



# NORDONIA YOUTH BASKETBALL (NYB)

## RULES

### Section A General Rules:

- A-1. Ohio High School Athletic Association (OHSAA) / National Federation rules prevail unless otherwise stated.
- A2. Home/Away – Use as appropriate. As viewed from the scorers’ table; the “home” team will wear light jerseys and sit on the left of the scorers’ table. The “away” team will wear dark jerseys and sit on the right of the scorers’ table. The home team will warm up and start the game shooting at the basket to the right of the scorers’ table.
- A-3. At every NYB game, a minimum of two volunteers, one representing each team, are needed to perform the duties at the scoring table. The responsibilities of those at the scoring table include: managing the time clock/scoreboard, possession arrow, tracking on the score sheet – the score, fouls, and time outs. The game cannot start or be played without at least two people at the scoring table. If the scoring table is not manned, the game will be forfeited. A team that provided a representative for the scoring table shall be declared the winner.
- A-4. Grades 5 and over, games shall start with a jump ball. Grades 4 and under, games shall start with a coin flip. For the remainder of the game a possession arrow shall be used for the start of the quarters and jump ball situations.
- A-5. Three-point baskets will be in effect whenever a three-point arc is defined on the court.

### Section B Ball Size:

- B-1. Ball size
 

|                                 |                       |                   |
|---------------------------------|-----------------------|-------------------|
| 2 <sup>nd</sup> grade and under | - 27 ½ circumference  | junior size       |
| Girls 3/4, 5/6, 7/8, & 9-12     | - 28 ½” circumference | intermediate size |
| Boys 3/4, Boys 5/6, Boys 7-9    | - 28 ½” circumference | intermediate size |
| Boys 10-12                      | - 29 ½” circumference | official size     |

### **Section C Game Time:**

- C-1. A game will consist of 4 quarters. The recommended time of each quarter will vary with the league;
- 10 minutes: Boys 7-9, Girls 7/8, Girls 9-12, and Boys 10-12
  - 10 minutes: Boys 3/4, Boys 5/6, Girls 3/4, and Girls 5/6
  - 6 minutes: 2<sup>nd</sup> Grade and under
- C-2. The time clock will run continuously except for the following:
- a. Time-outs
  - b. Referee time-outs
  - c. For the last 30 seconds of quarters 1, 2, and 3, and the last 3 minutes of the 4<sup>th</sup> quarter, the clock shall be stopped for all dead ball situations.
- C-3. Each team will be permitted 3 time-outs per game. Note: Time-outs may only be called in dead ball situations or when in possession of the ball.
- C-4. Time-outs will be 30 seconds in length. Half time will be a maximum of 5 minutes. Due to a demanding schedule the game must be kept moving and on schedule.

### **Section D Overtime:**

- D-1. The length of overtime periods will be as follows:
- 1<sup>st</sup> Overtime: 2 minutes
  - 2<sup>nd</sup> Overtime: 1 minute
  - 3<sup>rd</sup> Overtime: “Sudden Victory” – The first team to score wins. This includes a foul shot.
- Note: NYB Championship tournament games – all overtime periods shall be 2 minutes in length, no “Sudden Victory”.
- D-2. All overtime periods will start with a jump ball or coin flip depending on the league – (see Rule A-4).
- D-3. For all overtime periods, the clock will stop for all dead ball situations. Each team will be granted one time-out for every overtime period. Any time-outs left over from regulation play or previous overtime periods may also be used.
- D-4. Defensive pick-up and defensive type: In general the same rules that apply to the 4<sup>th</sup> quarter will apply to overtime. Clarification – Boys 3/4 and Girls 3/4 – full court defense will be permitted in the last 30 seconds in each overtime period or for the entire “sudden victory” period.

## **Section E Player Participation:**

E-1. The NYB is a participatory, developmental, recreation league. Coaches must play each player who is present for a game a minimum of half the game (1/4 of the game in each half). The MAX playing time will be 3 quarters for any one player unless injuries, sickness, foul **OUT**, small game roster (when a team has less than 7 players present for a game), etc. is evident.

Exceptions:

- a. Injuries
- b. Health issues as directed from parent. The coach must notify official and opposing coach prior to the game.
- c. Foul trouble: 3 or more fouls in the 1st half, 4 or 5 fouls in the 2<sup>nd</sup> half.

Breach of this rule will result in a forfeit of the game.

E-2. Coaches are encouraged to try players at different positions and promote ball handling and shooting from all players

E-3. Teams must have a minimum of 5 players to start a game. A team not having 5 players to start will forfeit the game. The coaches at their discretion may divide players and scrimmage.

E-4. The NYB reserves the right to remove any child from the league for poor attendance at games and/or practice.

- a. Players may play in leagues other than the NYB. However, if attendance is affected by “outside” play, than this rule may be applied.
- b. By OHSAA rules, grades 7-12, a player on his/her school team may not also play in any other league in the same sport during the same season.

## **Section F Coach and Player Conduct and Dress:**

F-1. A player must be in proper team uniform in order to play. When a player arrives in “partial” uniform, coaches and referees should use discretion and decide whether that player’s uniform could cause confusion and detract from the game. Remember the league is after all for the “kids”.

F-2. No jewelry may be worn in a game or practice.

F-3. Appropriate footwear (basketball or “tennis”) shoes must be worn in games and practice. For safety, shoes must be double knotted! Excessive delays in a game for re-tying of shoes may result in time-outs being charged to the team causing the delays.

F-4. Fighting, threatening language, swearing, excessive criticism of referees, and other unsportsmanlike conduct will not be tolerated from players, coaches, parents, or spectators. Poor behavior may result in a warning, a technical foul, removal from the game, and/or removal from the league.

Coaches must try their best to encourage and monitor sportsmanship from his/her players, assistant coaches, parents/relatives, and fans/spectators. Read, use, and/or distribute the sportsmanship and ethics pieces in the NYB coaches' binder.

- F-5. All coaches and non-participating players must be seated on their bench at all times during the game with the following exceptions:
- a. To request a time out.
  - b. To confer with players during time-outs or between quarters.
  - c. To replace an injured or disqualified player.
  - d. To make inquiries at the scorers' table.
  - e. To rise momentarily in reaction to an outstanding play
  - f. To acknowledge a replaced player.

All coaches must stay off the playing court unless beckoned by the referee or to tend to a player emergency (i.e. a player injury).

### **Section G Fouls:**

G-1. Team and personal fouls will be recorded by volunteers at the scoring table.

G-2. Personal fouls – A player receiving a 5<sup>th</sup> foul will be removed from the game.  
Note: Technical and flagrant fouls are also considered personal fouls.

Clarification: A player receiving a 5<sup>th</sup> foul may not remain or be re-inserted into the game for any reason. If a team lacks additional players then that team will play “short” for the remainder of the game.

G-3. Team fouls are the total of all the personal fouls (offensive and defensive) and technical fouls recorded against a team.

G-4. Shots awarded

- a. 3 shots for act-of-shooting fouls outside 3-point line (if line is defined on court).
- b. 2 shots for act-of-shooting fouls, flagrant fouls, unsportsmanlike conduct or a technical foul. For flagrant fouls and technical fouls the team fouled also receives possession of the ball at half court.
- c. For non-shooting common fouls – possession only for team fouls 1-6 per half. One-and-one for team fouls 7-9. 2 shots for team fouls 10 and over per half.

G-5. Foul Shots – Rebounding: A player may not enter the lane until the ball hits the rim. A maximum of 7 players, 3 on each side, and a shooter shall fill the lane for rebounding in grades 6 and under. Players on the floor, on the bench, or coaching staff may not distract a player shooting foul shots.

G-6. Foul line length.

- |                                  |                         |
|----------------------------------|-------------------------|
| Boys 3/4, Girls 3/4 and under    | - Approximately 12 feet |
| Girls 5/6, Girls 7/8, Girls 9-12 | - Standard (15 feet)    |
| Boys 5/6, Boys 7-9, Boys 10-12   | - Standard (15 feet)    |

G-7. Lane Violations:

- |                                  |                        |
|----------------------------------|------------------------|
| Boys 3/4, Girls 3/4 and under    | - 5 seconds            |
| Girls 5/6, Girls 7/8, Girls 9-12 | - Standard (3 seconds) |
| Boys 5/6, Boys 7-9, Boys 10-12   | - Standard (3 seconds) |

Special note: For leagues using the modified 12 foot foul line, the lane will be defined by the standard 15 foot foul line for the purpose of declaring lane violations.

## **Section H Defense:**

H-1. “10-Point” Rule: Applies to all leagues, which permit full-court defense for all or part of the game. If a team is ahead by 10 points or more, full-court defense not permitted. 9 points or less, full-court defense is permitted.

H-2. Defense Guidelines:

- Boys 7-9, Boys 10-12, Girls 9-12: no restrictions (exception “10-Point” Rule H-1).
  - Boys 5/6, Girls 7/8:
    - Defensive pick-up – may start to defend at half-court once the offensive player has crossed into the forecourt for quarters 1-3.
    - 4<sup>th</sup> quarter full court defense is permitted.
    - Defensive type: 1<sup>st</sup> half – must play man-to-man defense; however, the defense will be allowed to trap; that is double team (or more) the player with the ball.
    - 2<sup>nd</sup> half – any type of defense permitted.
  - Girls 5/6:
    - Defensive pick up – may start to defend at half-court once the offensive player has crossed into the forecourt for quarters 1-3.
    - 4<sup>th</sup> quarter full court defense is permitted.
    - Defensive type: Quarters 1-3 must play “man-to-man” defense (see Rule H-3).
    - 4<sup>th</sup> quarter – any type of defense permitted.
  - Boys 3/4, Girls 3/4:
    - Defensive pick-up:
      - Quarters 1-3 - may start to defend at a line designated near the top of the key once the offensive player has crossed the line. (Pick-up Line)
      - 4<sup>th</sup> quarter – may pick-up at half court.
      - Final 30 seconds of the game – may play full court defense.
    - Defensive type:
      - Quarters 1-3 – must play “man-to-man” defense (see Rule H-3).
      - 4<sup>th</sup> quarter – any type of defense permitted.
  - 2<sup>nd</sup> grade and under:
    - Defensive pick-up – may start to defend at a line designated near the top of the key once the offensive player has crossed the line for the entire game. (Pick-up Line)
    - Defensive type – Must play “man-to-man” defense for the entire game.
    - Players may not intentionally steal the ball
- Note: For leagues using a designated pick-up line, attempts toward the basket must be made within 10 seconds of crossing the half-court line.

H-3. For “man to man” defense, a defensive player must be guarding within reasonable distance of the opponent with the following exceptions:

- a. When the offense has possession of the ball inside their key, more than one player may guard the player with the ball.
- b. On a “pick” play, due to defensive confusion, a player may be double-teamed momentarily (2 to 3 seconds maximum).

- c. On a fast break attempt, any defensive player may guard the “breaker” anywhere on the court.
- d. Violations – 1<sup>st</sup> offense; warning. 2<sup>nd</sup> offense; technical foul.

**Section I Revisions:**

- I-1. The NYB Board reserves the right to change rules as needed. League coordinators, with NYB Board approval, may modify rules for special situations or due to conditions dictated by the use of certain basketball courts. These rules are designed to promote participation, skill improvement, fair play, and sportsmanship.