

Dallas Parochial League  
Basketball Rules  
2026

**The DPL follows NFHS rules unless stated otherwise in the rules listed below.**

**NEW FOR 2026 HIGHLIGHTED IN GREEN**

**Game Clock / Scorebook:** It is the responsibility of the host school to have a competent and **trained** game clock operator & scoreboard keeper. These individuals must be familiar with the scorebook entries and game clock guidelines for all grade levels & divisions. These individual(s) are to remain professional and objective in appearance and demeanor. **The scorekeepers must be at least 16 years of age. An adult gym supervisor must be in the gym at all times.**

**Basketballs:** The host gymnasium should provide the game ball for all DPL games. The official game ball is either the Wilson Evolution or **Baden/Baden Elite Pro basketball**. The 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grade and VD3 boys' divisions use a full-size men's basketball. The 5<sup>th</sup> grade boys, as well as all girls' divisions, will use a 28.5-inch basketball. The host gymnasium is to provide warm-up balls for both teams and official game ball.

**Recording of any DPL game by a 3<sup>rd</sup> party (person not associated with the teams playing) is prohibited**

Teams are, however, allowed to film their own games for instructional purposes. Film must not be shared between teams, nor be used to scout any other team.

**Warm-Ups:** All teams are to receive 2-5 minutes for pre-game warm-ups **if time permits**. Warm-up time should be dictated by the official game time. Again, the host gyms are to provide warm-up balls.

**5<sup>th</sup> Grade / 6<sup>th</sup> Grade / Varsity D3:** 4 x 10 minute quarters- continuous clock - 3 minute half-time. The game clock will stop on all dead balls **in the last 2 minutes of the game if the point spread is 10 points or less**. Should the game reach an 11-point or greater spread during the final minute, the clock shall run continuously for the remainder of the game.

**7<sup>th</sup> Grade / 8<sup>th</sup> Grade D1 / D2:** 4 x 6 minute quarters- regulation clock- 3 minute half-time.

**Game time is forfeit time.** Games may start before the scheduled time only if both coaches agree to the earlier start.

**Overtime:** All games ending in a tie will have three-minute overtime(s) until a winner is determined, regardless of age group. Only the last 60 seconds of each OT period will be regulation clock for 5<sup>th</sup> / 6<sup>th</sup> grades and VD3. The first two minutes of each OT period will be running clock for this age group. 7<sup>th</sup> / 8<sup>th</sup> Grade leagues will play regulation clock throughout all OT periods. Overtime periods will be played for the full 3 minutes – it is not sudden death.

**Playing Time:** The DPL **mandates** that all 5<sup>th</sup>, 6<sup>th</sup>, & VD3 players receive at least 10 minutes of playing time per game. The clock will be stopped by the scorekeeper or the officials at an appropriate time. **This stoppage shall be no earlier than the 5:15 mark of each quarter.** This will be the only time that a coach in these divisions can substitute players, except for injury or disqualification. Once a team has met its' minimum play requirements for **all players**, it may substitute at any time. Once both teams have met their minimum play requirements, the automatic stoppage at mid-quarter will be eliminated.

**ALL 5<sup>th</sup>, 6<sup>th</sup> and VD3 players on the bench during a game MUST play their required 10 minutes. Coaches are not permitted to “sit” players to skirt this requirement. Players on the bench that will not be playing, i.e. benched due to academic reasons, must be in street clothes.**

If a player arrives after the 4<sup>th</sup> quarter has started, they are not allowed to participate. Since all players must play for a minimum of 10 minutes, a player arriving at this time would not be able to get their full 10 minutes in.

The DPL **recommends** that 7<sup>th</sup> & 8<sup>th</sup> Grade Division I & II players average a minimum of 6 minutes per game over the course of a season.

Coaches have the right at any age level to completely “bench” a player due to violations of that school’s policy. This should be cleared in advance with the A.D. at your school. If approved, the scorekeeper and opposing coach should be notified prior to the game. **The “benched” player should be attired in street clothes to avoid confusion.**

**Time-Outs:** All teams (all divisions) will have two (2) time-outs per half which cannot be carried over, either into the second half or overtime. All teams will have one time-out for each overtime period. Time-outs do not carry over from one OT period to another. The clock stops on all time-outs regardless of age group. For running clock games, after a time, the clock does not start again until the ball has been inbounded, free throws made/missed, etc... the clock would start as it would in a regulation clock game. Time-outs are 1 minute. Scorekeepers should signal the team with a buzzer when **15 seconds remain in the timeout**. All teams are expected to return to the floor in a timely manner to avoid the ball being put in play prior to their return.

**Uniforms:** All players must have matching jerseys and shorts. Athletic shoes must be worn. No jewelry of any kind may be worn during games (earrings are to be removed - may not be "taped over"). Jerseys should be numbered 1-5, 10-15, 20-25, etc... and must have numbers on the front and back of the jerseys. Face paint, glitter, eye black, etc...is not permitted to be worn by players during games.

**Home teams are required to wear dark jerseys and visiting teams white/light jerseys.** Teams not wearing the correct color of jersey will be required to wear contrasting colored pinnies. All schools must have an adequate supply of “pinnies” on hand for instances when both teams have similar jersey colors. If both teams are in the same color of jersey, then the offending team will be required to wear the pinnies.

**T-shirts may be worn under the game jersey, but they must be Black or White t-shirts. WHEN A TEAM IS IN THEIR HOME (DARK) UNIFORM THE ONLY ACCEPTABLE T-SHIRT IS A BLACK T-SHIRT. WHEN A TEAM IS WEARING THEIR AWAY (WHITE/LIGHT) UNIFORM THE ONLY ACCEPTABLE T-SHIRT IS A WHITE T-SHIRT. Black T-shirts are not permitted under white jerseys and vice versa. All players wearing visible T-shirts under their uniform must follow these rules. Players wearing nonvisible undershirts under their uniform are permitted to wear any color.**

When both teams are playing in a gym that is not the home court of either school, the team listed on the schedule as the *home team* will wear their dark home uniforms. The team listed as the *visiting team* will wear their white or light away uniforms.

If the schedule lists a team as the home team but the game is being played in the opposing team’s home gym, the team playing in *their own home gym* will wear their dark home uniforms. The team listed as the home team on the schedule will instead wear their white or light away uniforms, regardless of how the schedule designates them.

**A team competing in its own home gym will always be treated as the home team for uniform and scoring purposes, no matter how the schedule lists the matchup.**

Uniforms are to be consistent with school guild lines and should display only School logos or athletic brand name logos (i.e. Nike or Adidas). This is also the case with accessories such as sleeves and socks.

**Rulebook:** The NFHS Association rulebook will be used unless specified otherwise in the DPL rules.

**Reporting Scores:** Host gyms are to report **all scores** by 9:00am Monday to [tmosmeyer@cathdal.org](mailto:tmosmeyer@cathdal.org).

**Forfeits:** Any team that forfeits 25% or more of their scheduled games will not be eligible for postseason play. A forfeit must occur if teams do not have at least 5 players by the scheduled start of the game.

**Roster Submission:** Each team must submit an official roster to the scorekeeper prior to the game. An official roster is one that has been printed from the Doodlio software. **Rosters must contain a photo of all coaches who will be sitting on the bench.** Rosters pulled up on a phone are not considered official rosters and are not permitted.

Coaches may adjust jersey numbers in writing **prior to the game** to ensure correct numbering should their roster be incorrect. Once the game begins, improper numbers are assessed a technical foul once cited.

**Teams that fail to provide a roster at game time will not be permitted to play the game...IT WILL BE A FORFEIT.  
Rosters cannot be shown to the scorekeeper on their phone and ROSTERS WITHOUT PICTURES WILL NOT BE ACCEPTED.**

**Should both teams fail to present an official roster, The game will be recorded as a double forfeit**

Teams must have a minimum number of 5 players to start the game. Any less is considered a forfeit.

Once schedules are finalized, players are permitted to be listed on one team's roster and only one roster for the duration of the entire season.

All rosters must be set by the midway point of the regular season. New players may not be added to rosters following that point.

**Press Rules:** 7D1, 7D2, 8D1 or 8D2 teams which have a lead of 20 points or more may not employ a "full court press". The defense must drop back into a zone defense at their 3-point line only until the ball has crossed midcourt.

6D1 or 6D2 teams which have a lead of 10 points or more may not employ a "full court press". The defense must drop back into a zone defense at their 3-point line only until the ball has crossed midcourt.

NO PRESSING allowed at any time in the 5th grade and VD3 division. Defense is to pull back in a "zone defense" at their 3-pt line only until the ball has crossed midcourt.

Violation of these rules will result in a warning to the violating team's head coach and a sideline possession to the other team. A second violation will result in a technical foul assessed to the head coach. **The clock operator has the authority to stop play to report this infraction.**

**Technical/Intentional Fouls:** These fouls will result in two free throws AND possession to the non-offending team. Depending on the severity of the intentional foul, it could result in the ejection of the player.

**Bench Decorum:** *Each team may have a maximum of three (3) coaches on the bench with the team. One of these is to be designated the head coach.* Only the head coach may be standing or kneeling during the game. Assistant coaches must remain seated except during time-outs. **Only the designated head coach may approach the scorer's table or speak to the officials.**

#### **POSTSEASON TIEBREAKERS:**

Postseason status is determined only by in-conference record. In the event of a tie:

##### Two-Way Tie -

1. Head to Head score differential between the two tied teams – 11 -point maximum per game when calculating points for differential.
2. If still tied, calculate the point differential in all District games.
3. Coin flip.

##### Three/Four Way Tie -

1. Head to Head
2. Point differential vs. tied teams (maximum of 11 points per game)
3. Least points allowed vs. tied teams
4. Point differential for all district games (maximum of 11 points per game)
5. Least points allowed for all district games