

BLAST ATHLETIC RULES

2008

Women's 3-on-3 Basketball

1. 12 minute halves with 2 time-outs per game
2. Running clock stops only during time-outs, technical fouls, and last 2 minutes of the second half
3. Regular scoring will be used (3 point shot is in effect where a 3 point line is visibly marked)
4. 5 minute half-time
5. ½ court games
6. Regular High School Rules apply
7. Jr. High and Sr. High are separate at MAX and may not compete together, but may do so at BLAST. Combined teams will compete at the Sr. High level.
8. Foul language and poor sportsmanship will not be tolerated and will lead to technical fouls.
9. Technical foul on player= 1 shot + possession/5-minute removal
10. Technical foul on bench= 2 shots + possession
11. Second technical foul= Ejection from that game and suspension from next game
12. Double elimination tournament until the championship game. Only one championship game to determine the champion.

Men's Basketball

1. Double elimination tournament until the championship game. Only one championship game to determine the champion.
2. Regular High School Rules Apply.
3. 20-minute halves with 2 time-outs per game.
4. Running clock stops only during time-outs, technical fouls, and last 2 minutes of the second half.
5. 5 minute half-time
6. Regular scoring will be used (3 point shot is in effect where a 3 point line is visibly marked)
7. Foul language and poor sportsmanship will not be tolerated and will lead to technical fouls.
8. Technical foul on player= 1 shot + possession/5-minute removal
9. Technical foul on bench= 2 shots + possession
10. Second technical foul= Ejection from that game and suspension from next game

Three-point Contest

1. 2 rebounders (chosen by the shooter)
2. 3 balls will be used
3. 60 seconds to shoot

Women's Volleyball

1. Double elimination tournament until the championship game
2. 2006-2007 High School Volleyball Rules Apply
3. Each team will be allowed 2 time-outs per game
4. Foul language and poor sportsmanship will not be tolerated

Soccer

Ryan Dampf will organize teams and officiate the games. Regular High School rules apply.

Flag Football

Cal has provided a detailed rule packet and you can find it on the district NYI web site. If you have any other questions contact Cal. (see instruction packet)

Skateboarding

Skateboarding will be divided into 3 areas:

1. Highest Ollie- self-explanatory. The skater will be given 3 attempts to do the Ollie. The first height will be 6 inches and will increase 6 inches thereafter.
2. Longest Ollie- self-explanatory. The skater will be given 3 attempts to do the gap. The first length will be 18 inches and will increase by 6 inches thereafter.
3. S-K-A-T-E. The game S-K-A-T-E is similar to the game of H-O-R-S-E in basketball. Skaters will be broken into 2 – or –3- person groups. Those 2-3 skaters compete against each other. Objective: the first skater pulls off a trick and the 2nd and 3rd skater has to pull off the same trick. If he/she does not, they receive a letter until it spells out S-K-A-T-E. A judge will be assigned to each group.
4. Helmets are required. Knee and elbow pads are recommended.