

NBIAA

Northern Burlington Instructional Athletic Association
P.O. Box 334, Columbus, New Jersey 08022

Northern Burlington Instructional Basketball League Major League (5th & 6th Grade) Rules - 2014

Playing Rules: As adopted by the National Federation Rules Committee and amended by agreement of participating Township and Base Representatives.

Rule 1: Players

a. Eligibility

Comprised of girls or boys (separate leagues) in the 5th and 6th grades **who have not reached their 13th birthday before October 1, 2014.**

Exceptions regarding a player's eligibility for a specific league will be considered on an individual basis.

b. Substitutions/Playing Time

- i. Coaches must play each individual one half of every game.** The league has determined that no roster shall contain more than 10 players, and the “ideal” roster size is 8. The intent of the rule is to play each player as much as possible. **This is an instructional league**, and players learn by practicing and playing. Coaches are encouraged to substitute one or two players at a time. This procedure will help provide continuity and allow players to participate with/against all other players.
- ii. A 30 second time-out will be called at the midpoint of each quarter (4:45 to 5:15 mark) to allow for the substitution of players. Substitutions will be allowed only at the midpoint of the quarter, except in the case of injury, medical condition, emergency, or other unforeseen situation.**
- iii. The balance of the 5 minutes of an injured player may be played by any player. However, all rules must be followed to ensure fairness. (i.e. if you are going to play a player 35 minutes, he/she must sit at least 5 minutes before the fourth quarter). Each player being substituted in will have been deemed to play the entire period.**
- iv. Substitutes must report to the midcourt area, and the opposing coach and/or official scorer notified.**
- v. Exception of (b.i). - If a Player does not show up at the start of a game, the coach is only obligated to play the player half the time of the remaining quarters following the current Period. (i.e. if a player shows up mid-way through the first period, the coach is only obligated but not limited to playing him half the remaining 2nd, 3rd, and 4th period or 15 minutes).**
- vi. To avoid forfeits, teams not having enough players to start the game will be permitted to use a player from a lower league: A list of players will be provided by your town’s administrators for available kids. It will be the coach’s responsibility to determine if there is a need, and who to contact. If there are 6 or more available players, then the use of a lower league will not be permitted. If a lower league player is used, That player may only play the MINIMUM number of half quarters. He/She should NOT take time away from a regular player. The league should be notified before making the request for additional players as well as after to ensure a jersey can be provided for the game. In the unfortunate event that only 4 or less for a team show up to a game, then the result will be a 0 – 0 forfeit loss. If you want to play the game for the kids, a player(s) from the other team may be used. However, the official score will still be a 0 – 0 forfeit.**

- vii. Every player must sit at least one half-quarter of every game (five minutes, unless only five players are available to play). Each player must sit their five minutes prior to the 4th quarter.

c. Conduct

i. Inappropriate conduct by players, coaches, officials or spectators will not be tolerated at any level. **Cheering for players or a team is strongly encouraged. Berating officials, players, coaches or other spectators will absolutely not be tolerated.** The league reserves the right to remove player, coach or spectator from the game and/or site—and team or league (pending a scheduled hearing)—for conduct deemed excessively inappropriate. Game officials have full control once the games begin. Officials have been made aware of the league policies, and are also subject to the intent of those policies.

ii. Profanity (by player or coach):

- 1st offense: Warning
2nd offense: Technical, and thereafter at official's discretion.

iii. Fighting:

- 1st offense: Ejection and **automatic** one game suspension
2nd offense: Removal from league

Any coach, player, parent, or spectator who is ejected from the game will have an automatic one game suspension. (Including the current game, and the next game as well.)

Note: The use of alcohol before and during the game, and the use of tobacco during the game, is strictly prohibited by any player, coach, official or spectator. Additionally, drinking, eating or gum chewing in any league gymnasium is prohibited.

Rule 2: Equipment

a. Ball.

Size 6 (28.5- inches) Regulation Women's for both Girls and Boys leagues.

b. Uniforms

An effort has been made to equip all teams with uniform shirts that are different in color to any opponent they may play. Players should be in proper uniform for all games, including uniform shirt, shorts and sneakers.

Rule 3: Officials

- a. All Officials must be certified through the National Federation of High School Officials Association, or through the National Youth Sports Coaches Association or through the Rutgers Sports Awareness of Educating Today's Youth (SAFETY) Clinic.
- b. Two officials will be assigned to these games. On occasion due to scheduling conflict issues, games may be officiated by just one official. Patience and courtesy is asked for and expected in these situations.
- c. If no referee shows up, please contact your local administrator first. If it is deemed that a ref will not be available, and both coaches agree to the selection, 1 – 2 parents may be used to ref the game.

Rule 4: Timing of Games

- a. 10 minute per quarter running clock until the last two minutes of the game.
Thereafter, standard stopped-clock timing.
- b. The home team should provide a timekeeper regardless of the venue. Instructions will be provided at each gym on how to work each clock. If instructions are not provided, time keeping responsibilities will fall back on to the host team of the gym. If neither team is the host, it will resort back to the home team to provide a volunteer.
- c. **The time Keeper should be an adult/one of the team's parents.**
- d. The last two minutes of the game (fourth quarter) the clock will be stopped on all whistles; fouls, foul shots, any violation, etc. **(like regular basketball, the final two minutes of the fourth quarter, and any overtime period. NOT on made baskets.)**

Rule 4A: Time-outs and Half-time

- a. There will be two time-outs per half, at one minute per time-out.
- b. **A 30 second time-out will be called at the midpoint of each quarter (4:45 to 5:15 mark) to allow for the substitution of players. Preferably at a dead ball whistle or after a score, coaches will call out "SUBS" and play will stop.**
- d. Half time will last three minutes.

Rule 4B: Overtime (END-OF-THE-SEASON TOURNAMENT ONLY)

- a. There will be one three-minute overtime period with a running clock for one minute and stopped clock the last two minutes of OT) for games tied after regulation. (Stop clock the last two minutes of overtime)
- b. One time-out per team per overtime. No carry-overs from regulation time.

Rule 5: Scoring

- a. The score should be kept by both teams for the purposes of game completion only.

NO FORMAL LEAGUE STANDINGS WILL BE KEPT FOR THE NBIBL.

THERE WILL BE NO FORMAL REGULAR SEASON LEAGUE CHAMPION NAMED.

- e. If the court being played on has a three-point line, three points will be awarded for shots made from beyond that line. If the facility has no line, the game will be played without the opportunity to make a three-point shot.

Rule 6: Alternating Possession

In all jump ball situations other than the start of the game and the start of an overtime period, teams will alternate taking the ball out of bounds for a throw-in. The team not obtaining control of the jump ball will begin the alternating procedure. The officials will be responsible of subsequent awarding of possession.

Rule 7: Defense

- a. Defense at half court after a dead ball or a score.

NOTE: The purpose of the half court defense rule is to allow players sufficient time to set- up offensive patterns.

- b. A ***full 5-man press*** will be permitted during the last five minutes of ***EACH HALF*** and for any overtime period during the end-of-the-year tournament. **This rule is being implemented to better prepare the young players for presses and press-breaking.**

NOTE: The league may decide to delay implementation of the pressing in the 1st half until midway through the season.

- c. **NO PRESSING will be allowed in the last five minutes of each half if the leading team is ahead by ten points or more. Once the score goes below a difference of 10 in the last five minutes, then the backcourt press may be implemented again.**

Rule 8: Fouls

- a. After seven team fouls, one foul shot and one bonus after making first.
- b. After 10 fouls of a half, teams will be in the double bonus – shooting 2 free throws with each foul.
- c. Players will foul out of the game after five personal fouls.
- d. **The clock will be stopped on all whistles the last two minutes of the fourth quarter, and the last two minutes of overtime (like regular basketball, the clock stops on any whistles: fouls, foul shots, any violations—NOT on made baskets).**

All other normal basketball rules are to be taught/monitored that are not explicitly detailed in these rules. Please discuss your league's rules with the other coach and official prior to the game.