



# STANDARD RULES OF PLAY

## TIME

There will be two 20 minute running time halves for the 3rd, 4th, 5th and 6th grade Boys and Girls Divisions. Girls 7th/8th Division and 7th/8th Boys Division will play two 24 minute running time halves. The clock will stop on whistles (high school rules) during the last one minute of each half for all divisions. The clock will not stop if a team has a 15 point lead or greater. During the game the referee may stop the clock as needed for an injury or other special circumstance. Each team will be allowed two (30 second) time outs per game. There will be a two minute break between halves.

Ties will be decided by a two minute overtime period. Games still tied after the overtime period will end as such. Overtime will only be allowed if there is sufficient time remaining in the games scheduled time slot.

Scheduled game slots for all grades are one hour. Referees have the ability to reasonably adjust the game lengths for scheduling purposes.

## SUBSTITUTIONS

Subs are only allowed to enter the game following a dead ball. Coaches must get the attention of the referee who will then summon the new players to the court. Constant substitutions as a means to slow the game will not be allowed. Coaches will be issued a warning if the referee deems that constant substitution is being used to slow the game. A second, and subsequent, warning will result in a technical foul with each warning.

## FOULS

Fouls will be called by the referee and reported to the scorekeeper. A player will be removed from the game if he or she commits five personal fouls. On the tenth team foul of the half, the penalty will be two bonus free throws. On the second foul in the last minute, the penalty will be two bonus free throws. Each team should record and track fouls for both teams.

In the 3rd and 4th grade program, which is intended to be instructional, coaches and referees should monitor and address problems as needed. There are no free throws at this age level. For a shooting foul, the offensive team will take the ball out underneath the basket and for a non-shooting foul the offensive team will take the ball out on the sideline.

## TECHNICAL FOULS

The penalty for a technical foul is two shots plus possession of the ball. Any player receiving a technical foul must be removed from the game for a minimum of five minutes, and only allowed to return if it is appropriate. If a flagrant foul is called on any player, he or she will be ejected from the game. Examples of behavior which will result in a technical foul include: Verbal abuse, taunting, profanity, temper tantrums or disrespecting an official. Coaches should not put themselves in a position to obtain a technical foul.



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## DEFENSE

All teams must play man-to-man defense. Double-teaming is not allowed. Double teaming in the three-second "paint" area after a loose ball or shot attempt is allowed. Defensive switching shall not be construed as double teaming. Teams have 10 seconds to bring the ball across half court. Failure to bring the ball to the front court within 10 seconds will result in loss of possession of the ball. The defense must wait until the ball is in the front court before covering their opponent. The following exceptions apply:

- The Boys and Girls 5/6 and 7/8 Divisions may play full court man-to-man defense in the last 2 minutes of the game.

If a team is leading by 10 or more points, then that team must stop playing full court defense until the lead falls below 10 points. The losing team may continue to play full court man-to-man defense.

## OFFENSE

There is no picking or screening allowed at the 3rd/4th grade girls level. Teams have 10 seconds to bring the ball across half court. Coaches are encouraged to teach the girls a few in-bounds plays and possibly a simple offense. Remember this is instructional and excessive play calling is frowned upon and it is recommended that all the girls get a chance to touch the ball. Players that hold the ball for more than 10 seconds in a stationary position will be assessed a violation and turn the ball over to the other team.

## FREE THROWS

No free throws at the 3/4 grade level. At the 5/6 grade level all free throw shooters must start behind the free throw line and may finish the attempt beyond the line, however, they may not be the first player to touch a missed attempt. A first touch by the player shooting the free throw will result in a violation.

## REFEREES/GAME CONTROL

High school students have been hired by N.R.Y.B. to officiate your games. They have full authority to control the games, but in order to be successful need the support of everyone (coaches, players, and parents). The referees at their discretion may extend lane violations to five seconds and make other adjustments to make the games go smoothly. Coaches should lead by example and promote good sportsmanship. Problems can be discussed after the game in a non-threatening manner.

MEMBERS OF THE BOARD OF DIRECTORS ARE ALWAYS AVAILABLE TO DISCUSS ANY QUESTIONS OR CONCERNS REGARDING ANY ASPECT OF THE PROGRAM.



# TEAM SELECTION PROCEDURE