NoVa Youth Hoops (NYH) Basketball Rules

All games will follow National Federation of High School (NFHS) Rules with the below exceptions for each division.

Grade/Age	1st/2nd Grade	3rd Grade	4th Grade	5th Boys	MS Boys (6th – 8th) MS Girls (5th/6th, 7th/8th)	High School (Boys + Girls)
Equipment & Court Specification						
Ball Size	27.5”	28.5”	28.5”	28.5”	29.5” Boys 7th/8th 28.5” Boys 6th, Girls 5th-8th	29.5” / 28.5”
Height of Basket	8’6”	9’	9’6”	10”	10”	10”
Free-Throw Line	N/A	14’ relaxed	15' relaxed	15'	15'	15'
Game Structure						
Game Length	Four 10-minute periods (running)	Four 7-minute periods	Four 7-minute periods	Four 7-minute periods	Four 7-minute periods	Four 8-minute periods
Time Between Periods	1:00 minute break at end of first and third quarters; 3:00 minute break at halftime for all age groups					
Extra Period(s)	N/A		First overtime period will be 2:00 minutes in length (standard clock); if still tied go to an untimed sudden death (first team to score wins). See Note #3 for additional overtime guidance.			
Timeouts	N/A	3 full timeouts (60 second timeouts) per game				
Start of Game Possession	Home Team	Home Team throw-in at half court	NFHS Rules			
Game Tactics						
Playing Time	All players in attendance for the full game must play a minimum of 50% of the game ** Please refer to the Playing Time note below and the Playing Time Policy Page for additional information**					
Isolation plays	Isolation Plays are never permitted in any house league age group (See below for definition of Isolation Play)					
Inbounds Plays	N/A	See Note #2	NFHS Rules			
Defense	Only man-to-man defense throughout the competition (See Note #1)				MS Girls 5th/6th Girls, only man-to-man defense All other MS, zone defense allowed	Zone defense allowed
Pressing Defense	Pressing is not allowed throughout the competition		Man-to-man defense may be extended full court in the fourth period and each extra period, except when leading by 10+.		Pressing allowed throughout the competition, except when leading by 15+.	Pressing allowed throughout the competition, except when leading by 20+.
Double-Team/ Crowding	Double-team/crowding is not allowed throughout the competition				Allowed throughout the competition at coaches’ discretion	
Stealing from the Dribbler	Not allowed throughout the competition; See definition below		Coaches’ discretion throughout the competition			

****<u>Playing Time Rules: Please refer to the playing time policy page</u>****

****Playing time rules are not adjudicated by the referees before, during, or after the game; playing time rule monitoring is the responsibility of the Assistant Coach or Team Manager during the game****

Definitions:

Man-to-Man Defense:

- Each defensive player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

Pressing Defense: Defensive guarding, either on or off the ball, within the backcourt.

Double-Team/Crowding: Two or more defensive players guarding a single offensive player.

Relaxed Free Throw: Shooter must start behind the free throw line; momentum may carry the shooter one step beyond line. The shooter cannot run in to go after the rebound.

Isolation Play: Isolation plays are when all offensive players except the ball handler are sent outside of the three-point area during the play.

Reach in steals (Grades 1 – 3): When an offensive player has possession looking to pass, or is dribbling, the defender cannot reach-in and attempt to steal. IF an offensive player loses possession...fumbles the ball, dribbles it off foot, etc., it is considered a loose ball and the defender can possess it.

Notes:

Note #1 - Defensive Restrictions (Grades 1 – 3): All defensive players start inside the three-point arc until the first pass in the front court is made. *First free pass only applies to passes made between half-court and the foul line extended. Passes made inside the free throw line-extended are not restricted.*

Note #2 - Inbounds pass (Grades 1 – 3): All dead ball inbounds plays (not after a made basket) taken at half court; free inbounds except if inbounds pass is made below the foul line. Inbounds must be in the front court - no passes into back court.

Note #3 – Overtime: No additional timeouts are granted – timeouts can be carried over if the team has any remaining. Playing time rules do not apply to either overtime period. **Be aggressive - Play to Win the Game!** Additionally, team fouls will be carried over from 4th quarter into overtime to determine shooting bonus.

Penalty for rules violations: 1st offense - Warning Issued. Subsequent offenses - Team Technical Foul at Referee's discretion.