

NHRPD Youth Basketball League Rules



Game Time

- Four 10-minute quarters with a running clock
- One minute between quarters
- Two minute halftime
- Clock is stopped in the last 2-minutes of the 4th quarter for a dead ball, unless the lead is 10 or more points

Jump Ball

- To begin each game – alternate possession for the remainder of the game

Timeouts

- Teams have two 30 second timeouts per half. Timeouts **cannot** be rolled over to the next half

Substitutions

- All players must play at least 50% of the game
- No player can play the entire game – all players must sit out for at least one 5-minute substitution
 - 2/3 grade division: Clock stopped every 5 minutes for substitutions
 - 4/5 grade division: Clock stopped every 5 minutes for substitutions
 - 6/7 grade division: Players may sub into the game when the official indicates a dead ball, timeout, or halftime
 - Players must check in with the scorekeeper and wait for the official to signal the substitution
 - Players **cannot** be substituted after a made basket

Press

- 2/3 grade division: no full court press
- 4/5 grade division: no full court press
- 6/7 grade division: allowed to full court press if the game is within 10 points
 - A team leading by 10+ points cannot press
 - A team losing by 10+ can still press
 - If your team is leading by 10+ points and continue to press
 - First offence: Official will give the team a warning
 - Second offence: Official will issue the coach a technical foul

3-Point Shots

- 3-point shots are only counted in the 4/5 & 6/7 grade divisions

Fouls & Free Throws

- Maximum of 5 personal fouls per player per game
- Foul shooting (1+1) will be in effect on the 7th team foul in each half
- Double bonus (automatic 2 shots) will be in effect on the 10th team foul in each half
- Players can move on the shooters release

Technical Fouls

- Teams automatically awarded two points and ball out-of-bounds
- Technical fouls count towards a player's personal foul count
- Two technical fouls for any player or coach throughout the season results in an automatic 1 game suspension
- Parents and spectators can be issued a technical foul for interfering during a game (excessive behavior: complaining, arguing or yelling at officials, standing/walking on the court during game, taunting other players, etc.)
 - Parent and spectator technical fouls are counted towards the coach's technical foul count

Overtime

- Two minute stopped clock overtime beginning with a jump ball
- If the score remains tied at the end of the overtime period, the final overtime period will begin with a jump ball and the first team to score (any points) wins
- No timeouts in overtime play (unused timeouts from previous half **cannot** be used in overtime)

Officiating

Officials have to make close and sometimes challenging calls that may be controversial. It is expected that, regardless of the call, you behave as an adult and control your emotions.

- If you have an issue with a call, you have a few options
 1. Relax and get over it – sometimes you just don't get the call
 2. Speak to the gym supervisor about your concern
 3. Contact NHRPD to report your concern
 - Rachel Robertson, Recreation Superintendent
 - rachel@nhrpd.org
 - Christopher Kersevan, Recreation Coordinator
 - chris@nhrpd.org

