

North Arlington Recreation Basketball League (NARBL) – League Rules

ALL DIVISIONS

- 1) Each game will be played utilizing 20 minute halves (***EXCEPT Middle and Upper Divisions - see below**)
 - a) The halves will operate as follows:
 - i) Running clock throughout each half
 - ii) Clock will stop for timeouts, delays in game (court cleaning, clarification of ruling, injury, etc.)
 - iii) Clock will stop with 2 minutes and under for each half
 - iv) Teams will be allowed to substitute players during traditional stoppages (out of bounds, following foul calls, timeouts, etc.)
- 2) Every player who arrives before the start of the game is required to play 10 mins/half (total of 20 mins) of each game. This does not have to be consecutive minutes. Any player arriving late will have that time counted against their playing time.
- 3) If teams are expecting low numbers, teams may call-up¹ from the Division below them in order to avoid a forfeit. This will only be in effect if a team does not meet the minimum numbers of players required (5 players).
 - a) If only (4) players available, up to (2) call-ups will be allowed (allows for 1 bench player)
 - b) If only (3) players available, up to (3) call-ups will be allowed (allows for 1 bench player)
 - c) This rule only applies to Middle and Upper Divisions. No call-ups are available for the Lower Division.
 - d) Usage of this courtesy must be communicated with, and agreed upon, by all parties (coaches of both teams, league President and assigned Vice President) in a timely manner (**by 9pm the day prior**) to allow for approval.
 - e) Divisions require a minimum of 5 players to start the game. If the team does not have enough players at the start time, the game may be played, however, it will be considered a FORFEIT. Forfeit score will be entered as 1-0.
 - f) There will be a 5 minute grace period allowed for the beginning of the game before calling a forfeit.

¹ A list of players to choose from will be made available to all coaches. League preference would be to rotate the players when called up.

- 4) The backboard, including the top, bottom and sides are in play. The back of the backboard and any support extensions will be considered out of play.
- 5) Five (5) personal fouls are allowed, per player, per game. At the 5th foul, the player is removed from the remainder of the game. **There are no exceptions to this ruling.**
- 6) On the 7th team foul, *per half*, “one-and-one” foul shots apply. On the 10th team foul (and all additional fouls during this half), 2 foul shots will be awarded as a double bonus.
- 7) Foul line shots are as follows - ***NOTE:** The 6 players on the hash marks are allowed in the lane on the release of the basketball. The shooter and players situated outside the 3-pt line are NOT allowed in until the ball hits the rim
 - a) Lower Girls (2nd/3rd/4th) - one hash mark in from regulation; allowed to cross on follow-thru
 - b) Lower Boys (2nd/3rd/4th) - regulation line; allowed to cross on follow-thru (**2nd grade boys optional to move one hash mark in**)
 - c) Middle Girls (5th/6th) - regulation line; allowed to cross on follow-thru
 - d) Middle Boys (5th/6th) - regulation line; **NOT allowed** to cross on follow-thru
 - e) Upper Girls (7th/8th) - regulation line; **NOT allowed** to cross on follow-thru
 - f) Upper Boys (7th/8th) - regulation line; **NOT allowed** to cross on follow-thru
- 8) Each team gets (3) FULL timeouts and (2) 30-second timeouts per game. Each team gets (2) timeouts during the overtime period (1 FULL; 1 30-second)

- 9) Coaches are encouraged to **NOT** run up the game score. Some suggestions when a team is winning by a substantial margin:
- a) Change up the positions the child normally plays
 - b) Challenge your team to make 3-4 good passes and cuts before shooting the ball
 - c) Walk the ball up the court rather than a fast break
 - d) Work on a more complicated play you have not yet mastered for a future game
 - e) Try a new defense (must be inside the 3 point line)
- 10) If there is a tie at the end of regulation play, there will be **one 3-minute overtime**. If at the end of overtime no winner has been determined, the game will go to Sudden Death play. Sudden Death will be started with a jump ball in center court. The game will end after one team makes a basket OR a free throw.
- a) 1 FULL timeout and 1 30-second timeout will be given to each team in overtime.
 - b) The first minute will be a running clock and the last two minutes will have stoppages for fouls and out of bounds.
 - c) One-and-one bonus foul shots and double bonus foul shot status will continue from where it was at the end of the 2nd half of regulation play.
 - d) In the event of a tie after Sudden Death, there will be (5) free throws for each team. Best out of five is deemed the winner.
- 11) Standings - Team standing are based on the following:
- a) WIN - 2 points
 - b) LOSS - 0 points
 - c) TIE - N/A
 - d) In the event that 2 teams have the same score, the first tie-breaker will be total point differential descending (points for minus points against). The second tie breaker will be the result of head to head competition.
- 12) Any player ejected for 2 technical fouls, or coach assessed 2 technical fouls, will be **SUSPENDED** for the next scheduled game, including playoff games. A **coach's technical fouls are cumulative** so if you receive a tech in one game and then another game you **WILL BE SUSPENDED** one game. Scorekeepers will report the technical fouls to the league President and Vice President.

13) Facility Management

- a) Coaches are responsible for checking the gym and restrooms after EACH practice to ensure order.
 - b) Coaches are responsible for their bench area after each game.
Players should be cleaning up after themselves when the game is over.
 - c) All trash/empty water bottles and wrappers should be disposed of in the receptacles provided.
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LOWER DIVISION BOYS & GIRLS (GRADES 2, 3 & 4)

As this is the foundational division for the players, often providing a first introduction to real gameplay, flexibility/judgment will be given in applying the rules (for example, 3 seconds, travelling, etc, early in the season

- 1. 20 minute halves
- 2. Boys - 8'5" baskets / 28.5 basketball
- 3. Girls - 8'0" baskets / 27.5 basketball
- 4. Full court press is not allowed at any time. You can only defend inside the white volleyball lines until the final 2 minutes of each half. At the 2 minutes mark, you can press up to the half court line.
- 5. Offense will have 10 seconds to bring the ball past half court.
- 6. A 15 point MAX point differential is in effect. Full score will be noted in the official book and that is the score that should be entered into SportsEngine by the winning coach.
- 7. (3) second rule will be applied for offensive players in the key.
- 8. 3-pt line is in use
- 9. 2 refs per game

MIDDLE DIVISION BOYS & GIRLS (GRADES 5 & 6)

1. **(4) 10-minute Quarters with a running clock; last 2 minutes of 2nd/4th Qts. are a still clock**
2. Boys and girls - 10'0" baskets / 28.5 basketball
3. **A full court press is only allowed in the last two minutes of each half. This will also be regulated during the overtime period(s).**
4. (3) second rule will be applied for offensive players in the key.
5. 3-pt line is in use
6. Teams may not press if they lead by 15 or more points. The ball may not be touched by the defense in the opponent's backcourt after possession changes.
7. 2 refs per game

UPPER DIVISION BOYS & GIRLS (GRADES 7 & 8)

1. **(4) 10-minute Quarters with a running clock; last 2 minutes of 2nd/4th Qts. are a still clock**
2. Boys - 10'0" baskets / 29.5 basketball
3. Girls - 10'0" baskets / 28.5 basketball
4. A full court press is allowed at all times.
5. (3) second rule will be applied for offensive players in the key.
6. 3-pt line is in use
7. Teams may not press if they lead by 15 or more points. The ball may not be touched by the defense in the opponent's backcourt after possession changes.
8. 2 refs per game

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Reviewed by Eboard and Glen Cook