

NYBA RULES AND POLICIES

Points of Emphasis for 2024-2025

Maximum of two Coaches (must be on the roster) may be on the bench during the game.

As we transition to Red/ black jerseys from Red/Blue, Blue and Black are the same and designate HOME Team

Article I: General Rules and Policies

- A. The NYBA uses the National High School Basketball Rule Book as its official guide. Please consult the rule book for any changes for the current basketball season.
- B. The NYBA uses specific exceptions to the National High School Basketball Rule Book. The exceptions are listed in this document.
- C. Coaches are expected to act in a positive and supportive manner toward all players at all times, and to display good sportsmanship toward the officials.
- D. It is the responsibility of the coaches to demonstrate good sportsmanship and they will be responsible for the actions of players, parents and themselves.
- E. Foul, abusive, or threatening language directed at any player, referee, or anyone involved in the NYBA program will not be tolerated at any time.
- F. Coaches and/or assistant coaches assessed with two technical fouls (not including illegal defense technicals) must leave the game facilities.
- G. Every coach and player shall shake hands with the opposing team at the end of the game to show good sportsmanship. Failure to shake the opposing team's hands will mean suspension from the next game. A second violation means a suspension of 3 games.
- H. The NYBA has a specific "CODE of CONDUCT" governing the behavior of all players, coaches, bench personnel and spectators.
- I. Coaches are reminded that they are to remain seated during the course of the game, per the High School Rules. The NYBA allows Coaches to stand and enter the court to attend to an injured player. Coaches are asked to use discretion before entering the court until play has been stopped by an Official
- J. Jewelry exceptions
 - A. ■ Religious jewelry is allowed if it is taped and worn under the jersey
 - B. ■ Medical alert jewelry is allowed if it is taped and made visible
 - C. ■ Freshly pierced ears may be taped.

Article II: Game Time Regulations

- A. Halves
 - 1. (2) Twenty minute halves - running clock
 - a. Last two minutes of 2nd half - stop clock
 - b. EXCEPTION: Either team ahead by fifteen (15) points or more.
 - 2. Clock stops only for substitutions (per VI B.), time-outs, free throws, injury, A.1.a above, and C.1 below.
 - 3. Time between halves - five (5) minutes.
- B. Time-outs: Time-outs will be 45 seconds each. The scorekeeper shall signal a warning buzzer at 30 seconds, and again at 45 seconds. Both teams should be on the court ready to resume play at the sound of the second horn.
 - 1. Three time outs per game total. No per half limit.
 - 2. Overtime - one time-out for each overtime period
- C. Overtime:
 - 1. First overtime - two minutes stop clock.
 - 2. Second overtime - sudden death.

Article III: Backcourt Checking

Boys & Girls - Grades [3 & 4](#)

- D. No back court checking is allowed at any time during the game.
- E. All backcourt checking violations will result in a warning by the Referee. No technical fouls will be called for back court violations. Possession of the ball awarded to the offensive team. EXCEPTION - If, in the referees opinion, the coach is using backcourt checking as a strategy (to run time off the clock, for example), a technical foul may be called. Two (2) points awarded, plus possession.

Boys and Girls Grades 5 - 6

- C. Back court checking is allowed only in the last two (2) minutes of the 2nd half, and subsequent overtime periods. Both teams can back court check at any time during that two minute period. The team ahead cannot back court check if ahead by fifteen (15) or more points
- D. For unauthorized backcourt checking, the first violation is a warning. All subsequent violations will result in a technical foul. Two (2) points awarded, plus possession of the ball. Point of clarification: If, in the judgement of the Referee, the backcourt checking was accidental and not intentional, a technical foul may not be awarded. The ball will be awarded out of bounds to the offensive team. The intent of this rule is to prevent coaches from using this as a defensive strategy.

Boys and Girls - Grades 7 through 12

- E. The team ahead cannot back court check if ahead by fifteen (15) or more points.

Article IV: Defense

Boys and Girls - Grades 3 through 6

- A. Zone defense is not allowed- Once the ball crosses the half court line and enters the front court, the defensive player must be within three (3) feet of the offensive player when the offensive player is inside the Designated Area (DA). This also applies to inbounding the ball on the baseline, in the front court. Please refer to the diagram of the DA on the next page. Exceptions as noted.

Intent of Rule: Prohibit zone defense in order to teach person-to-person defensive skills, which include switching and "helping", a fundamental of basketball.

Explanation of the Rule: Zone defense is defined as defending an area of the court rather than a player. The term "double team" can mean up to 5 defensive players.

Each defensive player may leave the offensive player only to go after a loose ball or double team another offensive player in possession of the ball **and** inside the DA.

B. Each defensive player must return to their offensive player when these actions are completed, if their offensive player is inside the DA. If the offensive player leaves the DA, the defensive player is not required to follow. The defensive player may play anywhere he/she chooses while the player being guarded elects to stay outside the DA.

C. No multiple teaming of any offensive player by a defensive player is allowed outside of the DA, to avoid a half court trapping defense.

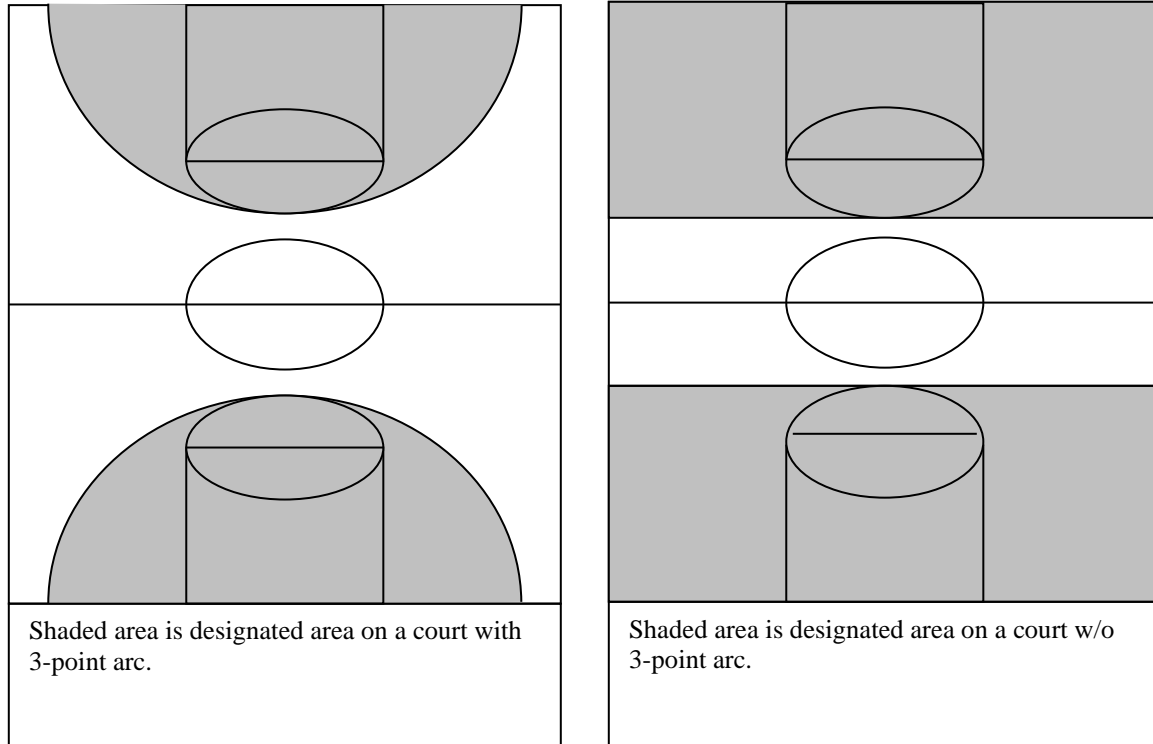
Violations:

- F. For 3rd and 4th grade boys and girls: on illegal defense technical fouls, the first two violations will receive a warning. All subsequent violations will result in two (2) points being awarded to the offensive team, plus possession of the ball.
- G. For 5th and 6th grade boys and girls: Players and coaches will be warned upon first offense. Further violations will result in a technical foul. Two (2) points awarded to the offensive team, plus possession of the ball.

Definition of the Designated Area:

The specific Designated Area (DA) shall depend upon the configuration of the gym floor. The intent is to use the 3 point line as the boundary for the DA. However, if the gym does not have a 3 point line permanently marked on the floor, the DA boundary line shall be a line parallel to the baseline and the midcourt line, running across the arc at the top of the key. See the diagram below:

DESIGNATED AREA (DA) DIAGRAM



Article V: Offense

Grades 3 through 6:

- A. Three (3) point goal *not* in effect.

Article VI: Individual Playing Time

- A. League policy is that all eligible players during the course of a game should receive equal playing time. Players can become ineligible due to illness, injury, or disciplinary action of the coach. If a player is ineligible, the scorekeeper and the opposing coach should be informed prior to the game or during the game if the disqualifying event occurs during the game. If the player is ineligible, the parents or guardians should also be informed of his/her disqualification. League scorebooks may be monitored by the Board of Directors at its' discretion to ensure compliance by all teams.

NYBA Rules

- B. Player substitutions can only be made at the designated 5 minute marks during each half. The referees shall stop play as close to the 5 minute mark as possible. This will be done at the discretion of the Referees, so as not to stop the game during a continuous play. All planned substitutions should be made at this time. If a player is injured or fouls out of the game, then a substitution can be made when play is stopped. Only an eligible player may enter the game. The player playing the majority of the time in that section will be charged for playing in that section. A "section" is defined as $\frac{1}{4}$ of a half, for 4 total sections per half and 8 sections total per game.
- C. Maximum and Minimum Playing Time: The following is the maximum and minimum time a player may play in a game depending on the number of players on the team at the beginning of the game.

PLAYERS	MAXIMUM	MINIMUM
11	4 sections	3 sections
10	4 sections	4 sections
9	5 sections	4 sections
8	5 sections	5 sections
7	6 sections	5 sections
6	7 sections	6 sections
5	8 sections	8 sections

- D. All players must sit at least one section in the first half of the game, except for teams that start the game with 5 or 6 players.
- E. Teams with 4 or less eligible players at the start of the game will forfeit the game. A 10 minute grace period will be allowed.
- F. Violations of Article VI, Section A, B, C, D or E will result in an automatic forfeiture.
- G. Coaches are reminded of the "spirit of the rule", and are asked to ensure that equal playing time is provided to ALL players over the course of the season.
- H. For Grades 3 only, a Coach may leave the bench to manually "match up" his/her players at the beginning of a half or at the substitution break.

Article VII: Free Throws

- A. Girls grade 3 - The free throw line will be at eleven (11) feet.
- B. Boys grade 3 & 4 & Girls grade 4 - The free throw line will be at twelve (12) feet.
- C. Boys & Girls grade 5 through 12 - The free throw line will be at fifteen (15) feet.

Article VIII: Technical Fouls

- A. When a technical foul occurs, no foul shots will be taken. The other team will be awarded two (2) points and the ball out of bounds, at mid court opposite the scorers table. The player from the other team closest to where the technical foul occurred will be given credit for the points, at the judgment of the Referee.

NYBA Rules

B. Code of conduct violation – penalties

Please refer to the NYBA Code of Conduct for specifics of the expectations for all players, coaches, bench personnel and spectators, as well as the specific penalties.

Any player receiving a technical foul will be required to sit out the current section and the following section. For the purpose of the playing rule, the player sitting out will be marked as having played in each of those sections.

Any player or coach who is ejected will be suspended from the next 2 regular season games. All suspensions are considered final, with no appeal process.

Article IX: Equipment

- A. All Players must wear assigned NYBA basketball uniform
 - 1. Under shirts MUST the same color as the uniform, or WHITE.
 - 2. Shirts MUST always be tucked in. NO EXCEPTIONS
 - 3. No tying of any knots or “rubber banding” shirts. NO EXCEPTIONS
 - 4. No taping of numbers. NO EXCEPTIONS.
- B. A portable clock and scoreboard will be used when the gym scoreboard is unavailable.
- C. The electronic scoreboard will show the team scores at all times, regardless of the point differential.
- D. NYBA Referees will designate for each team the eleven and twelve foot free throw line where appropriate.
- E. The Scorekeepers will operate Arrow display indicating alternate possession.
- F. NYBA will provide the game balls. Synthetic leather balls will be used for all NYBA games
- G. Basketball Sizes
 - Girls grades 3 & 4 – (27.5 inch circumference) Junior size
 - Boys grades 3 thru 6 – 28.5 (28.5 inch circumference) Intermediate size
 - Girls grades 5 through 12 28.5 (28.5 in circumference)
 - Boys grades 7through 12 – (29.5 inch circumference) Official size
- H. Height of Baskets
 - a. All grade levels will play their games on 10 foot baskets.