



NBGC BASKETBALL RULES

DEFINITIONS

Airborne Shooter

- A player who has jumped up and released a shot but has not yet returned to the floor
- An airborne shooter is in the act of shooting until they return to the floor

Bonus

- After the 7th team foul (player fouls + player technical fouls) of the half, the other team is in the bonus. Any foul at this point rewards the fouled team with a 1-and-1 free throw. If the first shot is made, they get a second shot
- After the 10th team foul, the fouled team gets 2 shots

Closely Guarded

- A player in control of the ball is considered “closely guarded” when a defender is within 6 feet of him in the front court

Continuation

- If the player in control of the ball is fouled while their arms are in the motion of taking a shot, the shot will count if it goes in
- If fouled while driving or pivoting to the hoop the shooter may continue the foot and body movements leading to the release of the shot. The shot will count if it goes in

Dribble

- Dribbling is continuously bouncing the ball while standing still or moving
- A dribble can be started with one or both hands
- A dribble ends when:
 - o The dribbler catches the ball with one or both hands
 - o The dribbler touches the ball with both hands
 - o An opponent bats the ball

Fouls

- Shooting foul – a player foul which involves non-flagrant contact
- Common foul – a player foul committed against an opponent who is not shooting
- Intentional foul – a personal or technical foul designed to stop the clock. An intentional foul committed to stop a fast break is treated as a technical
- Loose ball foul – a common foul that occurs when the ball is not in any team’s possession
- Flagrant foul – a personal or technical foul of extreme or violent nature, whether it involves contact, words, or actions
- Technical foul – a non-player or non-contact foul involving unsportsmanlike action.
- Offensive foul – a common foul caused by the player in control of the ball or an airborne shooter
- Double foul – happens when opponents foul each other at the same time. No free throws are awarded. The alternating possession determines who gets the ball
- Double technical fouls – happens when both sides commit technical fouls. No free throws are awarded. The alternating possession determines who gets the ball.

Guarding Position

- Legal guarding position – both feet are planted on the floor and they are facing their opponent
 - o after getting into legal guarding position:

- the guarding player does not have to keep both feet on the floor, nor face the opponent
- the guarding player may raise hands or jump within their vertical space
- the guard may *move laterally to shadow the opponent*, as long as they are not moving toward the opponent when contact occurs
- the guard can turn or duck to absorb the shock *if there is about to be contact* (being run over by opponent)
- when guarding an opponent with the ball, or one standing still without the ball. time and distance are not factors in establishing position
- when guarding a moving opponent without the ball, time and distance must be given to avoid the contact
 - a distance of two strides should be given by the guard

Held Ball

- this occurs when opponents have both hands firmly in grasp and the ball cannot be dislodged without unnecessary roughness
- this also occurs when an airborne shooter cannot release their shot due to a defender with hand/s on the ball

Incidental Contact

- unintentional contact between opponents in equally favorable positions
- contact which does not hinder the opponent from participating in the play, getting to a spot on the floor, or to a loose ball
- inadvertent contact while trying to escape a screen

Overtime

- games will end in a tie during the regular season. However, playoff games will have a 4-minute overtime
- player and team fouls are carried into overtime
- each team can call one timeout in overtime

1 and 1

- a free throw situation where the shooter is awarded a second free throw if the first is made. If the first is missed, the ball is live

LIVE & DEAD BALLS

Live & Dead Balls

- The ball is live after
 - Jump ball
 - Presented to passer for an inbound
 - Presented to shooter on a free throw

Alternating Possession

- The team that does not win the jump ball receives the first alternating possession throw-in
- The following are alternating possession situations:
 - Held ball
 - Both teams knock ball out of bounds
 - Refs disagree who ball is out on
 - Double personal or double technical fouls
 - The ball is stuck between rim and backboard (unless another free-throw follows)

Jump Ball Set Up

- Each jumper is entitled to half of the jump circle
- Non-jumpers are to remain motionless outside of the jump area (6 feet)

- Just before the toss the *non-jumpers cannot move toward the jump area* or change positions
- Teammates cannot stand next to each other if an opponent wants a spot in-between them

Jump Ball Re-Toss

- If the ball hits the floor without being touched
- Bad toss
- Both players simultaneously hit the ball out of bounds

Jump Ball Violations (*these restrictions end as soon as the ball hits the court or a non-jumper*)

- A jumper touches the ball on the way up (before it reaches its highest point)
- A jumper leaves the jump circle before the ball is touched
- A jumper catches the ball
- A jumper taps the ball more than twice

Dead Ball (*the ball cannot be dead while a shot is in flight*)

- As soon as a *foul or violation is called*
- As soon as the *shooting team commits a free throw violation*
- As soon as a *held ball or other jump ball situation* occurs
- As soon as *time expires*, unless a shot or tap is in flight
- As soon as a *whistle blows* for any other reason

OUT OF BOUNDS AND INBOUNDING

Out of bounds

- A player is out of bounds when they touch anything out of bounds (except another player), including between dribbles
- The ball is out of bounds when it touches anyone or anything out of bounds, including:
 - o Going over the top of the backboard
 - o Touching basket supports, light fixtures, or ceiling beams
- The ball is called out on the last player the ball has touched
- The ball is to be inbounded from out of bounds following:
 - o A scored basket or free-throw
 - o A violation is called
 - o An offensive foul

Inbounding Provisions

- The inbounder has 5 seconds to release an inbounds pass after the ball has been presented by an official
- The inbounder must stay in place unless inbounding on the baseline after a made basket
- An inbound following a technical, flagrant, or intentional foul takes place at half court. All other inbounds take place at the nearest designated inbounding spot
- All parts of the defender's body must be at least 3 feet away from the spot of the inbound
- The offense also cannot cut through that 3-foot area

FREE THROWS

Lining up for a free throw

- The non-shooting team must fill the lowest positions on each side of the lane (unless it is a free throw following a technical or flagrant foul)
- The remaining spots alternate between the teams
- Players who do not take a lane position must stand behind the top of the three point line extended

- A player can only take their lane position before the ball is presented to the shooter
- Following a technical or flagrant foul, the players line up at half court and remain quiet

Procedure for starting a free throw

- Once players are in position and the officials are ready:
 - o The ball is presented to the shooter (set on the floor if the ball is not taken)
 - o The 10 second shot clock starts (repeated 10 second violations will receive a technical foul)
 - o Lane violations are enforced

Which player shoots a free throw

- After a personal foul, the fouled player must take the free throw(s)
 - o If the fouled player was injured or ejected, their sub will take the shots
 - o If the team does not have subs, the captain or coach will choose the shooter
- After a technical foul, any player on the floor may shoot
 - o If this occurs during a free sub period, the coach may put in a player from the bench to shoot

What happens after a free throw

- The ball is only live following the final/only free throw for a personal foul
- If the final free throw attempt is successful, the inbound takes place along the baseline
- If the final attempt misses, the ball is live once it hits the rim or backboard
- Following a technical or flagrant foul, the ball is inbounded at half court

Unusual Situations

- Common foul on shooting team during free-throw attempt
 - o If the shot is released before the foul, the foul will be assessed after the free throw
 - o If the shot was not released before the foul, the lane is cleared to finish the free throws and the foul is assessed
 - o If the bonus is not in effect, the non-shooting team inbounds the ball from the nearest spot
- Common foul on non-shooting team during free-throw attempt
 - o The lane is cleared, the free throw attempts continue, and the foul is assessed
- A foul that occurs at the end of regulation
 - o Free throws are not awarded if the shooting team is in the lead

VIOLATIONS

Free throw violations

- Set up violations
 - o Non-shooting team doesn't fill the lowest lane spots
 - o Non-lane players standing lower than three point line extended
- Shooter violations
 - o Any part of shooter's foot isn't completely below free throw line
 - o Shooter crosses line before ball hits rim or backboard
 - o Taking more than 10 seconds to release shot
 - o Pump fakes
- Violations by players around lane
 - o Distracting the shooter with words or actions
 - o Entering or leaving lane space before shot hits rim or backboard
 - o Entering the lane before a shot hits the rim or backboard
 - o Faking entering the lane to draw a violation

If violation is by the shooting team, the shot is canceled

If not by the non-shooting team, the shot counts if made and another one is awarded if missed

Floor Violations

- Inbound Violations by the thrower:
 - the thrower moves from the *designated spot* (cannot step with both feet)
 - the throw in *is not touched inbounds*
 - the thrower does not *release their pass within 5 seconds*
 - the thrower carries the ball onto the court or is the *first to touch it inbounds*
 - the thrower passes the ball *into the basket* (okay to hit rim or backboard)
- Throw In Violations by any player:
 - reaching over, or stepping on or over a boundary line
 - to be out of bounds during the throw in
 - to touch the throw in while standing out of bounds
- Jump Ball Violations
 - jumper *fails to stay in their half* of the jump circle until the ball is touched
 - jumper cannot touch the ball *on the way up*
 - jumper can *tap the ball twice* before it hits the court or a non-jumper
 - *non-jumpers* must remain motionless and out of the jump area *until the ball is tossed*
- Three Seconds (Except Cadet, Pebble, Discovery, & Daisy)
 - once the ball has been *moved into the front court* offensive players must stay out of the lane
 - if a player is standing on a line, he is considered in the lane
 - the 3 second *count is not made on any single player*, but on the members of a team
 - an allowance is made when a player starts their drive and *completes it without passing or stopping*
- Backcourt Violations
 - a team has 10 seconds (after gaining possession of the ball) to move the ball into the frontcourt
 - *tapping of the ball by the defense* does not stop the 10 second count
 - once the ball has been moved into the front court the player controlling the ball cannot have any part of the ball or their body touch the half court line.
 - once the ball has been moved into the front court it is a violation to touch the ball first in the back court (unless the defense touched the ball first or caused the ball to go in the back court)
 - a *player in the air* is judged as standing where their feet last touched the court
- Miscellaneous Violations
 - to step on an out-of-bounds line while dribbling
 - to excessively swing the arms or elbows, without making contact (after a rebound)
 - to hold or dribble the ball for more than 5 seconds while closely guarded (defender within 6 feet)
 - to kick the ball intentionally while on offense
 - to kick the ball anytime while on defense (any part of leg below the knee)
 - to hit the ball with the fist
 - causing the ball to enter the basket from below
- Double Dribble
 - once a player has ended their dribble it is a violation to start a new one unless the ball has been knocked loose by the opponent
 - a dribble is over once both hands touch the ball at the same time
- Carrying
 - to pass the ball from one hand to the other, before it hits the court, during a dribble
 - to hold the ball underneath the dribble and then continue that dribble
 - a dribble that comes above the shoulder
- Traveling
 - to take more than two steps with the ball (one with each foot) after picking up your dribble.

- *A step is counted when a foot hits the ground*
 - to move or slide the pivot foot before starting a dribble or after ending a dribble (shuffle the feet)
- Goaltending & Basket Interference
 - to touch the ball, rim or backboard while the ball is on the hoop or over the cylinder
 - to reach through the basket from below, whether touching the ball or not
 - to slap the backboard while a shot is on the way to the hoop or might rebound into the basket

FOULS

Personal Fouls

- When the shooter is fouled:
 - The shooter takes 1 free throw if the basket is made
 - The shooter takes 2 or 3 free throws (depending on the location of the shot) if the basket is missed
- When a non-shooter is fouled:
 - No free throws are awarded until a team is in the “bonus”

The Bonus

- The bonus begins on a team’s 7th foul of the half
- The 7th, 8th, and 9th
- The 7th, 8th, and 9th team foul is awarded with a 1 and 1 free throw possession
- The 10th (and further) foul of the half is awarded with 2 shots

Technical Fouls

- Involve language/gestures/throwing the ball/poor sportsmanship/arguing with referee or opposing teams
- Technical fouls are awarded with a free throw (with a clear lane) and the ball inbounded from half court

Flagrant Fouls

- A flagrant foul is awarded with 2 free throws and possession at half court

Fouling Out

- a player is out of the game after their 5th foul (personals plus technicals)
- a player is out of the game after their second technical
 - a technical for illegal defense is not counted against the player, but against the team
 - if a team is left short-handed on the court after a player fouls out, that player will be allowed to continue playing
 - each foul they are called for after that time will include an assessed technical foul
 - when more than one fouled out player is on the bench, they will rotate in and out after their fouls

Intentional Fouls

- an intentional foul is awarded with possession at the half court line

Illegal Contact (*personal fouls*)

- holding a player by their body or uniform
- charging/blocking
- reaching in/slapping the arm or hand
- pushing
- tripping
- over the back
- hand-checking

LEAGUE RULES 2023-2024 Season

Daisy/Discovery League

- 2 12-minute halves
- the teams will play 4 on 4
- a team must have 3 players to avoid a forfeit
- there will be NO 3 second violations
- there will be NO full court press (illegal defense will be called)
- free substitution is given during the last 3 minutes of the game (only during a whistle)
- the padded wall, baseline walls, and ceiling are considered out of bounds
- the line is out of bounds on the bleacher side of the NBGC gym
- the players will use a size 27" ball
- backcourt will be called as the season progresses
- No slapping/stealing the ball while in possession of an offensive player (will be called a foul)

Pebble/Cadet League

- 2 16-minute halves
- teams will play 4 on 4
- a team must have 3 players to avoid a forfeit
- there will be no offensive 3-second violations
- backcourt violations will be called
- free substitution is given during the last 4 minutes of the game
- the teams will play on 8' baskets with a size 27" basketball
- the defense must remain behind the green line closest to their defending basket. Full court press is allowed (no illegal defense will be called) during the last 1 minute of both halves if the game is within 15 points. If a team is ahead by 15 points or more, they cannot press
- the free throw line is 14 feet

Prep/Junior League

- 2 16-minute halves
- teams will play 5 on 5
- a team must have 4 players to avoid a forfeit
- there will be offensive 3 second violations
- backcourt violations will be called
- free substitution is given during the last 8 minutes of the game
- the players will play on 10' baskets with a size 28.5 basketball
- the defense must remain behind the green line closest to their defending basket. Full court press is allowed (no illegal defense will be called) during the last 1 minute of both halves if the game is within 15 points. If a team is ahead by 15 points or more, they cannot press
- the free throw line is 14 feet

Tribe/Senior League

- 2 16-minute halves
- teams will play 5 on 5
- a team must have 4 players to avoid a forfeit
- there will be offensive 3 second violations
- backcourt violations will be called
- free substitution is given during the last 8 minutes of the game
- the players will play on 10' baskets. Senior league will play with a size 28.5 basketball. Tribe league will play with an "Official Size" basketball
- Full court press is allowed throughout the entire game
- the free throw line is 15 feet

MISCELLANEOUS RULES

Stopping the clock

- the clock will be stopped during all time outs
- the clock will be stopped at all whistles during the final minute of the half and game

Timeouts

- Teams will receive two 30-second timeouts per half
- unused time outs do not carry over into the second half
- unused second half time outs do not carry over into overtime
- timeouts can only be called while in possession of the ball or during a dead ball
- each team receives a time out at the start of each overtime period

Overtime

- Overtime periods will be four minutes long (only during playoffs)
- all player fouls, as well as the bonus, carry over into overtime

Substitutions

- Players are substituted every 4 minutes, by the senior official and scoremarker, evenly.
- a player may sit out a substitution period if in foul trouble (3rd foul in 1st half / 4th foul in 2nd half)

Attendance

- Teams are to be present and ready to play 10 minutes before game time. Teams which are late can be assessed a technical foul
- The team members and three official coaches can be inside the gym during game time
- everyone must stay off the floor, against the wall and in their designated areas
 - o anyone who does not cooperate will be given a technical (after a warning)
 - o anyone who interferes with play will be given an automatic technical

Pressing

- When full court press is not allowed, teams must set up behind the three point line extended (free throw line extended for Cadet & Pebble) once the opponent gains control of the ball in its backcourt
- going for the ball or playing defense in the backcourt after the opponent has control causes an illegal defense warning the first time, and a team technical each time thereafter

Mercy Rule

- If a team is trailing by 25 points or more at any time after the first 4 minutes of the second half, the game is over
- the game can continue, but the score will not be kept the rest of the way
- for the game to continue, the captains must agree to continue playing
- if this is not agreed upon, each team can use half the gym for practice.

Forfeits

- Teams that are short players may borrow players in uniform from the same league (first option) and/or from the opposing team (second option)

Rulebook

- Anything not specifically covered in the rules is left to the discretion of the officials. Rules are subject to change at any time by NBGC staff