

NBIAA

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

2016-2017

Northern Burlington Instructional Basketball League

Minor League – 3rd & 4th-Grade Rules

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

Minor League: Comprised of girls and boys (separate leagues) in the 3rd and 4th grades. Exceptions regarding a player's eligibility for a specific league will be considered on an individual basis (skill assessments, capability of playing at this or the next level).

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 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 timeout 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. Substitutes must report to the midcourt area, and the opposing coach and/or official scorer notified.

iv. **To avoid forfeits**, teams not having enough players to start the game will be permitted to use: **a)** an extra player from the opposing team; **b)** players from a *younger* school year bracket/league may “play up” at the next league level. **c)** 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.

v. **Every player must sit at least one half- quarter (five minutes) of every game, unless there are only five players present. Each player must sit their five minutes prior to the fourth quarter.**

vi. **NEW FROM THE 2015-2016 SEASON: AS LONG AS PLAYING TIME IS FULFILLED, A PLAYER MAY BE SUBSTITUTED BACK IN THE GAME IN THE FINAL 5 MINUTES**

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(s), coach(es) or spectator(s) from the game and/or site—and, pending a scheduled hearing, remove

player(s), coach(es), spectator(s) or team(s) from the league—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

Rule 1: Players c. Conduct - continued

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. The Ball.

Size 6 (28.5) for Girls and Boys league.

b. The Basket

*****NINE-foot baskets will be used in all Minor Leagues.** There has been significant discussion and debate on this topic over the past several years. The intent of this league is to teach proper mechanics and fundamentals, including shooting. THE MAJORITY of 3rd and 4th graders are not physically capable of “shooting the BEEF (Balance, Eyes on the basket, Elbow straight, Follow-through)” properly with baskets at the 10-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

a. Game officials are assigned through the League using the 6’2” & Under assignor. 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. One official will be assigned to Minor League games. Two officials will also be assigned during tournament play.

Rule 4: Timing of Games

a. 10 minute per quarter running clock throughout the game.

b. Time will be kept on the court by the official or with the scoreboard clock if operable.

c. The last two minutes of the game (fourth quarter), the clock will stop after all whistles, on any violations, fouls, foul shots, etc.

Rule 4A: Time-outs, Substitutions, Quarter Breaks, Half-time

a. Two time-outs per half, at one minute per time-out.

b. A 30 second timeout will be called by the coaches and/or officials 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.

c. One-minute timeout between quarters.

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 (except for the last two minutes of OT) for games tied after regulation.

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.
- THERE WILL BE NO FORMAL REGULAR SEASON LEAGUE CHAMPION NAMED.**
Team records will be used for seeding purposes for the end-of-season tournament.

Rule 5: Scoring (cont.)

- c. There will be **NO 3-POINT SCORING in Minor Ball play, except for the last 5 minutes of the game. However, if a team is winning by more than 10 points, the 3 point shot will only count as 2 points.**

Rule 6: Alternating Possession

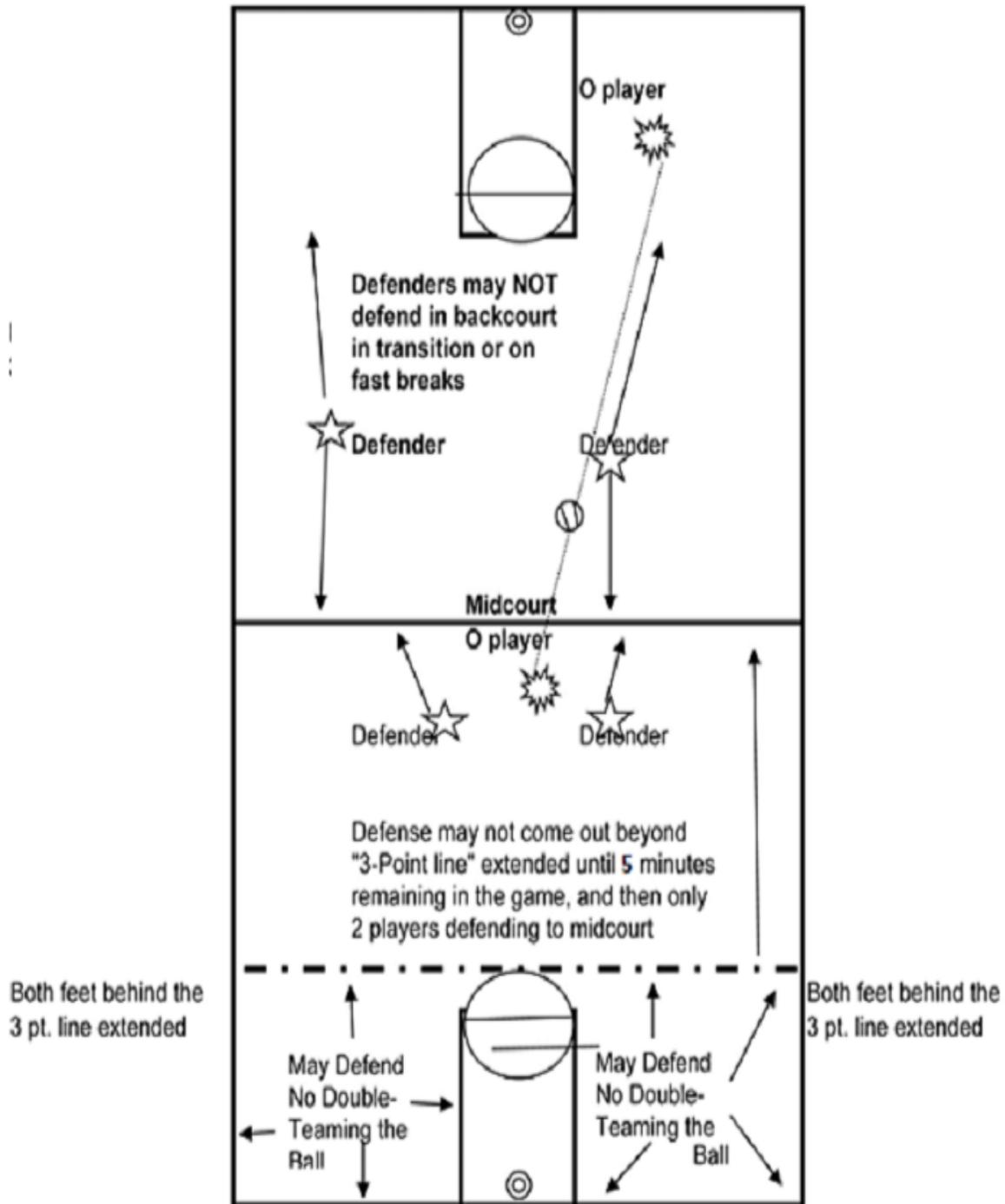
In all jump ball situations other than the start of the game and the start of an overtime period, teams will alternate taking the ball out of bounds for a throw-in. The team not obtaining control of the jump ball will begin the alternating procedure. The official will be responsible of subsequent awarding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

Rule 7: Defense

- a. A Zone defense is MANDATORY for Minor League play.
In addition to a 2-3 zone, alternate options such as 2-1-2 or 1-3-1 defensive ZONE sets can be used. **No 3-2 defense.**
- b. 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. Man-to-Man principles should be taught while playing the zone.
- c. Double-teaming the ball is allowed in the lane only. No doubling the ball in the perimeter.
DURING THE LAST 5 MINUTES THIS RULE IS STILL IN EFFECT.
- d. **NO FULL COURT PRESSING AT ANY TIME.**
- e. 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.
- f. **New for 2016-2017: The midcourt line will be the line used for backcourt violations in all gymnasiums.**
- g. Once an offensive team crosses the midcourt line, it must make an attempt to advance the ball toward the basket (and not **STALL AND INTENTIONALLY SLOW 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).
- h. **During the last 5 minutes of the game, half-court pressing is allowed. This means that 2 defensive players are allowed to defend the ball starting at half-court. The other 3 remaining defensive players have to stay behind the 3 point extended line. No double teaming.**
- i. **In the last 5 minutes of the game, there will be no pressing at half-court by a team if they are winning by 10 points. In this case, all 5 players must remain behind the 3 point extended line. Once a team is no longer winning by 10 points, they can then begin to press again at half-court.**

See the Minor (3rd & 4th Grade) Defense Diagram on the next page.

2016-2017 NBIBL Minor (3rd & 4th Grade) Division Defense Diagram:



Rule 8: Fouls

- a. Personal and shooting fouls will be called.

- b.** A player must attempt a free throw from the foul line 1st. On the 2nd they may move in 1 foot only.
- c.** Every effort should be made to prevent a player from fouling out in this league, although overly aggressive play will be dealt with at the discretion of the game officials.
- d.** Players will foul out of the game after 6 personal fouls.
- e.** In the last 2 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 only, and any overtime period in playoffs. NOT on made baskets).