



NLC Youth Basketball Leagues 2017 Youth Basketball League Rules 1st/2nd , 3rd/4th , & 5th/6th Grade Leagues

General Rules

- The games will consist of two 18 minute halves with a continuous clock. There will be a three minute break between halves.
- There is no three point line for 1st-4th grade. 5th-6th grade will use the three point line on the court.
- The baskets will be set at: 8 ft for 1st/2nd, 9ft for 3rd/4th, and 10ft for 5th/6th League. First and Second grade will use 27.5 size game ball and the third/fourth and fifth/sixth will use the 28.5 size game ball.
- Games are started with a jump ball and then the alternate possession rule will be used on all other jump ball situations.
- All teams will receive 1 time out each half. Time outs are 1 minute long and do not carry over to the next half. The clock will not stop during these time outs.
- **NEW - 5th- 6th Grade Division will keep score this year so we will need one parent from either team to run the score board or the score will not be kept. We will not be keeping track of fouls or individual points. If a team is ahead by more than 20 points we will stop keeping score on the score board. The clock will only stop in the last minute of the game and during time outs. Each team will be allowed two 30 second time outs per game. Half-time will be 3 minutes. If a team is ahead by more than 20 points the clock will not stop in the last minute except for time outs.**

1. Substitutions

- Coaches may substitute as desired. At the nine - minute mark of each half, play will be stopped for substitutions. At this time all players who have yet to play in the quarter must be entered into the game for the remainder of the half. No child shall play less than 9 minutes per half. Exceptions: fatigue, illness, injury, technical, (more than 10 players).
- During any time out or dead ball situation, a coach may substitute for a player who has been playing over 9 minutes in a particular half. The coach must notify the referee of the substitution.

2. Fouls

- If a player displays unsportsmanlike conduct towards other players or an official, or uses any profanity, the player will receive a technical foul, and must sit out for the remainder of the half.
- All technical fouls will result in one free throw and ball out of bounds.
- If a player is in the act of shooting when fouled, the player will receive one free throw worth two points.

- There are no bonus 1 & 1 free throws. Fouls occurring at any-time other than situations previously mentioned will result in ball out of bounds.
 - A player cannot foul out of the game, however if a player is excessively fouling, the coach should call timeout and settle the player down or the official can remove the player from the game.
- 3. Slow Break Rule (Only Applies to 1st/2nd)**
- In order to keep control of the game, the youth basketball league has a slow break rule. During the entire game, the offensive team may not advance the ball past half court until all the defensive players have entered their defensive area. If this rule is violated, the coaches will stop play until the defensive team is set. The offensive team retains possession of the ball.
 - A full court press may not be applied by the defensive team. Once a team has gained possession of the ball the team losing possession of the ball must retreat immediately to their defensive area.
 - Exception to the slow break rule is when a defensive player gains possession of a loose ball in his/her offensive area. For example: A is on offense and B is on defense. Player A attempts to pass the ball to a teammate, player B deflects the pass and the ball now heads towards players B basket. The ball crosses half court and player B then picks up the ball. This means that player B has gained possession in the offensive area. Player B may pick the ball up and score without Team A setting up defensively.
- 4. Defense**
- Zone defense and pressing are not allowed.
 - Defensive players must be within 6 feet of the offensive player they are guarding. Violation will result in ball out of bounds.
 - Due to the slow break rule (1st/2nd grade), the defensive player must wait for the offensive player to cross half court.
 - 1st/2nd and 3rd/4th grade leagues the defense cannot steal the ball off the dribble.
- 5. Replay Rule**
- When traveling, double dribble, and other similar type violations are called, the official will stop play and explain to the child what they did wrong. The offensive team will retain possession of the ball upon the first offense. Upon further offenses by the same child, the ball will be turned over to the defensive team. The replay rule will be used less and less as the season progresses.
- 6. Clearing Out Rule**
- The offensive team may not place four of its players at half court while the best player goes one on one with the other defender. Violation will result in a free throw and the ball out of bounds to the defensive team.
 - There will be no over and back rule. There will be no 10 second rule to cross half court, but the coaches should keep the ball moving up court when the defense is set.
- 7. No Forfeit Rule**
- If for some reason a team has less than 5 players, the other team may lend a player or two so that they have a chance to play. Games may also be played 4 on 4.