

NBIAA

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

2016-2017

Northern Burlington Instructional Basketball League

Rookie League – 1st & 2nd-Grade Rules

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.

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 in the 1st and 2nd grades (separate leagues).

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.

NBIBL Rookie (1st & 2nd Grade) Division Rules

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 “area”, NO double-teaming (unless in the paint) or trapping is allowed.

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

- **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.
- A player playing proper defense with their hands up may block a shot but may NOT leave their feet.

Defense at the foul line (extended) by two defensive players only. The other three defensive players should be in the lower zones and MAY go out to wing.