

**IESA rules will be followed with the following exceptions:**

Equal playing time is required for all players. The league director can request proof of each kids playing time at their discretion from the coach at any time. Coaches should have a system to keep track of playing time.

We will play two 20 minute periods with a running clock with the clock stopping every 5 minutes for 30 seconds to allow for player substitutions. This is not considered a timeout so substitutions need to be made quickly to keep the game moving. The clock will start back up after 30 seconds regardless of whether the players are ready or not. This is the only time substitutions will be allowed unless a player fouls out of the game and needs to be replaced or in the last 3 minutes of the game. In the last 3 minutes of the game extra substitutions can be made at any time as long as the team has timeouts remaining. If the team has no timeouts remaining then no substitutions will be allowed in the last 3 minutes unless a player fouls out of the game. The clock will also stop at all dead balls in the last minute of each half.

Zone or man to man defense is allowed for this age group. No double teaming will be allowed outside of the lane. Inside the lane double teaming is allowed at any time. Players must fall back past half court at each change of possession. However in the last 3 minutes of the game full court pressure is allowed for the remainder of the game and possible overtime if the coach chooses to do so.

Each team gets two timeouts per half that do not carry over. Timeouts will be 45 seconds long. In case of overtime each team will receive one timeout for the overtime period. Overtime will occur if two teams are tied at the end of regulation and will consist of a 3 minute overtime period.

If a team is being beaten by 30 or more points the scoreboard will be turned off.

Tournament seeds will be determined by records and then head to head matchups at the end of the season

Games will be played with the rims set at 10 ft using standard size basketballs.

2 technical fouls on a player will result in them being required to set out the remainder of that game. Future punishment could be administered by the league director.

1st and 2nd place in the tournaments will receive trophies.

Good sportsmanship is required by all coaches, players and fans.

**NTRA**INC.



# 2023 Basketball Rules

Level 3, 4<sup>th</sup>-5<sup>th</sup> Grade

There is a zero-tolerance rule in effect for all adults involved with this program including fans and parents of players. Sportsmanship is the first step in developing our young athletes for their future careers.

Anyone or anything that seeks to hinder this development will be asked to leave the premises immediately and may not return.

Please call or email with any questions.

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