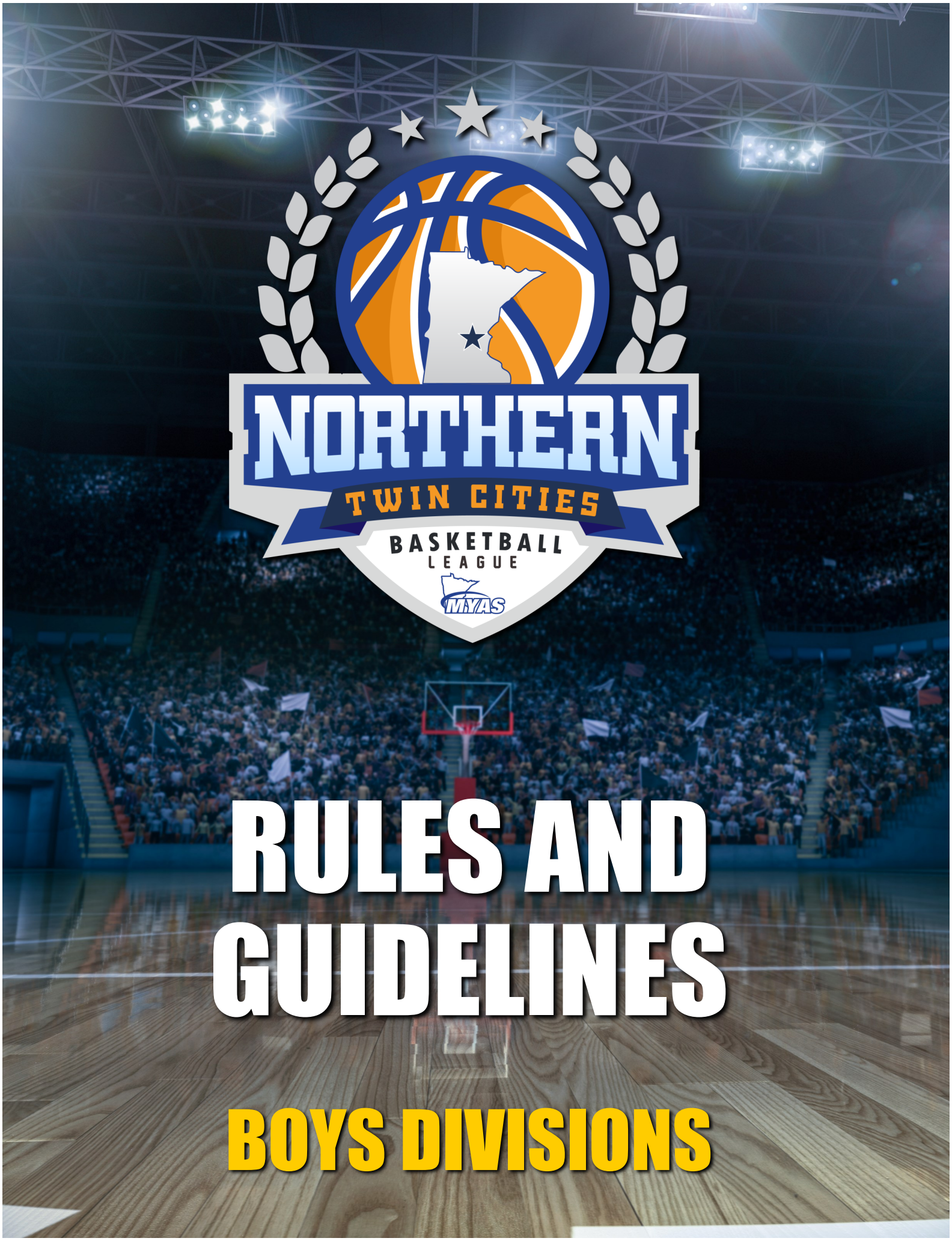

RULES AND GUIDELINES

BOYS DIVISIONS

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Northern Twin Cities (NTCB) Basketball Rules and Guidelines for 2024-25 Boys In-House Season

OUR MISSION

Our mission is to build a multi-community recreational basketball league whose primary purpose is to foster a fun environment for kids to develop their skills while increasing the participation levels for youth basketball. This translates into the following guiding principles:

1. We will provide a fun environment for our youth to play basketball with their peers.
2. We will create a positive, safe environment for basketball skill and character development.
3. We will foster good sportsmanship and a love of the sport
4. We will strive for competitive balance and fun, no stacked “all-star” teams.
5. We will place an emphasis on skill development at the second and third grade level.
6. We will foster a parent community that strives to model good sportsmanship and a positive learning environment for the players on their teams.

SPORTSMANSHIP (Players, Coaches and Parents)

- Players, coaches, and spectators should always exhibit the highest levels of sportsmanship. Violation of this rule can result in team penalties, game forfeits, and suspensions from the league. Communication with and by officials, should be in a calm, professional manner.
- All parents and players will FOLLOW a code of conduct.
- All coaches are responsible for the conduct of their players and parents.
- The league will not condone violence on the court. Any player that intentionally hits, punches, or injures a player will face disciplinary action from the NTCB Executive Committee.
- Good sportsmanship is encouraged in every aspect before, during and after the game. Postgame handshakes are encouraged but not required.

SPORTSMANSHIP (Players, Coaches and Parents)

- Harassment of the referees by any coach, player or parent will not be permitted. Refs are encouraged to issue a warning to the coach when player, coach or spectator are starting to cross the line. Coaches are responsible for talking to that person about their behavior. The referee may pause the game to resolve these conflicts as needed. If the behavior continues, the referee should use the following steps to resolve the situation:

  Step 1: Warn the offender. The referee will advise the coach to warn his/her player, parents, or spectators of unacceptable behavior. The referee must identify the unacceptable behavior and allow time for the coach to resolve the situation.

  Step 2: If it continues, the referee should assess a bench technical and final warning. In this situation, 2 points are awarded to the non-offending team and play resumes.

  Step 3: The referee will ask the offender to leave the premises or declare the game a victory by forfeit. The referee has the discretion to make the final decision in this situation.

- Any sportsmanship infractions should be reported to the NTCB Executive Committee for further evaluation and potential additional punishment as needed.

2nd Grade Rules

The focus for our second graders is on player development. For this reason, we set up second grade to take the emphasis off winning and place it on learning how to play in a game setting.

Our second graders will be playing 4-on-4 for a twelve-game schedule with no end-of-season tournament. There will be no officials and coaches from each team will manage the game. Officials will only be utilized for the last 4 games.

Scores will be tracked, but we will not be logging scores or keeping track of records in second grade. After the final game all players will receive participation medals for the season.

SECTION 1: REFEREES AND VIOLATIONS

For the 2nd grade league, coaches (first 8 games) and officials (last 4 games) are empowered by the NTCB League to interpret and enforce the rules. They are the final authority at the game. If spectators, coaches, or players are not following the sportsmanship policies on page 1, can result in penalties assessed to the team of that parent, coach, or player

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SECTION 2: PLAYING TIME

Our philosophy is to ensure as close to equal playing time as possible. Coaches must follow these playing time guidelines. Variations can occur with injuries and illness.

- No player may sit twice until the entire team has sat once
- The coaches are responsible for monitoring playing time.
- Substitution due to an injury will be approved.
- A player injured prior to halfway through the period and not returning in that period, will not be counted as playing an unbroken period. The period will be assigned to the substitute player entering the game.
- Penalty for an improper substitution will be a 2-point bench technical, plus the ball.
- **All players should have an opportunity to bring the ball down the court for one period during the games as our second-grade program is about development, not winning. No player should bring the ball down for a second period until every player has had a period as point guard.**

SECTION 2: PLAYING TIME (continued...)

# of Players	Playing time
8	8 players play 4 periods
7	4 players play 5 periods, 3 players play 4 periods
6	2 players play 6 periods, 4 players play 5 periods
5	2 players play 7 periods, 3 players play 6 periods
4	4 players play 8 periods

SECTION 3: PERIODS OF PLAY AND STOPPAGES

Each game will consist of eight (8) four (4) minute running time periods. There will be a one (1) minute break between periods for coaches to rotate players and help kids with matchups. At half time, after the fourth period is complete, there will be a five (5) minute halftime break.

Timeouts: Each team is permitted two (2) thirty-second timeouts for EACH half. Timeouts may NOT be carried over from one half to another. Substitutions cannot be made during timeouts unless there is an injury.

Timeouts called in the backcourt with less than 30 seconds left in a period will not restart the 10 second count.

Extra Periods: There is no overtime period for 2nd grade basketball so if the game is tied after 8 periods, the game will end in a tie.

Stopping the Clock: The clock only stops for injuries and timeouts and only when the officiating coach dictates. The clock also stops for all whistles in the last 2 minutes of the game, unless one team is up by 20+ points.

SECTION 4: GAMEPLAY

Teams will play in a 4-on-4 format to allow for more spacing and easier passing and shooting. The hoop will be set at 8 feet and the boys will use a 27.5" basketball. All baskets are worth 2 points.

Starting the Game: Each game will begin with a jump ball. Teams will alternate ball possession in every other jump ball situation or change of period. The coaches will keep track of ball possession.

Scoring: All baskets are worth two points, there are no free throws or three pointers in second grade.

Lane Violations: There are no lane violations in second grade

Isolation Offense: A team may not run isolation plays for one or two players. Isolation offense is defined by a play that gives a particular player the space to play one-on-one with an inferior defender, while preventing the remaining defenders from joining the play. An example of this would be a team who runs a ball screen for their best player repeatedly until that player gets a shot. Another example would be a team that puts all its players in a corner while their best player dribbles 1on1 until they can get a shot. Any team that in the judgment of the officiating coach puts any player intentionally out of play is subject to a technical foul. There will be one warning given to each team.

2nd Grade Rules (continued...)

SECTION 5: FOULS

Personal Fouls: A personal foul can be committed by an offensive player (i.e., charging or moving screen) or a defensive player (i.e., hitting the shooters arm while shooting) and are called at the discretion of the officiating coach.

Fouling Out: Players with 5 personal fouls must leave the game.

Bonus: Once a team gets 7 fouls or more/half, every foul is worth one point to the opposing team.

Free Throws: There will be no free throws in second grade.

Shooting Fouls: If the player makes the basket, the offensive team is awarded three points total and the defensive team gets the ball. If the player missed the basket, the offensive team is awarded one point and get to inbound the ball under the hoop

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SECTION 6: DEFENSE

Players are required to play person-to-person defense. This means each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball. Players can switch who they are defending with another defender during a screen or any other situation if they continue to only guard one person. If an officiating coach is unsure if a player knows who they are guarding or believes a team is playing zone defense they are allowed to ask a player who they are guarding.

Half-court Defense Only

Once the defensive team gets a rebound, the other team must fall back beyond the mid-court line and wait for the offense to bring the ball down. There will be NO pressing or full-court tactics.

Trapping and Double Teaming

There is NO double teaming or trapping in second grade. The first violation for "illegal defense" is a verbal warning. The second and subsequent offenses CAN result in the offended team receiving two points and the ball out of bounds. This is at the discretion of the officiating coach.

Stealing

There is no stealing from a player who is holding or dribbling the ball in second grade basketball. A player may intercept a pass (in the front court) though if there is an opportunity.

Backcourt timeline

The team has 10 seconds to get the ball past midcourt. Defense must fall back after a rebound by the defense.

Timeouts called in the backcourt with less than 30 seconds left in a period will not restart the 10 second count.

5-Seconds Closely Guarded

There are no 5-second closely guarded calls.

3rd Grade Rules

The focus for our third graders is still on player development but the emphasis begins to shift toward winning. Our third graders will be playing 5-on-5 for a twelve-game schedule with a single-elimination end-of-season tournament. Scores will be tracked and logged in the NTCB league website. Team records will be used to seed a tournament at the end of the season.

SECTION 1: REFEREES AND VIOLATIONS

The referees are empowered by the NCTB League to interpret and enforce the rules. They are the final authority at the game. If spectators, coaches, or players are not following the sportsmanship policies on page 1, can result in penalties assessed to the team of that parent, coach, or player.

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SECTION 2: PLAYING TIME

Our philosophy is to ensure as close to equal playing time as possible. Coaches must follow these playing time guidelines. Variations can occur with injuries and illness.

- No player may sit twice until the entire team has sat once
- The coaches are responsible for monitoring playing time and reporting any violations to the referee.
- Substitution due to an injury will be approved by the referee.
- A player injured prior to halfway through the period and not returning in that period, will not be counted as playing an unbroken period. The period will be assigned to the substitute player entering the game.
- Penalty for an improper substitution will be a 2-point bench technical, plus the ball.
- Coach can play any players in an overtime period.

# of Players	Playing time
10	10 players play 4 periods
9	4 players play 5 periods, 5 players play 4 periods
8	8 players play 5 periods
7	5 players play 6 periods, 2 players play 5 periods
6	4 players play 7 periods, 2 players play 6 periods
5	5 players play 8 periods

SECTION 3: PERIODS OF PLAY AND STOPPAGES

Each game will consist of eight (8) four (4) minute running time periods. There will be a one (1) minute break between periods for coaches to rotate players and help kids with matchups. At half time, after the fourth period is complete, there will be a five (5) minute halftime break. If the referee determines a coach isn't getting their players going fast enough, they will announce that the ball is in play and start the clock.

SECTION 3: PERIODS OF PLAY AND STOPPAGES (continued...)

Timeouts: Each team is permitted two (2) thirty-second timeouts for EACH half. Timeouts may NOT be carried over from one half to another. Substitutions cannot be made during timeouts unless there is an injury.

Timeouts called in the backcourt with less than 30 seconds left in a period will not restart the 10 second count

Extra Periods: In the event of a tie after eight periods, there will be one two-minute overtime period. If the game is still tied, it moves to a sudden-death scenario where the next basket by either team wins the game. The extra period and sudden death will start with a jump ball.

Stopping the Clock: The clock only stops for injuries and timeouts and only when the referee dictates. The clock also stops for all whistles in the last 2 minutes of the game, unless one team is up by 20+ points.

SECTION 4: GAMEPLAY

Teams will play in a 5-on-5 format from 3rd grade on. The hoop will be set at 9 feet and the players will use a 27.5" basketball.

Starting the Game: Each game will begin with a jump ball. Teams will alternate ball possession in every other jump ball situation or change of period. The referees will keep track of ball possession.

Scoring: All baskets are worth two points, there are no free throws or three pointers in third grade.

Lane Violations: There are no lane violations in third grade

Isolation Offense: A team may not run isolation plays for one or two players. Isolation offense is defined by a play that gives a particular player the space to play one-on-one with an inferior defender, while preventing the remaining defenders from joining the play. An example of this would be a team who runs a ball screen for their best player repeatedly until that player gets a shot. Another example would be a team that puts all its players in a corner while their best player dribbles 1on1 until they can get a shot.

Any team that in the judgment of the referee puts any player intentionally out of play is subject to a technical foul. There will be one warning given to each team.

SECTION 5: FOULS

Personal Fouls: A personal foul can be committed by an offensive player (i.e., charging or moving screen) or a defensive player (i.e., hitting the shooters arm while shooting) and are called at the discretion of the referee.

Fouling Out: Players with 5 personal fouls must leave the game.

Bonus: Once a team gets 7 fouls or more/half, every foul is worth one point to the opposing team.

Free Throws: There are no free throws in third grade.

Shooting Fouls: If the player makes the basket, the offensive team is awarded three points total and the defensive team gets the ball. If the player missed the basket, the offensive team is awarded one point and gets to inbound the ball under the hoop. **During the NTCBL playoffs, a game cannot be won in overtime on a shooting foul unless the defensive team has already committed 7 fouls in the 2nd half/overtime. If the offending team does not have 7 fouls at the time of the foul, the offended team shall take the ball out of bounds under their hoop. **

SECTION 6: DEFENSE

Players are required to play person-to-person defense. This means each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball. Players can switch who they are defending with another defender during a screen or any other situation if they continue to only guard one person. If a referee is unsure if a player knows who they are guarding or believes a team is playing zone defense they are allowed to ask a player who they are guarding.

Half-court Defense Only

Once the defensive team gets a rebound, the other team must fall back beyond the mid-court line and wait for the offense to bring the ball down. There will be NO pressing or full-court tactics.

Trapping and Double Teaming

Trapping or double teaming is ONLY allowed in the lane. Anywhere else on the court, there is NO double teaming in third grade. The first violation for "illegal defense" is a verbal warning. The second and subsequent offenses CAN result in the offended team receiving two points and the ball out of bounds. This is at the discretion of the referee.

Stealing

There will be no stealing for first 6 games, but the ball can be tied up and stolen in the lane only. For the final 6 games, plus the tournament, stealing is allowed in the frontcourt only. If a team is up by 10 points than no stealing from the ballhandler is allowed. Stealing a pass is always allowed in the frontcourt.

Backcourt timeline

The team has 10 seconds to get the ball past midcourt. Defense must fall back after a rebound by the defense.

Timeouts called in the backcourt with less than 30 seconds left in a period will not restart the 10 second count.

5-Seconds Closely Guarded

There are no 5-second closely guarded calls.

4th Grade Rules

We want to build a competitive, yet fun environment where our fourth graders can learn and grow in the sport. They will be playing 5-on-5 for a twelve-game schedule with a single-elimination end-of-season tournament. All games will have two referees who will also help the kids learn the rules throughout the game.

Scores will be tracked and logged in the NTCB league website. Team records will be used to seed a tournament at the end of the season.

SECTION 1: REFEREES AND VIOLATIONS

The referees are empowered by the NCTB League to interpret and enforce the rules. They are the final authority at the game. If spectators, coaches, or players are not following the sportsmanship policies on page 1, can result in penalties assessed to the team of that parent, coach, or player.

SECTION 2: PLAYING TIME

Our philosophy is to ensure as close to equal playing time as possible. Coaches must follow these playing time guidelines. Variations can occur with injuries and illness.

- No player may sit twice until the entire team has sat once
- The coaches are responsible for monitoring playing time and reporting any violations to the referee.
- Substitution due to an injury will be approved by the referee.
- A player injured prior to halfway through the period and not returning in that period, will not be counted as playing an unbroken period. The period will be assigned to the substitute player entering the game.
- Penalty for an improper substitution will be a 2-point bench technical, plus the ball.
- Coach can play any players in an overtime period.

# of Players	Playing time
10	10 players play 4 periods
9	4 players play 5 periods, 5 players play 4 periods
8	8 players play 5 periods
7	5 players play 6 periods, 2 players play 5 periods
6	4 players play 7 periods, 2 players play 6 periods
5	5 players play 8 periods

SECTION 3: PERIODS OF PLAY AND STOPPAGES

Each game will consist of eight (8) five (5) minute running time periods. There will be a 30 second break between periods for coaches to rotate players in. At half time, after the fourth period is complete, there will be a two (2) minute halftime break. If the referee determines a coach isn't getting their players going fast enough, they will announce that the ball is in play and start the clock.

Timeouts: Each team is permitted two (2) thirty-second timeouts for EACH half. Timeouts may NOT be carried over from one half to another. Substitutions cannot be made during timeouts unless there is an injury.

Timeouts called in the backcourt with less than 30 seconds left in a period will not restart the 10 second count.

SECTION 3: PERIODS OF PLAY AND STOPPAGES (continued…)

Extra Periods: In the event of a tie after eight periods, there will be one two-minute overtime period. If the game is still tied, it moves to a sudden-death scenario where the next basket by either team wins the game. The extra period and sudden death will start with a jump ball.

Stopping the Clock: The clock only stops for injuries and timeouts and only when the referee dictates. The clock also stops for all whistles in the last 2 minutes of the game, unless one team is up by 20+ points.

SECTION 4: GAMEPLAY

Teams will play in a 5-on-5 format in fourth grade. The hoop will be set at 10 feet and the players will use a 27.5" basketball.

Starting the Game: Each game will begin with a jump ball. Teams will alternate ball possession in every other jump ball situation or change of period. The referees will keep track of ball possession.

Scoring: There are no three pointers in 4th grade, so all regular baskets are worth two points

Lane Violations: Players in the lane for more than 5-seconds may have lane violation called.

Isolation Offense: A team may not run isolation plays for one or two players. Isolation offense is defined by a play that gives a particular player the space to play one-on-one with an inferior defender, while preventing the remaining defenders from joining the play. An example of this would be a team who runs a ball screen for their best player repeatedly until that player gets a shot. Another example would be a team that puts all its players in a corner while their best player dribbles 1on1 until they can get a shot.

Any team that in the judgment of the referee puts any player intentionally out of play is subject to a technical foul. There will be one warning given to each team.

SECTION 5: FOULS

Personal Fouls: A personal foul can be committed by an offensive player (i.e., charging or moving screen) or a defensive player (i.e., hitting the shooters arm while shooting) and are called at the discretion of the referee.

Fouling Out: Players with 5 personal fouls must leave the game.

Bonus: Once a team gets 7 fouls or more/half, the opposing team will be awarded one free throw. When a team gets 10 fouls or more/half, the opposing team will be awarded two free throws. The score keeper for each team must announce bonus or double bonus.

Free Throws: We introduce the free throw in fourth grade. Players can stand ONE foot in front of the line but cannot jump over. If a player is going to jump forward for their shot, they should start much further behind the line. Must wait until ball hits the rim to rebound a free throw.

SECTION 6: DEFENSE

Players are required to play person-to-person defense. This means each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball. Players can switch who they are defending with another defender during a screen or any other situation if they continue to only guard one person. If a referee is unsure if a player knows who they are guarding or believes a team is playing zone defense they are allowed to ask a player who they are guarding.

Half-court Defense Only

Once the defensive team gets a rebound. The other team must fall back beyond the mid-court line and wait for the offense to bring the ball down. There will be NO pressing or full-court tactics.

Trapping and Double Teaming

Trapping or double teaming is ONLY allowed in the lane. Anywhere else on the court, there is NO double teaming in fourth grade. The first violation for "illegal defense" is a verbal warning. The second and subsequent offenses CAN result in the offended team receiving two points and the ball out of bounds. This is at the discretion of the referee.

Stealing

Stealing is allowed anywhere in the front court.

Backcourt timeline

The team has 10 seconds to get the ball past midcourt. Defense must fall back after a rebound by the defense.

Timeouts called in the backcourt with less than 30 seconds left in a period will not restart the 10 second count.

5-Seconds Closely Guarded

Only when the offensive player is holding the basketball, not when they are dribbling.

5th Grade Rules

We want to build a competitive, yet fun environment where our 5th graders can learn and grow in the sport. They will be playing 5-on-5 for a twelve-game schedule with an end-of-season tournament. All games will have two referees.

Scores will be tracked and logged in the NTCB league website. Team records will be used to seed a tournament at the end of the season.

SECTION 1: REFEREES AND VIOLATIONS

The referees are empowered by the NCTB League to interpret and enforce the rules. They are the final authority at the game. If spectators, coaches, or players are not following the sportsmanship policies on page 1, can result in penalties assessed to the team of that parent, coach, or player.

SECTION 2: PLAYING TIME

Our philosophy is to ensure as close to equal playing time as possible. Coaches must follow these playing time guidelines. Variations can occur with injuries and illness.

- No player may sit twice until the entire team has sat once
- The coaches are responsible for monitoring playing time and reporting any violations to the referee.
- Substitution due to an injury will be approved by the referee.
- A player injured prior to halfway through the period and not returning in that period, will not be counted as playing an unbroken period. The period will be assigned to the substitute player entering the game.
- Penalty for an improper substitution will be a 2-point bench technical, plus the ball.
- Coach can play any players in an overtime period.

# of Players	Playing time
10	10 players play 4 periods
9	4 players play 5 periods, 5 players play 4 periods
8	8 players play 5 periods
7	5 players play 6 periods, 2 players play 5 periods
6	4 players play 7 periods, 2 players play 6 periods
5	5 players play 8 periods

SECTION 3: PERIODS OF PLAY AND STOPPAGES

Each game will consist of eight (8) five (5) minute running time periods. There will be a 30 second break between periods for coaches to rotate players in. At half time, after the fourth period is complete, there will be a two (2) minute halftime break. If the referee determines a coach isn't getting their players going fast enough, they will announce that the ball is in play and start the clock.

Timeouts: Each team is permitted two (2) thirty-second timeouts for EACH half. Timeouts may NOT be carried over from one half to another. Substitutions cannot be made during timeouts unless there is an injury.

Timeouts called in the backcourt with less than 30 seconds left in a period will not restart the 10 second count

SECTION 3: PERIODS OF PLAY AND STOPPAGES (continued...)

Extra Periods: In the event of a tie after eight periods, there will be one two-minute overtime period. If the game is still tied, it moves to a sudden-death scenario where the next basket by either team wins the game. The extra period and sudden death will start with a jump ball.

Stopping the Clock: The clock only stops for injuries and timeouts and only when the referee dictates. The clock also stops for all whistles in the last 2 minutes of the game, unless one team is up by 20+ points.

SECTION 4: GAMEPLAY

Teams will play in a 5-on-5 format at this level. The hoop will be set at 10 feet and the players will use a 28.5" basketball.

Starting the Game: Each game will begin with a jump ball. Teams will alternate ball possession in every other jump ball situation or change of period. The referees will keep track of ball possession.

Scoring: We introduce three pointers at this this level so baskets can be worth 2 or 3 points. If the court does not have a three-point line, all baskets are worth 2 points.

Lane Violations: Players in the lane for more than 5-seconds may have lane violation called.

Isolation Offense: A team may not run isolation plays for one or two players. Isolation offense is defined by a play that gives a particular player the space to play one-on-one with an inferior defender, while preventing the remaining defenders from joining the play. An example of this would be a team who runs a ball screen for their best player repeatedly until that player gets a shot. Another example would be a team that puts all its players in a corner while their best player dribbles 1-on-1 until they can get a shot.

Any team that in the judgment of the referee puts any player intentionally out of play is subject to a technical foul. There will be one warning given to each team.

SECTION 5: FOULS

Personal Fouls: A personal foul can be committed by an offensive player (i.e., charging or moving screen) or a defensive player (i.e., hitting the shooters arm while shooting) and are called at the discretion of the referee.

Fouling Out: Players with 5 personal fouls must leave the game.

Bonus: Once a team gets 7 fouls or more/half, the opposing team will be awarded one free throw. When a team gets 10 fouls or more/half, the opposing team will be awarded two free throws. The score keeper for each team must announce bonus or double bonus.

Free Throws: Players must stand behind the actual free throw line and cannot jump over it. The ball can be rebounded upon release from the shooter.

SECTION 6: DEFENSE

Players are required to play person-to-person defense. This means each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball. Players can switch who they are defending with another defender during a screen or any other situation as long as they continue to only guard one person. If a referee is unsure if a player knows who they are guarding or believes a team is playing zone defense they are allowed to ask a player who they are guarding.

Half-court Defense Only

Once the defensive team gets a rebound, the other team must fall back beyond the mid-court line and wait for the offense to bring the ball down. There will be NO pressing or full-court tactics.

Trapping and Double Teaming

Trapping or double teaming is ONLY allowed in the lane. Anywhere else on the court, there is NO double teaming in fifth grade. The first violation for "illegal defense" is a verbal warning. The second and subsequent offenses CAN result in the offended team receiving two points and the ball out of bounds. This is at the discretion of the referee.

Stealing

Stealing is allowed anywhere in the front court.

Backcourt timeline

The team has 10 seconds to get the ball past midcourt. Defense must fall back after a rebound by the defense.

Timeouts called in the backcourt with less than 30 seconds left in a period will not restart the 10 second count.

5-Seconds Closely Guarded

Only when the offensive player is holding the basketball, not when they are dribbling.

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6th Grade Rules

We want to build a competitive, yet fun environment where our 6th grade boys can learn and grow in the sport. They will be playing 5-on-5 for a twelve-game schedule with an end-of-season tournament. All games will have two referees.

Scores will be tracked and logged in the NTCB league website. Team records will be used to seed a tournament at the end of the season.

SECTION 1: REFEREES AND VIOLATIONS

The referees are empowered by the NCTB League to interpret and enforce the rules. They are the final authority at the game. If spectators, coaches, or players are not following the sportsmanship policies on page 1, can result in penalties assessed to the team of that parent, coach, or player.

SECTION 2: PLAYING TIME

Our philosophy is to ensure as close to equal playing time as possible. Coaches must follow these playing time guidelines. Variations can occur with injuries and illness.

- No player may sit twice until the entire team has sat once
- The coaches are responsible for monitoring playing time and reporting any violations to the referee.
- Substitution due to an injury will be approved by the referee.
- A player injured prior to halfway through the period and not returning in that period, will not be counted as playing an unbroken period. The period will be assigned to the substitute player entering the game.
- Penalty for an improper substitution will be a 2-point bench technical, plus the ball.
- Coach can play any players in an overtime period.

# of Players	Playing time
10	10 players play 4 periods
9	4 players play 5 periods, 5 players play 4 periods
8	8 players play 5 periods
7	5 players play 6 periods, 2 players play 5 periods
6	4 players play 7 periods, 2 players play 6 periods
5	5 players play 8 periods

SECTION 3: PERIODS OF PLAY AND STOPPAGES

Each game will consist of eight (8) five (5) minute running time periods. There will be a 30 second break between periods for coaches to rotate players in. At half time, after the fourth period is complete, there will be a two (2) minute halftime break. If the referee determines a coach isn't getting their players going fast enough, they will announce that the ball is in play and start the clock.

Timeouts: Each team is permitted two (2) thirty-second timeouts for EACH half. Timeouts may NOT be carried over from one half to another. Substitutions cannot be made during timeouts unless there is an injury.

SECTION 3: PERIODS OF PLAY AND STOPPAGES (continued...)

Extra Periods: In the event of a tie after eight periods, there will be one two-minute overtime period. If the game is still tied, it moves to a sudden-death scenario where the next basket by either team wins the game. The extra period and sudden death will start with a jump ball.

Stopping the Clock: The clock only stops for injuries and timeouts and only when the referee dictates. The clock also stops for all whistles in the last 2 minutes of the game, unless one team is up by 20+ points.

SECTION 4: GAMEPLAY

Teams will play in a 5-on-5 format at this level. The hoop will be set at 10 feet and the players will use a 28.5" basketball.

Starting the Game: Each game will begin with a jump ball. Teams will alternate ball possession in every other jump ball situation or change of period. The referees will keep track of ball possession.

Scoring: Three point baskets are allowed at this level so baskets can be worth 2 or 3 points. If the court does not have a three-point line, all baskets are worth 2 points.

Lane Violations: Players in the lane for more than 3-seconds may have lane violation called.

SECTION 5: FOULS

Personal Fouls: A personal foul can be committed by an offensive player (i.e., charging or moving screen) or a defensive player (i.e., hitting the shooters arm while shooting) and are called at the discretion of the referee.

Fouling Out: Players with 5 personal fouls must leave the game.

Bonus: Once a team gets 7 fouls or more/half, the opposing team will be awarded one free throw. When a team gets 10 fouls or more/half, the opposing team will be awarded two free throws. The score keeper for each team must announce bonus or double bonus.

Free Throws: Players must stand behind the actual free throw line and cannot jump over it. The ball can be rebounded upon release from the shooter.

SECTION 6: DEFENSE

Sixth grade is where we introduce all forms of defense. Teams are allowed to run any kind of legal zone defense or run a full or ¾ press if they choose. When a team is up by more than 10 points, there will be no full-court press or trapping allowed until the score drops back under a 10-point lead.

Trapping and Double Teaming: Trapping or double teaming is allowed during the game if the defense is up by less than 10 points.

Stealing: Stealing is allowed anywhere on the court. If a team is up by 10 points or more stealing is only allowed in the front court.

Backcourt timeline: The team has 10 seconds to get the ball past midcourt.

5-Seconds Closely Guarded: Only when the offensive player is holding the basketball, not when they are dribbling.

7th Grade Rules

We want to build a competitive, yet fun environment where our 7th graders can learn and grow in the sport. They will be playing 5-on-5 for a twelve-game schedule with an end-of-season tournament. All games will have two referees.

Scores will be tracked and logged in the NTCB league website. Team records will be used to seed a tournament at the end of the season.

SECTION 1: REFEREES AND VIOLATIONS

The referees are empowered by the NCTB League to interpret and enforce the rules. They are the final authority at the game. If spectators, coaches, or players are not following the sportsmanship policies on page 1, can result in penalties assessed to the team of that parent, coach, or player.

SECTION 2: PLAYING TIME

Our philosophy is to ensure as close to equal playing time as possible. Coaches must follow these playing time guidelines. Variations can occur with injuries and illness.

- No player may sit twice until the entire team has sat once
- The coaches are responsible for monitoring playing time and reporting any violations to the referee.
- Substitution due to an injury will be approved by the referee.
- A player injured prior to halfway through the period and not returning in that period, will not be counted as playing an unbroken period. The period will be assigned to the substitute player entering the game.
- Penalty for an improper substitution will be a 2-point bench technical, plus the ball.
- Coach can play any players in an overtime period.

# of Players	Playing time
10	10 players play 4 periods
9	4 players play 5 periods, 5 players play 4 periods
8	8 players play 5 periods
7	5 players play 6 periods, 2 players play 5 periods
6	4 players play 7 periods, 2 players play 6 periods
5	5 players play 8 periods

SECTION 3: PERIODS OF PLAY AND STOPPAGES

Each game will consist of eight (8) five (5) minute running time periods. There will be a 30 second break between periods for coaches to rotate players in. At half time, after the fourth period is complete, there will be a two (2) minute halftime break. If the referee determines a coach isn't getting their players going fast enough, they will announce that the ball is in play and start the clock.

SECTION 3: PERIODS OF PLAY AND STOPPAGES (continued...)

Timeouts: Each team is permitted two (2) thirty-second timeouts for EACH half. Timeouts may NOT be carried over from one half to another. Substitutions cannot be made during timeouts unless there is an injury.

Extra Periods: In the event of a tie after eight periods, there will be one two-minute overtime period. If the game is still tied, it moves to a sudden-death scenario where the next basket by either team wins the game. The extra period and sudden death will start with a jump ball.

Stopping the Clock: The clock only stops for injuries and timeouts and only when the referee dictates. The clock also stops for all whistles in the last 2 minutes of the game, unless one team is up by 20+ points.

SECTION 4: GAMEPLAY

Teams will play in a 5-on-5 format at this level. The hoop will be set at 10 feet and the players will use a 29.5" basketball.

Starting the Game: Each game will begin with a jump ball. Teams will alternate ball possession in every other jump ball situation or change of period. The referees will keep track of ball possession.

Scoring: If the court does not have a three-point line, all baskets are worth 2 points.

Lane Violations: Players in the lane for more than 3-seconds may have lane violation called.

SECTION 5: FOULS

Personal Fouls: A personal foul can be committed by an offensive player (i.e., charging or moving screen) or a defensive player (i.e., hitting the shooters arm while shooting) and are called at the discretion of the referee.

Fouling Out: Players with 5 personal fouls must leave the game.

Bonus: Once a team gets 7 fouls or more/half, the opposing team will be awarded one free throw. When a team gets 10 fouls or more/half, the opposing team will be awarded two free throws. The score keeper for each team must announce bonus or double bonus.

Free Throws: Players must stand behind the free throw line and cannot jump over it. The ball can be rebounded upon release from the shooter.

SECTION 6: DEFENSE

Seventh grade allows all forms of defense. Teams are allowed to run any kind of legal zone defense or run a full or ¾ press if they choose. When a team is up by more than 10 points, there will be no full-court press allowed until the score drops back under a 10-point lead. When that happens, teams must fall back behind the half court line until the lead is less than 10 points.

Trapping and Double Teaming: Trapping or double teaming is allowed during the game if the defense is up by less than 10 points.

Stealing: Stealing is allowed anywhere on the court.. If a team is up by 10 points or more stealing is only allowed in the front court.

Backcourt timeline: The team has 10 seconds to get the ball past midcourt.

5-Seconds Closely Guarded: Only when the offensive player is holding the basketball, not when they are dribbling.

8th Grade Rules

We want to build a competitive, yet fun environment where our 8th graders can learn and grow in the sport. They will be playing 5-on-5 for a twelve-game schedule with an end-of-season tournament. All games will have two referees.

Scores will be tracked and logged in the NTCB league website. Team records will be used to seed a tournament at the end of the season.

SECTION 1: REFEREES AND VIOLATIONS

The referees are empowered by the NCTB League to interpret and enforce the rules. They are the final authority at the game. If spectators, coaches, or players are not following the sportsmanship policies on page 1, can result in penalties assessed to the team of that parent, coach, or player.

SECTION 2: PLAYING TIME

Our philosophy is to ensure as close to equal playing time as possible. Coaches must follow these playing time guidelines. Variations can occur with injuries and illness.

- No player may sit twice until the entire team has sat once
- The coaches are responsible for monitoring playing time and reporting any violations to the referee.
- Substitution due to an injury will be approved by the referee.
- A player injured prior to halfway through the period and not returning in that period, will not be counted as playing an unbroken period. The period will be assigned to the substitute player entering the game.
- Penalty for an improper substitution will be a 2-point bench technical, plus the ball.
- Coach can play any players in an overtime period.

# of Players	Playing time
10	10 players play 4 periods
9	4 players play 5 periods, 5 players play 4 periods
8	8 players play 5 periods
7	5 players play 6 periods, 2 players play 5 periods
6	4 players play 7 periods, 2 players play 6 periods
5	5 players play 8 periods

SECTION 3: PERIODS OF PLAY AND STOPPAGES

Each game will consist of eight (8) five (5) minute running time periods. There will be a 30 second break between periods for coaches to rotate players in. At half time, after the fourth period is complete, there will be a two (2) minute halftime break. If the referee determines a coach isn't getting their players going fast enough, they will announce that the ball is in play and start the clock.

SECTION 3: PERIODS OF PLAY AND STOPPAGES (continued...)

Timeouts: Each team is permitted two (2) thirty-second timeouts for EACH half. Timeouts may NOT be carried over from one half to another. Substitutions cannot be made during timeouts unless there is an injury.

Extra Periods: In the event of a tie after eight periods, there will be one two-minute overtime period. If the game is still tied, it moves to a sudden-death scenario where the next basket by either team wins the game. The extra period and sudden death will start with a jump ball.

Stopping the Clock: The clock only stops for injuries and timeouts and only when the referee dictates. The clock also stops for all whistles in the last 2 minutes of the game, unless one team is up by 20+ points.

SECTION 4: GAMEPLAY

Teams will play in a 5-on-5 format at this level. The hoop will be set at 10 feet and the players will use a 29.5" basketball.

Starting the Game: Each game will begin with a jump ball. Teams will alternate ball possession in every other jump ball situation or change of period. The referees will keep track of ball possession.

Scoring: If the court does not have a three-point line, all baskets are worth 2 points.

Lane Violations: Players in the lane for more than 3-seconds may have lane violation called.

SECTION 5: FOULS

Personal Fouls: A personal foul can be committed by an offensive player (i.e., charging or moving screen) or a defensive player (i.e., hitting the shooters arm while shooting) and are called at the discretion of the referee.

Fouling Out: Players with 5 personal fouls must leave the game.

Bonus: Once a team gets 7 fouls or more/half, the opposing team will be awarded one free throw. When a team gets 10 fouls or more/half, the opposing team will be awarded two free throws. The score keeper for each team must announce bonus or double bonus.

Free Throws: Players must stand behind the free throw line and cannot jump over it. The ball can be rebounded upon release from the shooter.

SECTION 6: DEFENSE

Eighth grade allows all forms of defense. Teams are allowed to run any kind of legal zone defense or run a full or ¾ press if they choose. When a team is up by more than 10 points, there will be no full-court press allowed until the score drops back under a 10-point lead. When that happens, teams must fall back behind the half court line until the lead is less than 10 points.

Trapping and Double Teaming: Trapping or double teaming is allowed during the game if the defense is up by less than 10 points.

Stealing: Stealing is allowed anywhere on the court.. If a team is up by 10 points or more stealing is only allowed in the front court.

Backcourt timeline: The team has 10 seconds to get the ball past midcourt.

5-Seconds Closely Guarded: Only when the offensive player is holding the basketball, not when they are dribbling.

Other Items Not Covered

- **Home Team:** The team listed second on the schedule is the home team. The home team will wear dark jerseys.
- **Scorekeepers:** Each team must provide an adult to sit at the score table to assist with keeping score or running the clock.
- **Score Reporting:** Coaches MUST report scores after each game in the league approved app so that we can update the standings and build the tournament brackets.
- **Player Safety:** No gum or jewelry allowed, and eye glass straps must be worn.
- **Trash:** All water bottles and other trash should be removed from benches by the teams after the completion of their game. Please respect the gyms we use.
- **Illegal substances:** There is no use of liquor, beer, tobacco, or drugs on school grounds.

Additional Rule Clarifications

- **Rules Not Covered:** State high school rules or the best judgement of the official will be followed for anything not covered in these rules
- **Forfeits:** A team forfeits if they do not have enough players to start a game 5 minutes after game time. A team must start the game with 5 players (4 players in 2nd grade)
- **Illegal Players:** Any knowledge of teams using illegal players should be brought to the attention of the referee by the head coach of the opposing team. The NTCB board will later review and the team could face disciplinary action from the league.
- **Slippery Floors:** Allowances will be made for slippery gym floors. Example: not calling a travel if deemed the floor caused the slip. Ref can blow whistle and give offensive team an inbound situation.