

NBIAA

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

Northern Burlington Instructional Basketball League

Rookie League – 1st & 2nd Grade Rules - 2014

GOAL: To introduce and instruct the fundamentals of the game of basketball to 1st and 2nd grade girls and boys while providing time for them to exercise and have fun. This level is meant for instruction and skill development. Games may be scheduled between two townships, with the approval of the NBIAA, during regularly scheduled practice times and not until after the second week of February.

Playing Rules: As adopted by the National Federation Rules Committee and amended by agreement of the participating township, Base or community league representatives.

Rule 1: Players

a. Eligibility

Mini-Ball League: Comprised of girls and boys (co-ed teams) in Kindergarten, who have not reached their sixth birthday before October 1, 2014.

b. Substitutions

- 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 a few players at a time. This procedure will provide continuity and allow players to participate with/against all other players.
- ii. **A 30-second timeout will be called at the midpoint of each quarter (3:45 to 4:15 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.**
- iii. **Substitutions for emergencies or injuries may be made at any time. Every player must sit at least one half-quarter (five minutes) of the game, unless there are only five players available. NOTE: If a coach thinks he/she will have only five players or less, then a call to a lower division player may be made. That player may only play the MINIMUM number of half quarters. He/She should NOT take time away from a regular player.**

*****iv. Every player must sit at least one half- quarter (five minutes) of every game, unless there are only five players present.**

Rule 2: Equipment

a. The Ball Size 5 (27 inches) or Junior Size.

b. Baskets **Eight-foot** high baskets will be used in this league.

c. Uniforms An effort has been made to equip all teams with uniform shirts that are different in color or reversible. Players should be in proper uniform for all instructional sessions and/or games, including uniform shirt, shorts and sneakers.

Rule 2: Equipment

a. The Ball.

Size 5 (27.5 or 27) for Girls and Boys league.

b. The Basket

*****EIGHT-foot baskets will be used in all Rookie Leagues.** The intent of this league is to teach proper mechanics and fundamentals, including shooting. THE MAJORITY of 1st and 2nd graders are not physically capable of “shooting the BEEF (Balance, Eyes on the basket, Elbow straight, Follow-through)” properly with baskets at the 9-foot level.

c. Uniforms

An effort has been made to equip all teams with uniform shirts that are reversible or 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

Officials will NOT be assigned to Mini-Ball games. HOWEVER, ONE coach from each team will be on the floor to blow the whistle or stop play at any time. Coaches MUST control and stop the game to instruct players on rules, mechanics, fundamentals, defense, etc. If allowed, the game will become too fast and too physical. **This must be controlled.**

Rule 4: Timing of Games

a. 8 minutes per quarter running clock throughout the game.

b. 3 minutes for halftime.

Rule 4A: Time-outs

a. As needed or deemed necessary by the coaches of the teams.

b. One-minute timeout between quarters.

c. Half time will last **three minutes**.

Rule 5: Scoring

a. No score shall be kept in Rookie League play.

NO LEAGUE STANDINGS WILL BE KEPT FOR THE NBIBL.

THERE WILL BE NO FORMAL LEAGUE CHAMPION NAMED.

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 COACHES WILL KEEP TRACK and will be responsible of subsequent awarding of possession.

Rule 7: Defense

The purpose of the Rookie League is to instruct the basic fundamentals and build confidence. In light of that, the defenses deployed should not be designed to win games, but to instruct players in the art of defending an individual or area. The rules listed below and the diagram on the last page are included to inform the coaches of the type of progression in the advanced leagues that will be expected of the players as they move up in age and leagues.

A 2-3 zone defense is mandatory for Rookie League play.

NO DOUBLE-TEAMING AT ANY TIME. Coaches are encouraged to employ a “zone *offense*,” to ensure that the ball and ball-handler are not continually crowded.

- **NO FAST-BREAKING** in Mini-Ball play. Once the ball has been rebounded, sufficient time must be provided for the defense to “get back” to set up and defend their goal.
- Steals allowed on passes only. A player is not permitted to physically steal the ball from another player. A player may intercept a pass going from one opponent to another.

Defense at the foul line by two defensive players only. The other three defensive players should be in the lower zones near the basket.

NEXT LEVEL (Minor 3rd and 4th graded) Defense Rules to keep in mind as you progress your coaching and instruction during the season.

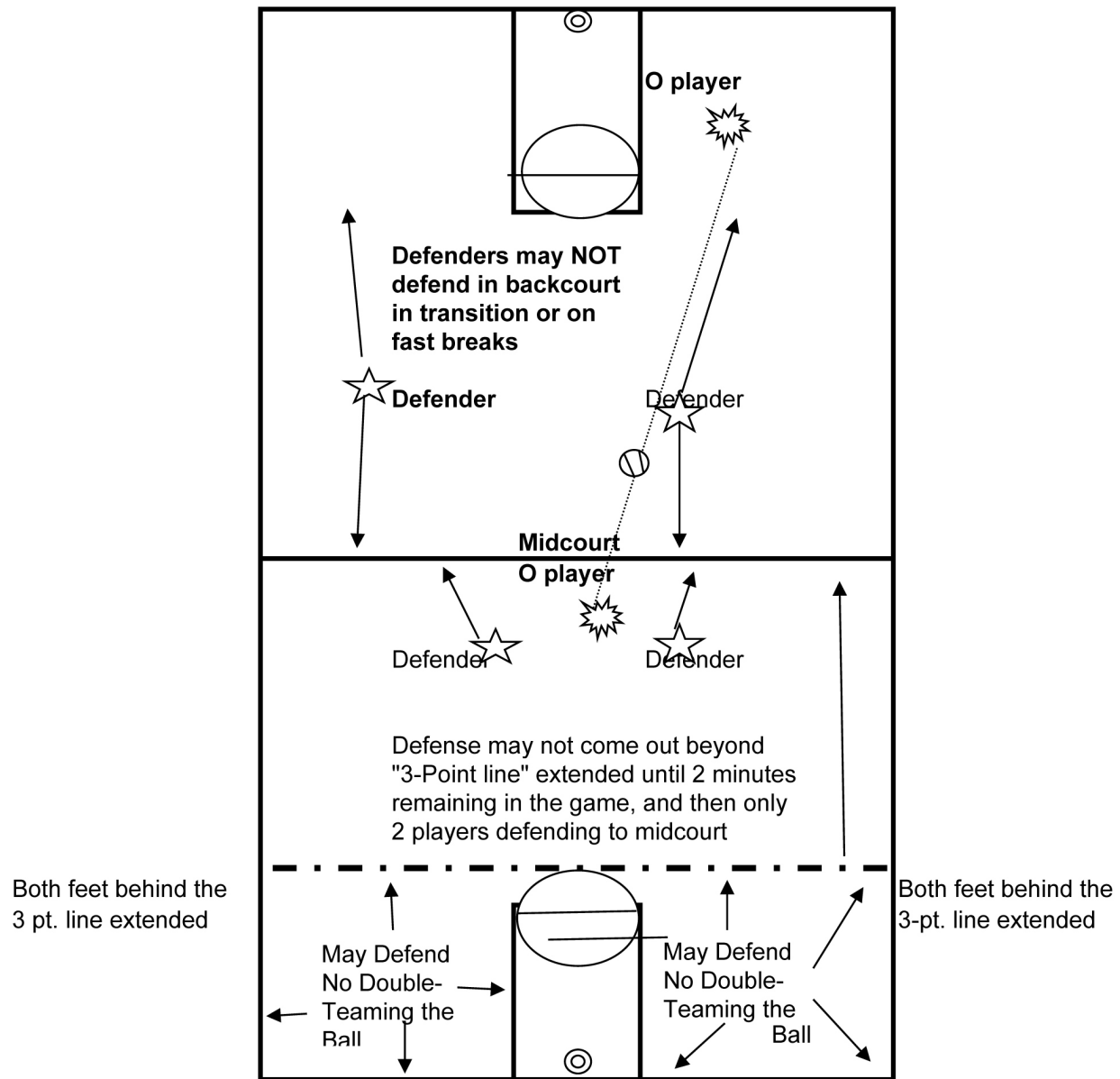
a. A 2-3 Zone defense is mandatory for Rookie League play.

Defense begins at a line that extends sideline to sideline at the top of the key circle by two defensive players only. The other three defensive players must defend in the lower zones near the basket. **Man-to-Man principles should be taught while playing the zone.**

- α. Double-teaming the ball is allowed in the lane only. No doubling the ball in the perimeter.**
- β. NO FULL COURT PRESSING AT ANY TIME.**
- χ.** The defensive practice of forcing a jump ball by reaching in and grabbing the ball will be strongly controlled. Offensive players must protect the ball; however, defensive players will be called for “reaching-in” if any contact is made while attempting to force the jump ball.
- δ. The backcourt line while playing in the smaller gymnasiums (Chesterfield School, Springfield School) will be the foul line in the back-court area, NOT the midcourt line. This is due to insufficient space in the smaller gyms.**
- ε. During the last two minutes of the game, the defense is allowed to defend the ball after it crosses midcourt.** The offensive team must be allowed to bring the ball across court, however, once it has crossed, the defense may come out beyond the top of the key circle to defend the ball.
- φ. *Once an offensive team crosses the midcourt line, it must make an attempt to advance the ball toward the basket (and not slow down play). If a team refuses to advance the ball after five (5) seconds, they will receive a warning for the first violation from the official. If it happens a second time, it’s a violation and will result in a loss of possession (turnover).**

NOTE: The purpose of the “top of the key circle” defense rule is to allow players sufficient time to set-up offensive patterns. Courts tend to be smaller at this level. Give the offensive players space to work. However, as in ‘d’ above, the offense will not be protected during the last two minutes of the game by stalling behind the “top of the key circle”.

See the Rookie (1st & 2nd Grade) DEFENSE GUIDE Diagram:



Rule 8: Fouls

Fouls will be called to educate the players on what is and is not allowed. Play will simply continue after the whistle and an explanation, or the ball will be inbounded on the side. On a limited basis (one foul shot per player, per game) shooting fouls will be introduced to educate the players in lining up for a foul shot and boxing out on a miss. The foul line will be moved forward to an acceptable distance (9 or 10 feet) depending on the individual. No fouling out.

All other normal basketball rules are to be taught/monitored that are not explicitly detailed in these rules