



**CITY OF NEWPORT NEWS
DEPARTMENT OF PARKS AND RECREATION
WINTER 2026 YOUTH BASKETBALL LEAGUE
RULES AND REGULATIONS**



The Winter Youth Basketball League is sponsored by and under the authority of the Newport News Department of Parks and Recreation.

All leagues are Co-ed and will play in accordance with the 2025-2026 National Federation High School rules and regulations with exceptions as listed in this document.

1. AGE ELIGIBILITY

Mite League - Ages 7 and 8

All participants must be seven (7) years old on or before January 1, 2026 and may not be nine (9) years old before January 1, 2025.

Junior League - Ages 9 and 10

All participants must be nine (9) years old on or before January 1, 2026 and may not be eleven (11) years old before January 1, 2025.

Intermediate League - Ages 11 and 12

All participants must be eleven (11) years old on or before January 1, 2026 and may not be thirteen (13) years old before January 1, 2025.

Senior League - Ages 13-15

All participants must be thirteen (13) years old on or before January 1, 2026 and may not be sixteen (16) years old before January 1, 2025.

The age date deadline is January 1, 2026. School records or other information may be checked if there is a protest in eligibility.

2. PLAYING ELIGIBILITY (Pertains to ALL Leagues)

- a. All participants may play on only one (1) team in the Youth Winter Basketball program.
- b. **TEAMS IN ALL AGE GROUPS ARE MADE AT RANDOM BY ATHLETIC STAFF. Requests WILL NOT BE ACCEPTED.** Siblings in the same household may play together on the same team if they are in the same age group, this must be notated at time of registration. Players will not be allowed to change teams unless extreme circumstances arise at the discretion of Athletic Staff.
- c. An ineligible player caught participating on any team will be immediately dismissed from the program. The illegal player will be removed from the league for the Winter season only. Any coach that knowingly allows an illegal player to participate will be **IMMEDIATELY** suspended for the remainder of the Winter season and possible subsequent seasons at the discretion of Athletics Staff.
- d. All participants will be grouped by age and put on teams by Athletic Staff. Players may not switch teams once they are assigned. A coach CANNOT add players to a team. Only Athletics Staff may add or remove players from a team for any reason.
- e. There will be a maximum of 10 players on each team.
- f. All players must re-register with the Parks and Recreation Department each season. NO EXCEPTIONS.
- g. Players may not play up into an age group for any reason.
- h. There is NO guarantee of team placement, other than to parent/coach's team

- i. **ALL LEAGUES:** Each quarter will be eight minutes long. The first half (two quarters) will be broken up into four 4-minute segments. All players will be required to play two 4-minute segments to meet their mandatory playing time requirement. No other substitutions will be made at any point of these segments unless an injury arises or a player fouls out of the game. The second half will be played with two full 8-minute quarters with no playing time requirement but with the expectation that coaches will play all available players throughout the second half. All players shall check in with the scorekeeper at their designated area.

LATE PLAYERS: Any player who arrives late to the game in the first quarter will only be required to play one 4-minute segment.

If there are 7 or more players in uniform, all players will be required to sit ONE 4-minute segment in the first half. If there are 6 or less players in uniform, the rule does not apply.

In the event a team has 11 players in uniform, all players will be required to play a minimum of 1 quarter segment.

3. PLAYING RULES

- a) The Mite (7-8), Junior (9-10), and Intermediate (11-12) Leagues use a size 28.5" ball that is provided by NNPR. The Senior (13-15) League use a size 29" ball that is provided by NNPR. No outside balls are allowed in the facilities.
- b) Teams will be allowed four (4) time-outs per game. Coaches may call time-out from the bench. The same players that were on the court when the timeout was called must return to the court after the timeout is concluded.
- c) **TIMING & GAME PLAY:** All games will be played with a running clock with the exception of the last two (2) minutes of the fourth quarter where the clock stops on all whistles. The clock will stop on time-outs, injuries, shooting fouls and jump balls throughout the game.

Junior, Intermediate and Senior League: If the game is tied after regulation, there will be one four-minute overtime period, with official time. If the game is tied after overtime, it will be determined a tie. There is no overtime in the Mite League.

Each team will be allowed one (1) minute for time-outs and quarter breaks with a five (5) minute break during halftime.

- d) The Alternating Possession rule will be in effect.
- e) If time is stopped due to an injury or to check on the condition of a player that player must sit out until the next substitution quarter.
- f) **BACKCOURT PRESSING:**
Mite League: Backcourt Pressing **WILL NOT** be allowed at any time. The offensive team must be allowed to advance the basketball across midcourt into the offensive half of the floor before the defense can attempt to steal the ball. A pass made from the backcourt into the frontcourt can be intercepted by the defense at any time.

Junior, Intermediate & Senior League: Backcourt guarding and pressing will be allowed at any time during the game. The only exception to this rule will occur when one team is ahead by twenty (20) or more points. If this scoring situation is reached at any time during the game the team that has the lead will not be allowed to press at all. The losing team must be allowed to cross half-court before the winning team can attempt to defend or steal the ball. Backcourt guarding/pressing will be allowed once the losing team is within 20 points.

- g) The three (3) second lane violation will not be enforced in Mite & Junior League but will be enforced in Intermediate & Senior Leagues. All other timing violations will be enforced except for the five (5) second closely guarded dribbling rule.
- h) Three (3) point field goals are allowed in Junior, Intermediate, & Senior Leagues but not in Mite League.

4. SCHEDULING AND GAME PROCEDURES

- a) The regular season practice and game schedule will begin at all facilities the week of November 27, 2025 and will end by the end of March. Practices will be scheduled by Athletics Staff. Additional practices may be offered based on facility availability.
- b) No game times or dates will be changed from the original regular season schedule except by Athletic Staff due to inclement weather or facility conflicts. Game schedules and updates will be posted online at www.nnathletics.com.
- c) There is no grace period in Winter Youth Basketball. Games will begin at the scheduled time. In order to begin a game, each team must have four (4) players in uniform on the court or the game will be declared a forfeit. If a fifth player shows after the game has started, he/she may be entered into the game on the next stoppage of play or timeout. Once a game has been declared a forfeit referees and scorekeepers will not be required to work. In the event that a forfeit is declared, teams may still use the allotted time for practice or scrimmage.
- d) Teams will be allowed a minimum of five (5) minutes for warm-ups prior to the start of the scheduled game. Teams will be allowed a maximum of ten (10) minutes to warm-up prior to the start of the first game of the day.
- e) Teams MUST warm-up at the basket opposite their bench to start the game.

5. COACHES

- a) All coaches must have completed an annual background check before the first practice.
- b) Only one (1) assistant coach may be designated prior to rosters being created. All assistant coaches must be communicated to NNPR and have completed a background check to be allowed on the team bench. Only two coaches will be permitted on the team bench.
- c) The head coach is responsible for their bench, assistant coach and team parents at all times.
- d) All players and coaches will remain in their designated area at all times. This area is defined as the area starting with the first chair of the bench to the last chair. If chairs are not used, a player bench will be designated as the team's defined bench area.

- e) Only the head coach may stand as long as he/she is in the designated bench area. Assistant coaches must remain seated at all times while the ball is in play. Coaches may be given technical fouls for being out of this area without a legitimate reason.
- f) If either coach is given a technical foul, it will result in a loss of coaching box privileges and all bench personnel must be seated for the remainder of the game. The coach may only stand for the following reasons: To request a time out, confer with the scorer's table, replace/remove an injured player, during a time out, congratulating a player coming off the court, or help break up an altercation.
- g) Coaches may go to the scorer's table for the following reasons only:
 Check on time outs
 Check on fouls (player or team)
 Check a correctable error

6. OFFICIALS

- a) Officials for all leagues will be furnished by the City of Newport News Parks & Recreation Department.
- b) Complaints, by coaches only, about officials must be in writing, stating reasons for the complaint within 24 hours of game completion. These written complaints shall be submitted to the Athletics Staff. A judgment call by a referee will not be considered in any complaint. Video footage regarding game play will not be accepted in relation to the outcome of the game.
- c) Should only one (1) official be present at game time, the game will be played.

7. UNIFORM/DRESS CODE

- a) Gym or athletic shorts/pants must be worn. Dress shorts or jean shorts are not allowed at any time. No garments with belt loops will be allowed at any time. It is recommended that players have shorts with no pockets.
- b) Shorts will be worn at the proper height. The referee will instruct players to wear shorts accordingly. Failure to adhere to an official's instructions may cause the player to be removed from the game.
- c) Uniform shirts must to be tucked in to the shorts.
- d) Tennis shoes must be worn at all times. Absolutely no bare feet or sock feet will be allowed on the floor for practices or games.
- e) BLACK-SOLED shoes, including running shoes and turf shoes that leave any marks on the gym floor, will not be allowed for practices or games.
- f) NO jewelry may be worn during games at any time. This includes, but is not limited to, hair beads, starter earrings, necklaces, bracelets, or any other item worn anywhere on the body. Coaches are advised to follow this policy in practices as well. Using athletic tape or similar material to cover jewelry is not allowed for any reason. Athletic wristbands and headbands made of cloth material may be worn any time. Medical alert necklaces or bracelets may be worn provided they are taped to the body.
- g) UNIFORMS ARE PROVIDED BY THE PARKS, RECREATION & DEPARTMENT. The head coach is responsible to distribute jerseys based on the jersey roster provided by Athletics Staff and for making

sure each player is properly dressed. All jerseys must remain intact. Jerseys may not be altered for any reason (for example, no altering numbers). The athletic staff will make the final determination on any uniform related issue. Uniform shirts may be exchanged through the Athletic Office up to ONE WEEK after shirts have been distributed to coaches. After this date, replacement shirts will need to be purchased through the Athletic Office for \$15 per shirt. Jerseys from previous seasons MAY NOT be worn during games. Players must wear the current season's jersey. The coaches are to distribute the jerseys based on the jersey roster provided by NNPR.

8. CONDUCT

- a) Players will be the responsibility of their coaches before, during and after the games. This includes all responsibility for players going into the hallways and/or restrooms. Improper behavior from coaches, players, or spectators will not be tolerated. The Athletic Staff or Facility Attendants have the right to remove anyone from the gym who is considered disruptive.
- b) There will be strict supervision of halls and restrooms. Anyone using the restrooms or any other part of the facility without permission will be subject to suspension from the facility. At the conclusion of the game, all teams and spectators must exit the facility through the appointed exit as soon as possible. No congregation or team huddles will be permitted.
- c) Any coach or player receiving three or more technical fouls in a season will be suspended for the next league game. Any coach or player who receives more than five technical fouls in a season will be suspended for the remainder of the season.
- d) If a coach or player is ejected or removed permanently from a game, he/she will be suspended for a minimum of the next league game. If any player or coach is suspended from two (2) games in a season, he/she will be removed from the league for the remainder of the season. Players or coaches may be ejected on the first technical foul, if it is considered flagrant (official's judgment). Any player involved in a physical altercation, as deemed by Athletic Staff, will be suspended for a minimum of the next league game at the discretion of Athletic Staff. The Athletic Staff will determine the length of all suspensions.
- e) The City of Newport News prohibits the use of alcohol, tobacco or tobacco products as well as any type of vaping on school or recreational facility grounds, including athletic fields, parking lots and surrounding areas within one hundred (100) yards of any of the above locations.

9. FOULS

- a) Each player will be allowed five (5) personal fouls per game. NOTE: Technical fouls will count toward a player's allotted five (5) personal fouls.
- b) In National Federation of State High School Associations (NFHS) high school basketball, the "double bonus" rule has been changed (2023). The "double bonus" now refers to two free throws being awarded for each common foul after the team has reached the bonus. Previously, the double bonus was awarded at the 10th foul of half. Now, the bonus is reached after five fouls in each quarter, and team fouls reset each quarter.
- c) Only four (4) defensive players and two (2) offensive players will be allowed on the foul lane during a foul shot. The 4th space on either side of the lane may not be occupied by either team. Players in marked lane spaces will be able to move into the lane when the ball is released by the free-throw shooter. The

free-thrower and players not in marked lane spaces must remain out of the lane until the free throw touches the ring or backboard, or until the free throw ends.

- d) Intentional fouls are penalized with two foul shots plus ball possession at the closest spot to the foul. Any flagrant foul will be penalized the same way in addition to automatic ejection of the guilty player.
- e) Technical fouls given to a player or assistant coach, on or off the court, will not be charged to the head coach as per Federation rules.
- f) Technical fouls may be awarded to players and coaches for (but are not limited to):
 - 1. Use of profane language.
 - 2. Bouncing the ball in anger or tossing the ball away from the official.
 - 3. Displaying unsportsmanlike conduct.
 - 4. Slapping the ball out of a player's hand who is standing out of bounds.
 - 5. Intentionally grasping basket ring during the game.
 - 6. Leaving designated bench area.
- g) Dunking a basketball before or during the game resulting in a technical foul will be flagrant and the player will be ejected.
- h) ALL TECHNICAL FOULS WILL CARRY A PENALTY OF TWO SHOTS (unless it is a part of a double technical). Technical fouls will count as both personal and team fouls per half.
- i) Two (2) technical fouls by the same player, coach or assistant coach will result in automatic removal from the game. Only one technical is required if considered flagrant. Suspensions that occur during the last game of the regular season could be judged severe enough to warrant the penalty being carried over to the next regular season.

10. POSSESSION

- a) The game and overtime period will begin with a jump ball. All other jump ball situations will use the alternating possession method. An arrow will be used at the scorer's table to signal ball possession on jump balls. The 2nd, 3rd and 4th quarters will begin using the arrow to determine possession as well as all other jump ball situations.

11. PUTTING THE BALL INTO PLAY

- a) When the horn sounds to end a time-out or halftime, the teams are required to immediately be ready for play. If a team does not break the huddle on a signal from the table, the officials have the authority to put the ball into play.

12. BLEEDING RULE

- a) Any player who is bleeding on the court will be removed from the game until such bleeding has been totally stopped. Once the bleeding has been stopped, the player may re-enter at the next available stoppage of play. Any jersey that becomes saturated with blood will be illegal and a replacement must be used.

13. AWARDS, STANDINGS AND POSTSEASON

- a) Standings will be kept for the Junior, Intermediate & Senior Leagues and are available online at

www.nnathletics.com. If time and weather permits, an end-of-season tournament will be held for the Junior, Intermediate, & Senior Leagues. Regular season standings determine tournament seeding.

- b) Only the overall champion will receive a shirt from NNPR.
- c) Standings will be calculated based on the following point system:
Win = 3 points. Loss = 0 points. Tie = 1 point.
- d) Tiebreaker Scenarios:

In the event of a tie between two teams in the standings, the tiebreaker process will be as follows until the tie is broken.

1. Head-to-Head
2. Overall Points Against for Entire Season
3. Overall Points Accumulated for Entire Season
4. Coin Toss

For example, if two teams are tied in the standings and split their head-to-head matchups or did not play each other, the next step in the tiebreaker process will be used.

In the event of a tie between three or more teams in the standings, the tiebreaker process will be as follows until the first tie is broken. Once the first tie is broken, the process starts over again.

1. Head-to-Head
2. Overall Points Against for Entire Season
3. Overall Points Accumulated for Entire Season
4. Coin Toss

For example, if three teams are tied in the standings and one team has a better head-to-head record as compared to the other tied teams, that team will advance and be the higher seed of the three teams. The process will then restart with the tiebreaker between the two remaining teams. The head-to-head tiebreaker scenario will only be used if the three teams played an equal amount of games between the tied teams in the regular season.