



Youth House Basketball Rules

Kindergarten – Grade 8



PHILOSOPHY

Novi Parks sponsored leagues and activities are formed and operated on the principles of good sportsmanship, fair play, courtesy to others, healthy activity and other policies pertaining to all-around community understanding and development. Novi Parks programs are strictly recreational; therefore, all players are to receive equal playing time in games.

Note: Any child who is not registered is NOT allowed to participate in any practice or competition for reasons of liability both for you and the Novi Parks.

SPORTSMANSHIP

- All spectators and coaches must adhere to all rules and regulations put forth by Novi Community Schools, Novi Parks, and game officials.
- Trash talking or taunting will not be tolerated. Supervisors or referees may dismiss any player, coach, or spectator displaying acts of unsportsmanlike conduct.
- Zero Tolerance policy with regards to arguing with refs, unsportsmanlike conduct, or anything that causes a danger in the facility. Any questions regarding calls need to be addressed at the appropriate time in the appropriate manner.

UNIFORM

- A reversible jersey will be provided. Players must wear the Novi Parks jersey during games and team pictures.
- The Home Team (listed second on the schedule) will wear white.
- No alterations are allowed to uniforms.
- Player must wear regular gym shoes
- Players are not allowed to wear jewelry, baseball caps, or bandanas. The only exception is medical alert tags.
- Casts and other potentially dangerous protective devices may be allowed with proper padding but must be approved by the on-site supervisor prior to the game.
- Colored wrist bands will also be available to match up with corresponding defender.

Coed Kindergarten Division Rules

PLAYERS

- Five players on the court for each team. If a team does not have five players, the game should still be played.
Coaches and officials must determine if:
 - Both teams play with fewer than 5 players.
 - Opposing team loans a player.
- All players must receive **equal** playing time when numbers allow.

TIMING

- Games will consist of two (2), 16 minute halves or 1 hour in length.
- There will be a 3-minute break at half time.
- Each team is allowed one time-out per half.
- Warm-ups will be allowed only if time permits.
- Substitutions will only be made at the 4-minute marks for subs with the exception of injuries.
- No overtime.
- Score is not kept.

COURT

- Hoop height: 8 feet
- Size 27.5 basketballs
- Only **one** coach from each team is allowed on the court to instruct. Coaches must not interfere with play and stay out of the key.

JUMP BALLS

- Jump balls to begin the game will be done based on the preference of the referee and coaches. If not, the away team will begin the game with an in-bounds pass.
- Jump balls will alternate possession.

DEFENSE

- No stealing or intentionally knocking the ball away from the player that possesses the ball. **Stealing is only allowed on passes and handoffs.**
- Half court man-to-man is the only type of defense allowed. Help defense and switching is allowed but no double-teaming.
- **Picks/screens are not allowed.**
- A player may not intentionally create a held ball situation to force a turnover unless the offense is attempting a handoff.
- Blocking shots is allowed. If an offense is being overwhelmed by the defense and the players continue to struggle to take quality shots, the opposing team is encouraged to relax their defense.

Coed Grades 1-2 Division Rules

PLAYERS

- Five players on the court for each team. If a team does not have 5 players, the game should still be played.

Coaches and officials must determine if:

- Both teams play with fewer than 5 players.
- Opposing team loans a player.
- All players must receive **equal** playing time when numbers allow.

TIME

- Games will consist of 2, 20 minute halves or 1 hour in length. The game will be stopped by the referee(s) whistle near or at the 15, 10, and 5 minute marks for subs. Referees will use their digression to stop game at a point where play has slowed down. The team that has possession when the whistle is blown will start with the ball to begin when the game resumes after subs.
- There will be a 3-minute break at half time.
- Each team is allowed one time-out per half.
- Warm-ups will be allowed only if time permits.
- Substitutions will only be made at the designated substitution time and halftime with exception of injuries.
- No overtime periods.
- Score is not kept

COURT

- Hoop height: 8 feet
- Size 28.5 basketballs
- **One** coach from each team is allowed on the court to instruct. Coaches must not interfere with play and the referee. Coach must also stay out of the key.

JUMP BALLS

- Jump balls will only occur to begin the game.
- Held balls will alternate possession.

DEFENSE

- No stealing or intentionally knocking the ball away from the player that possesses the ball. **Stealing is only allowed on passes and handoffs.**
- Half court man-to-man is the only type of defense allowed. Help defense and switching is allowed but no double-teaming.
- **Picks/screens are not allowed.**
- A player may not intentionally create a held ball situation to force a turnover unless the offense is attempting a handoff.
- Blocking shots is allowed. If an offense is being overwhelmed by the defense and the players continue to struggle to take quality shots, the opposing team is encouraged to relax their defense.

Boys Grades 3-4 & 5-6 Division Rules

PLAYERS

- Five players on the court for each team. If a team does not have 5 players, the game can still be played.

Coaches and officials must determine if:

- Both teams play with fewer than 5 players.
- Opposing team loans a player.
- All players must receive **equal** playing time when numbers allow.

TIME

- Games will consist of two (2), 20 minute halves or 1 hour in length. The game will be stopped by the referee(s) whistle near or at the 15, 10, and 5 minute marks for subs. Referees will use their digression to stop game at a point where play has slowed down. The team that has possession when the whistle is blown will start with the ball to begin when the game resumes after subs.
- There will be a 3-minute break at half time.
- Each team is allowed one time-out per half.
- Warm-ups will be allowed only if time permits.
- Substitutions will only be made at the designated substitution time and halftime with exception of injuries.
- Clock stops in the last 1-minute of the game, on whistles only (not made baskets), unless a team is winning by 10 points or more at which point the clock will continuously run.
- No overtime periods.
- Score is kept

PLAYERS

- Five players on the court for each team. If a team does not have 5 players, the game should still be played.

Coaches and officials must determine if:

- Both teams play with fewer than 5 players.
- Opposing team loans a player.
- All players must receive **equal** playing time when numbers allow.

COURT

- Hoop height: 10 feet
- Size 28.5 basketballs

JUMP BALLS

- Game will began with a jump ball at the center circle.
- Possession arrow is used for held balls.
- Second half possession will be decided by the possession arrow.

OFFENSE

- Offensive team **cannot** intentionally run isolation or clear-outs creating a one-on-one situation.
- Excessive stalling of holding the ball is not allowed (referees discretion).

- If the offensive player in possession of the ball is being guarded, the player has 5 seconds to either pass, shoot, make a move to the basket or get rid of the ball unless the defense relaxes.
- Offensive 3 seconds in the key will be called at 5 seconds.
 - Resets after each shot

DEFENSE

- Man-to-Man is the only defense allowed.
 - Man-to-man defense allows for “help-defense” and “switching” however, intentional double-teaming is not allowed.
 - Double-teaming in the key is allowed.
- Zone defense is NOT allowed.
- Once a team or player establishes control in the backcourt, the defense cannot establish coverage until the ball crosses the center court line. The official’s discretion constitutes control.
- Full court man-to-man defense will be allowed only in the last 1-minute of the game by both teams as long as the score difference is 10 points or less. No double teaming in full court press is allowed.
- Stealing the ball **is** allowed.
- Help defense is allowed in the key.
- Types of defenses are called at the official’s discretion.

FOULS

- After 6 team fouls per half, bonus will be applied; the opposing team will shoot 1-&-1 for every opposing defense or loose ball foul **starting on the seventh team foul** until the end of the half. Double bonus will apply after the ninth team foul, **starting on the tenth team foul**. In double bonus, teams will get two free throws on each opposing defensive or loose ball foul.
- Players foul out at 5 fouls.

TECHNICAL FOUL

- The opposing team will shoot 2 free throws and receive the ball out of bounds at half court. The player shooting the free throws will be selected by the coach and must be on the court at the time of the foul.
- **First Technical Foul - Player** removed from the game for the remainder of the half, **coach or spectator** will receive a warning from the referee.
- **Second Technical Foul - The player, coach, or spectator** is ejected from the site.

Boys Grades 7-8 Division Rules

PLAYERS

- Five players on the court for each team. If a team does not have 5 players, the game should still be played.

Coaches and officials must determine if:

- Both teams play with fewer than 5 players.
- Opposing team loans a player.
- All players must receive **equal** playing time when numbers allow.

TIMING

- A game will consist of two (2), 20 minute halves or 1 hour in length. The game will be stopped by the referee(s) whistle near or at the 15, 10, and 5 minute marks. Referees will use their digression to stop game at a point where play has slowed down. The team that has possession when the whistle is blown will start with the ball to begin when the game resumes after substitutions.
- The clock will run continuously with the exception of:
 1. Time-outs
 2. The last 1-minute of the game unless a team is winning by 10 points or more at which point the clock will run continuously
 3. The five minute marks for subs.
- There will be a 3-minute break at half time.
- Each team is allowed 2, 30-second time-out per half. Timeouts do not carry over to the second half.
 - The ball does not advance on timeouts.
- Warm-ups will be allowed only if time permits.
- Substitutions
 - Only be made between halves and the five-minute intervals during each period.
EXCEPTIONS: Fouling out or injury.
 - Players must check in at the scorer's table.
 - Players must wait to be waived in by office prior to entering the court.
- There will be no overtime periods.

COURT

- Hoop height: 10 feet
- Size 28.5 basketballs
- Made 3-pointers count as 3 points

JUMP BALLS

- Game will began with a jump ball at the center circle.
- Possession arrow is used for held balls.
- Second half possession will be decided by the possession arrow.

MOVING THE BALL

- Excessive stalling of holding the ball is not allowed (referees discretion).
- If the offensive player in possession of the ball is being guarded, the player has 5 seconds to either pass, shoot, make a move to the basket or get rid of the ball unless the defense relaxes.
- Offensive 3 seconds in the key will be called.
 - Resets after each shot

DEFENSE

- Man-to-Man and zone defense are both allowed.
- Double-teaming and trapping are allowed in the half court.
- Both teams can full-court press in the last 5 minutes of the game.
- Stealing the ball **is** permissible.

PENALTY FOR A PERSONAL FOUL

- After 6 team fouls per half, bonus will be applied; the opposing team will shoot 1-&-1 for every opposing defense or loose ball foul **starting on the seventh team foul** until the end of the half. Double bonus will apply after the ninth team foul, **starting on the tenth team foul**. In double bonus, teams will get two free throws on each opposing defensive or loose ball foul.
- Players foul out at 5 fouls.

PENALTY FOR TECHNICAL FOUL

- The opposing team will shoot 2 free throws and receive the ball out of bounds at half court. The player shooting the free throws will be selected by the coach and must be on the court at the time of the foul.
- **First Technical Foul - Player** removed from the game for the remainder of the quarter, **coach or spectator** will receive a warning from the referee.
- **Second Technical Foul - The player, coach, or spectator** is ejected from the game and building.

Girls Grades 3-5 & 6-8 Division Rules

PLAYERS

- Five players on the court for each team. If a team does not have 5 players, the game can still be played.

Coaches and officials must determine if:

- Both teams play with fewer than 5 players.
- Opposing team loans a player.
- All players must receive **equal** playing time when numbers allow.
- Substitution of players may take place:
 1. At the end of any period.
 2. During an injury timeout.
 3. If a player fouls out.

GAME PLAY

- The game is composed of four, four minute periods per half, with a 3-minute half time. The clock shall be set at 16 minutes to start with substitutions made after each 4-minute period.
- Time will be kept with a running clock with the exception of:
 - Free throws: the clock will stop when a foul is called. Clock starts again after the ball is touched after last free throw attempt.
 - During the last 2 minutes of the game, the clock will be stopped on all whistles and will start when a player touches the ball inbounds unless a team is ahead by 20 points or more.
- Each team has 2, 1-minute time-outs per half. Time-outs may be called by the coach or the team in possession of the ball and/or during whistled stoppages.
- No overtime if score ends in a tie.
- After the 4-minute subs, team with possession arrow will start with the ball. Arrow will flip once the ball is inbounded.

PLAYERS

- 5 players on the court for each team. If a team does not have at least 5 players, the game should still be played both teams play with less players
- All players must receive **equal** playing time when numbers allow.

COURT

- Hoop height: 10 feet
- Size 28.5 basketballs

JUMP BALLS

- Game will began with a jump ball at the center circle.
- Possession arrow is used for held balls.
- Second half possession will be decided by the possession arrow.

OFFENSE

- Offensive team **cannot** intentionally run isolation or clear-outs creating a one-on-one situation.
- Excessive stalling of holding the ball is not allowed (referees discretion).

- If the offensive player in possession of the ball is being guarded, the player has 5 seconds to either pass, shoot, make a move to the basket or get rid of the ball unless the defense relaxes.
- Offensive 3 seconds in the key will be called at 5 seconds.
 - Resets after each shot
- 3-pointers will count as 3 points.
- Free throws
 - Girl's 6-8th grade may **not** jump over the line.
 - Girls 3-5th grade are allowed to move up 3' for free throws (red line). They must start behind the line, but may jump over the line without penalty. If they jump over the line, they are not allowed to get their own rebound. Penalty = ball goes to the other team just like a floor violation.

DEFENSE

- Stealing of the ball off the dribble will **not** be allowed for the 3th – 5th grade girl's.
- For both Girls 3-5 and Girls 6-8, if a team is down by 15 or more they will be allowed to full court press until the deficit is under 15.
- For 6-8th grade Girls only, full court press, man-to-man defense will be allowed during the last two minutes of **EACH HALF**.
- 3rd – 5th Grade girls leagues defense shall be man-to-man (no zone or trap defense). There are three (3) "Help Defense" situations when a player can leave their player: 1) If there is a pick/switch, 2) if a player has an uncontested shot in the lane only and 3) on a fast break.
- 6-8th Grade girls leagues defense shall be man-to-man (no trap defense) **or zone**. There are three (3) "Help Defense" situations when a player can leave their player: 1) If there is a pick/switch, 2) if a player has an uncontested shot in the lane only and 3) on a fast break.
- Types of defenses are called at the official's discretion.

FOULS

- After 6 team fouls per half, bonus will be applied; the opposing team will shoot 1-&-1 for every opposing defense or loose ball foul **starting on the seventh team foul** until the end of the half. Double bonus will apply after the ninth team foul, **starting on the tenth team foul**. In double bonus, teams will get two free throws on each opposing defensive or loose ball foul.
- Players foul out at 5 fouls.

TECHNICAL FOUL

- Two technical fouls on the coach will result in ejection from the game. All technical fouls will be awarded as follows: NO free throws will be shot. Two points will automatically be rewarded to the other team, plus this same team will receive the ball back while on offense at the half-court line.