

# North Tonawanda Youth Basketball Rules & Guidelines

## **Game Times:**

We ask that all teams playing the first game be ten minutes early for team warm-up and shooting.

All games consist of four 8-minute quarters

**\*\*The clock will be stopped for all whistles, violations, and fouls ONLY for the final minute of each quarter. At all other times there will be a running clock to ensure that games remain on schedule. \*\***

## **Overtime:**

Overtime will consist of one 2-minute quarter with clock stoppage for every whistle, violation, and foul. If no winner is determined after the 2-minute overtime, a tie will be declared (with exception to playoff games)

## **Fouls & Rules:**

Each player is allowed 5 fouls per game. After committing the 5<sup>th</sup> foul, the player will no longer be able to play for the remainder of the game unless that would result in a team playing shorthanded. In this case the player may resume playing, and a technical foul will be called for each additional foul from that player.

**Bonus:** Once a team has reached 7 fouls in a half, the opposing team will receive a bonus. Each additional foul on and after the 7<sup>th</sup> foul in the half the player will receive a one-and-one shot. If the player misses the first shot, the ball resumes in play; however if the first shot is made, the player will receive a second foul shot.

**Double Bonus:** Once a team reaches 10 fouls in a half the opposing team will be in double bonus, shooting two free throws for each additional foul on and after the 10<sup>th</sup> foul.

All other fouls and violations i.e. traveling, reaching, etc. will be called by regular basketball rules.

## **Half-Court Ruling:**

Unique to this basketball league, we do not allow any team to press on defense until the final minute of the fourth quarter (3<sup>rd</sup> and 4<sup>th</sup> grade league will be allowed to press for the final 30 seconds of the fourth quarter). To keep the games pace flowing smoothly we imply a half-court defensive rule, which states that no team can defend their opponent until they have crossed the half-court line.

## **Parent Cooperation:**

This is a developmental youth league. Although we do encourage all players to play in a competitive manner, our main focus is on the development of each child as a basketball player. All players will receive equal playtime every game throughout the year.

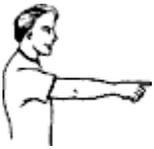
We ask that all parents provide a positive atmosphere for the children and workers. Please refrain from heckling any call made from our referee, as your actions set an example for the children as well. In addition we ask that you do not distract the coach or players while the game is in progress. Please have your child dress appropriately (shorts or sweatpants, sneakers, no hats or boots).

All stats, standings, game recaps, etc will be placed on our website. If you would like to submit game pictures to our website please email pictures to [adomaradzki.recreation@yahoo.com](mailto:adomaradzki.recreation@yahoo.com). NOTE: Only names and pictures of players whose guardian has signed "Yes" to the photography policy on the back of the registration form will be used on the website.

## Referee Signals & Description



**Designation of Player Foul:** Hand signals by referee indicate to the scorer's table the number of the player in violation.



**Direction of Play:** Referee will point to indicate the direction of the play prior to player inbound the ball.



**Blocking Foul:** Occurs when a defensive player impedes the progress of an offensive player with his/her body.



**Holding Foul:** Occurs when a defensive player physically contacts an offensive player with their hands, in attempt to impede movement or steal the ball.



**Intentional/Flagrant Foul:** Occurs when a player, either offensive or defensive, commits an intentional foul that is deemed unnecessary or places opponent in harm.



**Jump Ball:** Occurs when two players from opposing teams have equal possession of the ball. When this occurs the ball is awarded to the team in which the possession arrow is pointing. The possession arrow alternates after every jump ball, and change in period.



**Pushing Foul or Illegal Offensive Screen:** Occurs when a defensive player shoves a player or impedes the progress of an offensive player by pushing them. An illegal offensive screen occurs when an offensive player impedes the movement of a defensive player without remaining in a stationary position.



**Charging Foul:** Occurs when an offensive player runs into a defender who has already established position with his/her feet stationary. Can also occur if an offensive player uses non-dribbling hand to physically push or block the defender.



**Double Dribble Violation:** Occurs when an offensive player either dribbles with two hands simultaneously, or picks up his/her dribble and then begins dribbling again before passing or shooting.



**Traveling Violation:** Occurs when a player advances the ball without dribbling by moving both feet, or alternating pivot feet.



**Carrying Violation or Over-and-Back Violation:** Occurs when an offensive player places palm under basketball while dribbling and proceeds to rotate his palm in a carrying motion. Over-and-back violation occurs when an offensive team/player advances over the half-court line with the ball and returns back across the line with the ball in the same possession.



**Technical Foul:** Can occur for a variety of reasons including foul language, inappropriate gestures or comments to an official, fighting or aggressive contact deemed unnecessary by the official. This results in two free throws and possession of the ball.



**3-Second Rule:** If an offensive player is standing in the free throw lane for more than 3 seconds this becomes a violation. The 3 second clock resets once the player removes one foot from the lane.



**5-Second Violation:** Occurs when an offensive player holds the ball without advancing/dribbling for more than 5 seconds. This includes inboundng the ball.