket-ring level – considered to be on its downward flight.	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-ring level – considered to be on its downward flight.	Same as NCAA Men except ball must be entirely above the basket-ring level.
Game Clock			
Length of Quarter/Period/Half	Four eight-minute quarters.	20-minute halves.	Four 10-minute quarters.
Length of Extra Period/Overtime	Four minutes.	Five minutes.	Five minutes.
Deflection Under a Minute	No rule.	No less than 0.3 seconds must expire when ball is legally touched and the clock is immediately stopped by an official with 59.9 seconds or less left in a period or half.	No less than 0.3 seconds must expire when ball is legally touched and the clock is immediately stopped by an official with 59.9 seconds or less left in a quarter or overtime.
Stop Clock After Successful Field Goal	No rule.	After a made basket with less than one minute in second half or overtime.	After a made basket with less than one minute in fourth quarter or overtime.
Guarding			
Airborne Defender	No exception.	Allowed to move forward when clearly will not make contact on shooter.	No exception.
Exception: Closely Guarded	Holding or dribbling.	Holding only.	Holding only.
Exception: Legal Position	May be established anywhere on the court.	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. Does not apply when secondary defender	Secondary defender may not establish initial legal-guarding position in restricted area (RA) under the basket to draw an offensive foul on a ballhandler or a player who released the ball on pass or a try. Does not apply when in

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		establishes legal guarding position, jumps straight up with arms in legal verticality and attempts to block a shot. Secondary defender must be in place before an airborne offensive player's last foot hits the floor before becoming airborne.	RA during a rebound play when rebounder immediately attempts a try and defender does not have time/distance to clear the RA.
Maintaining Legal Position	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.	Same as NFHS except secondary defenders cannot move sideways to maintain on an airborne shooter or passer.	Same as NFHS except a defender may not reposition into the path of an airborne player.
Jump Ball	Re-jump must be by players involved before team control is established.	Re-jump by any two players.	Same as NCAA Men.
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.	Permitted on the playing court only during full timeouts and media timeouts.	Permitted on the playing court only during full timeouts and media timeouts. Not permitted between the end line and restraining line during any live ball.
Officials on Court – Jurisdiction Begins	15 minutes before start and remain for duration of pregame.	20 minutes before start. At least one official must remain on the court when team members are present.	15 minutes before start. At least one official must remain on the court when team members are present.
Player Out of Bounds	Violation ruled when a player a player purposely and/or deceitfully delay returning after legally being out of bounds and then become the first player to touch the ball after returning to the playing court, unless the player's momentum carried them out of bounds or steps out of bounds to avoid a violation.	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.	Same as NCAA Men.

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Post play	An extended arm bar is not allowed.	Equal pressure on post player with or without the ball allowed with one forearm when at least one of the two players is positioned in the post area.	A forearm away from the body or one hand with a bend in the elbow is allowed on post player in the lane area with control of the ball whose back is to the basket.
Replaced Team Member	Next opportunity after clock has properly started following his/her replacement.	Can re-enter when opponent commits a violation or foul before the clock has properly started or substitution results from an officiating or scorer's error.	Can re-enter when opponent commits a violation or foul before the clock has properly started.
Screener			
Location	No rule.	Screener must be inbounds.	Same as NCAA Men.
Width	Vertical plane with a stance approximately shoulder width apart.	Inside of screener's feet no wider than shoulder width.	Same as NCAA Men.
Shot Clock	State adoption - 35 seconds.	30 seconds.	Same as NCAA Men.
Reset	No rule.	No reset on out-of-bounds violations. Full reset on change of possession unless the throw-in is in the front court. 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. 20-second reset on offensive rebound or throw-in in the frontcourt.	Same as NCAA Men.
Team Control			
Definition	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.	Same as NFHS.	Same as NFHS.
Loose Ball	No rule	When a player holding/dribbling the ball fumbles, a defender	No rule.

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		bats/deflects the ball out of offensive player's control or following a try being released.	
Free Throws Shot	Never shot on a team-control foul.	When offended team is in the bonus following a loose-ball foul.	Never shot on an offensive foul.
Technical Fouls Types	Team, Player, Substitute, Bench.	Administrative, Class A and Class B technical fouls.	Administrative, Team, Player/ Substitute and Bench Technical Fouls.
Head Coaches	Direct and Indirect technical fouls Direct and Indirect technical fouls-- Direct for the coach's behavior. Indirect for penalty to bench personnel; includes pregame or dead-ball dunking.	Class A and Class B, no penalty for pregame or dead-ball dunking.	Direct and Indirect Technical Fouls Direct and Indirect Technical Fouls-- Direct for the coach's behavior. Indirect for penalty to bench personnel. No penalty for pregame dunking.
One-Shot Technical	No rule.	Administrative (except excessive timeouts and more than five players) and Class B technical fouls.	Administrative Technicals for failure to have proper division line and center circle, proper game clock, red lights/red LED lights, and properly mounted shot clock.
Count Toward	Team-foul total. Disqualification – five personal fouls (all team members). Ejection – two technical fouls (all team personnel).	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, disqualification or ejection.	Team-foul total. Disqualification – five personal fouls (all team members). Ejection – two technical fouls (all team personnel).
Resuming Play	Throw-in to offended team at division line opposite the scorer's table.	Point of interruption when the ball is in the backcourt and is retained by the offense. When the defense gains possession, use Rule 7-3.2. When the ball is in the frontcourt, use procedures in Rule 7-3.2.	Same as NFHS for Team, Player/Substitute and Bench Technical Fouls; point of interruption for Administrative Technical Fouls

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Ten-Second Rule	Must advance from backcourt. Count starts on player control.	Must advance from backcourt. Count starts on legal touch of a throw-in and on control for rebounds and jump balls.	Same as NCAA Men.
Reset	Reset on new throw-in.	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. Reset on timeout by team in control.	No count reset when defense causes out-of-bounds violation, team in control retains possession after a held ball or an Administrative Technical Foul is assessed to the team in control. No reset on timeout by team in control.
Three-Second Violation	Both feet must be placed on the court outside the free-throw lane to avoid a 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.	Both feet must be placed on the court outside the free-throw lane to avoid a three-second violation.
28-Foot Line Throw-in	No rule.	No rule.	Upon a timeout during the last 59.9 seconds in the fourth quarter or overtime 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.
Opponent Crosses Plane	May not cross boundary plane until ball has been released by thrower – violation and team warning, followed by technical foul.	May not cross boundary plane until ball has crossed boundary plane – violation Class B technical foul for repeated violation.	May not cross boundary plane until ball has crossed boundary plane - team warning followed by technical foul.
Designated-Spot	After an out-of-bounds violation in either the frontcourt or the backcourt by either team, the throw-in shall be at the designated spot nearest	Spot nearest foul or violation in backcourt except after 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 above free-throw line	Throw-in awarded at the out-of-bounds spot nearest to the location of the foul or violation, or the location of the ball when play was stopped, except for a single personal foul or intentionally kicked or fisted ball by the

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	to where the ball went out of bounds. After a violation by either team, a foul by either team before the bonus is in effect or any other stoppage in play, the throw-in location will be determined by the location of the violation/foul or the location of the ball when the stoppage occurs. If the stoppage of play occurs on or within the three-point line, the designated spot shall be the nearest point on the end line 3-feet outside the lane line. If the stoppage occurs outside the three-point line, the designated spot shall be the nearest sideline at the 28-foot line.	extended or below free-throw line etended three feet from free-throw lane line extended along the end line.	defense in the offensive frontcourt when the throw-in is at the nearest 28-foot mark or lower defensive box mark.
Timeout(s)			
Excessive	Technical foul.	Two shots and point of interruption if in backcourt and closest of four spots if in frontcourt.	Team technical Foul: Two shots and possession to opponents at the division ,line opposite the table.
Number and Length	Three 60-second and two 30-second time-outs.	Media – Three 30-second and one 60-second team timeouts. A team granted timeout at or under 30 seconds or an instant replay occurs 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. Non-Media – Four 75-second and two 30-second timeouts.	Media – 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. Non-Media –Three 30-second and two 60-second timeouts.
Reduction	Reduced if both teams are ready.	Reduced if granted team notifies official unless timeout becomes an electronic-media timeout.	Same as NCAA Men.

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Request	Recognized when a player is in control. Player or coach can request.	Recognized when a player is in control, except shall not be recognized when an airborne player's momentum carries out-of-bounds or into the backcourt. 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 or in the last two minutes of the second period or the last two minutes of any overtime period.	Recognized when a player is in control, except shall not be recognized when an airborne player's momentum carries out-of-bounds or into the backcourt. Player or coach can request.
Resuming Play	Resumption-of-play procedure.	Team warning, followed by Class A technical foul for repeat of same delay.	Team warning, followed by resumption-of-play procedure.
Uniforms			
Jersey Color	Home shall wear white and visitor a contrasting dark color.	Home shall wear light and visitor a contrasting dark color, except altered by mutual consent.	Same as NCAA Men.
Jersey Design	Torso defined by area from base of neckline to bottom of jersey and from side insert to side insert - must be white for home team and contrasting dark for visiting team and limited to identifying name and number; no design restrictions outside torso.	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.	Same as NCAA Men.
Worn	Jerseys designed to be worn outside the pants permitted; jerseys/pants may not be removed within visual confines of playing area.	Jerseys worn outside the game pants prohibited; no rule regarding removal.	Jerseys may be worn untucked or designed to be worn outside the shorts.
Penalty for Illegal Jersey Number	Direct technical foul charged to head coach.	Administrative technical foul for illegal number and non-contrasting uniform.	Same as NCAA Men.
Pants/Shorts	Must be like-colored on all teammates.	The perceptible majority of shorts must be the same color of the neutral zone.	Same as NCAA Men.

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Undergarments	Black, white, beige or the predominant color of the jersey.	Undershirt- similar to that of jersey. Under game shorts- Black, white beige or color of game shorts and may be varying lengths.	Garments worn under the shorts must be white, black, beige, or any color contained in the fabric of the game jersey and may be varying lengths.
Undershirt	Individual player must have same length sleeves. Long sleeves permitted. One visible manufacturer's logo/trademark/reference is permitted. Same color as jersey or black (visiting jerseys only), if visible, and all teammates must wear same color.	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.	Same as NCAA men, except sleeves need not be the same length.
Arm Sleeves	White, black, beige or the predominant color of the jersey.	Arm sleeve - Solid color - White, black, beige or any color contained in game jersey.	Arm sleeve - Solid color - White, black, beige or any color contained in fabric of the game jersey.
Headbands/Wristbands,	White, black, beige or the predominant color of the jersey.	White, black, beige or similar to the dominant color of the game jersey.	Solid color - White, black, beige or any color contained in fabric of the game jersey.
Leg/Knee Sleeves,	White, black, beige or the predominant color of the jersey.	White, black, beige or the predominant color of the shorts.	Solid color - White, black, beige or any color contained in fabric of the game jersey. Must be same color as compression shorts/tights.
Compression Shorts and Tights	White, black, beige or the predominant color of the jersey.	White, black, beige or the predominant color of the shorts and may be varying lengths.	Solid color - White, black, beige or any color contained in fabric of the game jersey and may be varying lengths. Must be same color as knee/leg sleeves.
Teammates Matching	All headbands, wristbands, sleeves and tights worn must be same color.	Headband and wristbands must match. Arm sleeves do not have to match leg/knee sleeves, nor do they need to match headbands/wristbands.	Same as NCAA Men.
Video	Legal to use during the game or intermission for coaching.	Preloaded and live video permitted for coaching purposes.	Preloaded and live video permitted for coaching purposes.