

RULES FOR SPRING / SUMMER / FALL LEAGUES:

The official rules for the league and tournament is the National Federation High School Rule Book.



Basketball Sizes By Division	
28.5	29.5
3rd/4th Grade Boys & Girls	7th/8th Grade Boys
5th/6th Grade Boys & Girls	9th-12th Grade Boys
7th/8th Grade Girls	

POINTS OF EMPHASIS

1. NFHS High School Rules (Primarily): No guaranteed playing time - Open substitutions; See below for exceptions
 - No Shot Clock
2. # of Players required to start and end a game:
 - A Team must have 5 players to start a game; A game can end with 4 players
 - A game can end with 3 players but the team must have a chance to win
3. **PLAYING TIME** – Running Clock; except game will be stop clock for last 2 minutes of game
 - 10 – Minute Periods (4 Periods)
 - 2 – Minutes Half-Time
4. **TIME-OUTS** (No carryover):
 - 3 – Full Timeouts – 1 minute & 2 – 30 second Timeouts
 - Coaches and players may call a Time-out during the game.
5. Forfeit time – 10 minutes allowed before a game forfeit is declared | Score to be reported as 13-0
6. Free Throws:
 - SVNJB Staff and/or Referees will designate the Free-Throw line for the 3rd/4th Grade Boys & Girls Divisions only:
 - **[NEW]** Two (2) free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter. (No double bonus.)
 - 3rd & 4th Grade Boys & Girls shoot from 3 feet inside regular Free-Throw line (tape measure at score table)
 - 3rd & 4th Grade Boys and Girls line up in lower blocks for Free-Throws
 - 5th, 6th, 7th & 8th Grade Boys and Girls shoot from regular Free-Throw line
7. **ROSTERS / COACHES / PLAYERS:**
 - Coaches required to print online system generated Team Roster to present to scorekeepers each game.
 - A copy of the online Roster must be presented to the scorekeeper prior to the game.
 - **[PENALTY]:** Technical Foul is administered to teams that DO NOT have system online generated Team Roster
 - Only one (1) coach can stand while coaching during the game
 - Only the Head coach can approach the score table during game
 - Limit 1 bench coach per team
 - Only participating players and coach allowed on the bench and in playing area. Spectators must remain in spectator section if there is one.
 - **ROSTER CAPACITY PER TEAM:** minimum of 7 and maximum of 12 players allowed per team.
 - A player may participate on only one team and in only one age division.
 - Any challenge of a player must be done before the game
 - Use of an illegal player in game, forfeits game and may warrant exclusion from future NJB programs
 - Coach can approach the score table while **social distancing** only at time-outs, between Periods or at end of game

8. **UNIFORM POLICY:**

- All teams MUST have reversible uniforms or two sets of uniform tops (light and dark)
- Home teams wear light & Away teams wear dark colors.
- Uniforms MUST have numbers on front and back of jersey
- No tape is allowed to modify a uniform #
- ALL shirts worn under the jersey MUST match predominate color of jersey (Including cut-off shirts)
- Girls athletic bras are exception to the matching color rule
- No jewelry including no tape over earrings

9. **The penalty for Dress Code violation at jump ball:**

- Offending team receive (1) Team Technical foul
- Opposing team receive 2 Free-Throws and "the ball"
- Applies to any uniform violation
- Ball possession will then be normal rotation

10. Home team (H) is listed on right in schedule or the top team in the brackets.

11. Home team sits left of score table (sitting looking at court) or Site Supervisor determines

12. Teams MUST remove their bottles & other items/debris when departing bench area after game

13. Substitutions:

- Have player report by score table before dead ball
- Inform player to wait until Referee waves him/her into the game
- Do not run player directly from bench onto court – player must report to scoretable and wait for Referee to wave them into the game

14. Overtime:

- 1 – Minute each Overtime
- 1 – Timeout per Overtime (No carryover of Timeouts from prior 4 Periods)
- Sudden Death start for the 3rd Overtime – 1st team to score win

15. 10 second backcourt rule and the mid-court line rule ("over and back") apply to Boys & Girls games.

16. **FULL COURT DEFENSIVE PRESSURE:**

- Full-Court press allowed in **2ND HALF** only for all divisions
- No Back-Court pressure allowed in the 1st & 2nd Periods
 - 1st & 2nd periods – pressure allowed at 28.5 attack line – Officials must identify the attack line prior to the game if 28.5 mark not available

17. Mercy Rule (Team leading by 20 points or more):

- Clock will continue to run even in the last 2 minutes of the game, except for time-outs, or until point difference is 10 points or less
- Team with the lead cannot employ full-court or half-court pressure and must play defense with both feet inside the 3-point area at all times

18. A team and/or player are subject to immediate disqualification from league/tournament for any misconduct deemed inappropriate, unacceptable, unsafe and/or abusive by the league and/or tournament staff. This includes, but is not limited to, defacing and/or destruction of playing site property, trashing team bench area, fighting, unsportsmanlike conduct, or ineligible players. Any disqualification is the sole decision of the Host League and Tournament Officials. No refunds will be issued in the event of disqualification.

- The conduct of players and coaches should be above reproach both on and off the court. Any misbehavior or misconduct, on or off the court, will be subject to individual and/or team disqualification from the league and/or tournament.

19. We will use the NJB Blue Card process for technical fouls and the ejection process.

20. Coaches are responsible for their bench players, bench personnel and team fans.

Good Sportsmanship is Always First!