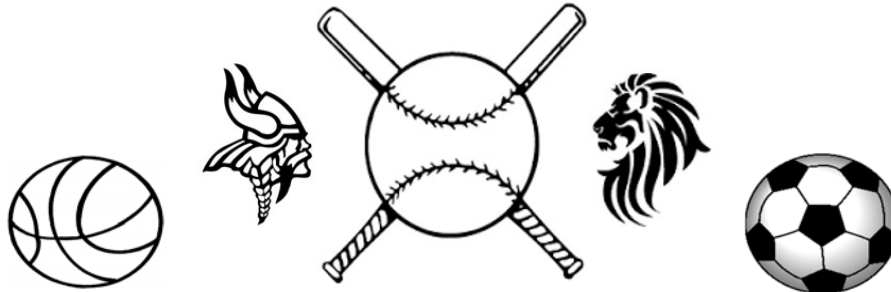


NEWARK/LISBON



REC ASSOCIATION

NLRA YOUTH BASKETBALL RULES

I. PLAYERS and COACHES

- A. Divisions are determined by a child's age.
- B. Games will be played among teams of the same age group.
- C. Age groups are as follows:

Division A – Grade Pre-K – Kindergarten - COED

Division B – Grade 1st & 2nd - COED

Division C – Grade 3rd & 4th – COED

**** NOTE ** The NLRA reserves the right to adjust divisions**

based on enrollment.

- D. A player, with his/her parent's consent, may play in a division one level higher than age. The parent must agree to move to correct age level if the move up proves to not be in the child's best interest.
- E. Players will remain on the same team throughout the entire season.
- F. Teams will be formed with the following taken into account:
 - 1. Providing a balanced group in regard to skill level.

2. Age and ability

3. Child/Coach Requests

G. Coaches will not add players to the team.

H. All practices will be at designated schools.

I. Coaches shall be volunteers. Training, equipment, and

Administrative support will be offered by the NLRA Basketball committee and board.

II. TEAMS

A. Teams shall have no less than 5 players on a roster.

B. Teams are not allowed to play players not on the rosters.

C. Teams are given one hour of practice per week.

III. GAMES

A. Court and equipment modifications.

Division A (Grade Pre-K & K)

1. All games will be played on full court in smaller gyms and cross-court (1/2 court) on full size courts

2. Games will be played with a junior ball (27.5 in).

3. Games will be played on an 6.5 ft. goal.

4. No score is kept.

Division B (Grade 1st & 2nd)

1. All games will be played on full court in smaller gyms and cross-court (1/2 court) on full size courts

2. Games will be played with a junior ball (27.5 in).

3. Games will be played on a 7 ft goal.

4. Score will be kept. If a 15-point lead is attained by either team during the course of the game, scoring will stop until scores become within 5 points of each other.

Division C (Grade 3rd & 4th)

1. All games will be played full- court

2. Games will be played with a regulation ball (28.5 in.).

3. Games will be played on a regulation 10 ft goal
4. Score will be kept. If a 20-point lead is attained by either team during the course of the game, score keeping will cease until score is within 10pts of each other.

B. Duration of games.

1. Division A 4 X 8 minute quarters
2. Division B & C 4 X 10 minute quarters
- * Each team will have a 3 minute half-time and 1-minute quarter break.**
3. Division A and B: Clock will run continuously except for timeouts.
4. Division C: Clock will run continuously except for timeouts and the last minute of the game.

C. At the discretion of the official, time may be stopped for injuries, substitutions, and other delays in the game.

D. Games that are tied at the end of regulation time shall end as tied games.

E. Players on the court: Division Four (4) players per team shall participate at any one time. event that one team has only 3 players, the opposing team shall play with only 3 players or the coaches shall mutually agree on a reasonable way to have parity for the competition. No game will be played with fewer than 3 players per team

F. Players on the Court: Divisions B & C Five (5) players per team shall participate at any one time. In the

event that one team has only 4 players, the opposing team shall play with only 4 players or the coaches shall mutually agree on a reasonable way to have parity for the competition. No game will be played with fewer than 4 players per team.

G. Playing time and substitutions.

***EACH CHILD MUST PARTICIPATE IN HALF OF EVERY GAME. NO PLAYER MAY SIT OUT TWO PERIODS IN A ROW UNLESS UNABLE TO PLAY.**

If there are only 7 players, no one player is allowed to play more than three quarters.

All substitutes will be made during a dead ball only.

H. Defense

Division A (Grade Pre-K & K)

1. Zone defense in the lane only. Players should remain an arm's length away.
2. No switching and no screens.
3. Each team must be allowed to move the ball unhindered past the centerline.
4. No pressing, trapping, or steals off the dribble or on the pass.
5. Double-teaming will not be allowed at any time.
6. Defenders must yield at least 3ft to the offensive player on throw-ins.

DIVISION B (Grade 1 & 2)

1. "Man-to-man" defense only. Players should remain an arm's length away.
2. Switching and screening is not allowed.
3. No Fast breaks are allowed.
4. No pressing, trapping, or steals off the dribble. Steals off the pass are allowed.
5. Double-teaming will not be allowed at any time.
6. Defenders must yield at least 3ft to the offensive player on throw-ins.
7. Players will be given colored wrist bands. They are encouraged to defend the player on the opposite team with the same color wristband.

DIVISION C (Grade 3 & 4)

1. "Man-to-man" defense only. Players should remain an arm's length away.
2. Switching and screening is allowed.
3. Fast breaks are allowed.
4. No pressing, trapping, or steals off the dribble. Steals off the pass are allowed.
5. Double-teaming will not be allowed at any time.
6. Defenders must yield at least 3ft to the offensive player on throw-ins.
7. Players can block with their arms straight up, and they can jump with their arms straight up to block. Defensive player's arms cannot have a downward motion.

H. Time-outs

All Divisions

1. One time-out per half.
2. Time-outs shall last 1 minute.
3. Unused time-outs will be lost. They do not carry over.

** The official reserves the right to warn and/or eject a player if he or she continues to commit contact fouls against the other team.

I. Special Rules

Division A (Grade Pre-K & K) and Division B (Grade 1st & 2nd)

1. Free throws will not be administered in these divisions.
2. Fouls will not be recorded.
3. Players will not foul out.

*A/B- On violations (traveling, double dribbling, etc.) officials will correct players and the team will regain possession at the half court sideline. If the violation is repeated by the player, a turnover will occur.

Division C (Grade 3 & 4)

1. Free throws will be administered in this division. Players cannot move until the ball hits the rim.
2. Fouls will be recorded.
3. Players will foul out on their 5th foul.

K. In all age groups, the coaches have the responsibility to instruct players on the rules and to teach proper sportsmanlike conduct. A player or coach may be ejected for dangerous and flagrant fouls or improper conduct on or off of the court. One verbal warning will be given. Second warning will require meeting with program director. Third warning will result in removal from program or a ban on attendance at games.

L. Teams shall be seated on the same side of the court with the scorekeeper positioned between the benches.

M. Officials

1. In all divisions, the NLRA will provide trained basketball officials to run each game.
2. Coaches will remain on the sidelines in all age divisions during play.
3. The official will be in charge of the game and will have the authority to remove, at their discretion, participants or spectators who exhibit poor sportsmanship.

RULES FOR USE OF AREA GYMS

1. The NLRA Sports Staff are the first and last ones to enter all schools and gyms. They will let coaches, teams, parents, and families know when the gym is open to our program. No one is to enter any gyms until given the ok by the NLRA staff.
2. It is necessary to observe the position and condition of equipment, backboards, and miscellaneous furniture as you use the gym. Everything must be returned to its original place and condition after use.
3. You should not set-up any nets or goals or move backboards. The NLRA Sports staff is there to do that properly. Please ask them for assistance.
4. If anything is damaged or not functional, you should notify the NLRA Sports Staff immediately. If anything breaks or is damaged in any way during your use of it, notify the NLRA Sports Staff supervising the practices/games.
5. **NO ONE may bring food or drinks onto the gym floor!!!**
6. If the weather is inclement, please ask for a wet (damp) towel to be placed at the gym door so that sneakers may be cleaned before your group enters the gym.
7. If you find the gym in a messy condition when you arrive, report it immediately to the NLRA Sports staff.
8. No teams, parents, or families should be walking the hallways in the school or Church. All participants and families are to use the gym and restrooms only. If problems arise, please report them to the staff immediately.
9. All papers, trash, and other items that were not in the gym at the start are to be removed. Please be respectful and clean up after yourselves. We want to leave the schools in a better condition than how we find it.

Your cooperation with the use of the area gyms will ensure a great working relationship with all involved and will further help us maintain the usage of the facilities.

