

NBIAA

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

2019-2020

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

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

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 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. 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 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.**

vi NEW FROM THE 2015-2016 SEASON: AS LONG AS PLAYING TIME REQUIREMENTS HAVE BEEN FULFILLED, PLAYERS MAY BE SUBSTITUTED IN AND OUT OF 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, 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

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. 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. 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.

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. If not available, time will be kept on the court by the officials.

- c. 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.
- c. 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.
- b. 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.
- c. **NO PRESSING will be allowed in the last 5 minutes of the game 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 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 setup 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.**

d. * New for the 2020 season *** - If there is a 20 point or more lead anytime in the game, The leading team must keep their defense inside the three point circle.**

Rule 8: Fouls

a. After seven team fouls, one foul shot and one bonus after making first. Players will foul out of the game after five personal fouls.

b. 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). During foul shots, the ball is "live" on the release. However, the shooter cannot enter the lane until the ball hits the rim.