

NYO Basketball Rules

Jr. Division-played on lower goals

- Games will start promptly at 5 minutes past the hour. In that 5 minutes, coaches need to determine the starting 5 and match up players by ability (who's guarding whom), layups, etc.
- Each game will start with a Jump Ball - Possession will change at the end of each quarter and following every jump ball situation.
- 1 coach per team may be on the court at a time.
- 5 six-minute periods
- 1 minute between periods
- 3 minute "half-time" following the 3rd period
- 2 time-outs per team (1 minute per) allowed per game
- Clock runs continuously with the following exceptions: time-outs, shooting fouls, injuries
- No zone defense! Switching is allowed. Defense must pick up man by the top of the key extended
- **No full-court pressing defense. Defense can pick up at black line just across half court.**
- No double-teaming at any time
- No three seconds in lane will be called
- Free throw will be shot for shooting fouls only and will be taken from 2-3 feet inside the free throw line (We want these kids to score!)
- Playing time must be as equal as possible with substituting taking place at the end of each period, when injuries occur, and half-way through the 5th period to get players equal playing time (our goal is to keep the clock running and continuous play as much as we can).
- **Steals only on a pass**
- If a team is up by 20 points, the scorekeeper will stop accumulating points for the team that is ahead until the trailing team scores. The scoreboard will show no greater point differential than 20 points.
- **Traveling and double dribbling will be at the discretion of the referee; however, we want to get away from picking the ball up and running with it. We'll likely ask the officials to gradually call this more as the season progresses.**
- IHSAA rules prevail where our rules are not stated

NYO Basketball Rules 🏀

Sr. Division

- Games will start promptly at 5 minutes past the hour. In that 5 minutes, coaches need to determine the starting 5 and match up players by ability (who's guarding whom), layups, etc.
- Each game will start with a Jump Ball - Possession will change at the end of each quarter and following every jump ball situation.
- 5 six-minute periods
- 1 minute between periods
- 3 minute "half-time" following the 3rd period
- 2 time-outs per team (1 minute per) allowed per game
- Clock runs continuously with the following exceptions: time-outs, shooting fouls, injuries
- No zone defense! Switching is allowed. Defense must pick up man by the top of the key extended. Help side defense is allowed and encouraged.
- No pressing defense-Defense must retreat to half court once possession is established. (*Full-court man-to-man press is allowed during the last 2 minutes of the game unless the defensive team is up 10 or more points)
- Steals on dribble or pass
- No double-teaming except in the lane. First double team in a half is a warning, second double team and all additional double team in a half will result in a one shot technical foul
- Shortened (2-3 feet inside free throw line) free throw line for all 3rd graders and 4th-6th graders as needed (We want these kids to score!)
- Five seconds in lane will be called rather than 3 seconds
- Free throws will be shot for shooting fouls only
- Playing time must be as equal as possible with substituting taking place at the end of each period, when injuries occur, and half-way through the 5th period to get players equal playing time (our goal is to keep the clock running and continuous play as much as we can)
- If a team is up by 20 points, the scorekeeper will stop accumulating points for the team that is ahead until the trailing team scores. The scoreboard will show no greater point differential than 20 points.
- IHSAA rules prevail where our rules are not stated