

Norwin Basketball Association (NBA) In-House Rules

1. General Rules for all grades:

- PIAA Rules and Officials except as noted below. Their decisions are final.
- The NBA Grade Level Coordinator determines any In-House rules interpretations.
- Teams must have at least 5 players to begin a game. (Refer to 'Call-up Procedure (#6 below) when a team anticipates having less than 5 players).
- The Grade Level Coordinator determines game cancellations for weather or other circumstances.
- The uniform worn by each player during the In-House season should not be altered by cutting any part of it.
- Players are not permitted to wear watches or jewelry during games. Also, a player may not participate in practices/games if he is wearing a cast.
- Players are not permitted in the game if they are bleeding or if there is excessive blood on their uniform.
- Players and spectators should be confined to the gym area only and there should not be any dribbling or play permitted in the hallways, stage or cafeterias.
- Use of any tobacco products, drug, and/or alcohol is forbidden in any school facility.

2. League Goals

	K-1 st	2 nd	3 rd , 4 th , 5 th /6 th	7 th /8 th , 9 th -12 th
Game Level	3v3 Instructional half court No score, only timed games	Instructional No score, only timed games		Competitive Basketball
Offensive Goals	Basic Skills – Dribbling, passing and shooting		Competitive Basketball Offenses against Man-to-Man Defense	Competitive Basketball Offenses against Man-to-Man and Zone Defense
Defensive Goals		Man-to-Man Defense Only		Man-to-Man and Zone ** Man-to-Man is preferred**
Players changing positions	Yes. Players should be rotated to learn multiple positions		Not required. Coaches are encouraged to rotate players	

3. League Regulations

	K-1 st	2 nd	3 rd , 4 th , 5 th /6 th	7 th /8 th , 9 th -12 th
Hoop Height	8 ft	9 ft		10 ft
Ball Size	27.5" (preferred) or 28.5"		28.5"	29.5"

4. Game Play

	K-1 st	2 nd	3 rd , 4 th , 5 th /6 th	7 th /8 th , 9 th -12 th
Quarter Length	3-4, 10 minute half court games, running clock. Sub at the 5 minute mark of each game. Rotate teams after each game	Four (4) 8 minute quarters. Running clock and sub. players at the 4-minute mark.		6 minute quarters with 1 minute between quarters
Halftime Length	No halftime, water break between games			3 minutes
Referees	None. Coaches will teach rules of the game during play to encourage development			2 Referees
Coaching	Coaches can instruct players on the court, but must stay clear of players for safety.		Only Head Coach permitted to stand. 3 coaches maximum on the bench.	
3-point shots		No 3-point shots (K through 3 rd)		3-point shots
Fouls	No fouls recorded		NEW FOR 2023/24: 2 shots (double bonus) after 5 team fouls each quarter	
Foul Shots	No foul shots taken		From the foul line, can cross the foul line after shooting	From the foul line can <u>NOT</u> cross line after shooting
Time Outs	No time outs. Clock stops at 5 minute mark for substitutions only. Coach instruction during the game as required	No time outs. Clock stops at 4 minute mark for substitutions only. Coach instruction during the game as required		Two (2) FULL (60 sec.) timeouts per game. Timeouts DO NOT carry into OT. One (1) additional 30 sec. for ALL (not each) OT
Overtime Length		N/A		1 st OT is 3 minutes 2 nd OT is 2 minutes Every subsequent OT is 1 minute in length
Fast Breaks	Not applicable, half court 3v3		Permitted, but setting up the offense is recommended	
Defense	Defense must stay inside the 3pt. arc		Half-court Cannot defend in backcourt against a team attempting to fast break and trapping at half court is not permitted Full-court press allowed only during last 2 min. of 4th qtr. (If a team is up by 10+ pts, must retreat back to the 3 point arc)	Full-court press allowed the entire game unless up by 10+ points
Technical Fouls		N/A	Technical fouls are cumulative per game. After the 2 nd technical foul, the player or coach will be removed from that game and suspended for that the team's next game. Additional offenses may result in further disciplinary action. When a technical foul is committed by a player or coach, the opposing coach must inform the Grade Level Coordinator after the game. The Coordinator will keep track of technical fouls.	
Game Forfeits	Not applicable, teams will be formed based on the pool of players	If a team has less than 5 players, a player from the opposing team should lend the team a player	5 players are required to start a game. A 5 min. grace period is allowed. If a team still fails to field 5 players, that team forfeits and the score is 2-0. The winning team can lend a player to the forfeiting team so the game can be played; however, the final score remains 2-0.	

NOTE: The home team is responsible for the official scorebook and the visiting team is responsible for operating the scoreboard and possession arrow. It is recommended that both the scorekeeper and the scoreboard operator should be seated together near the scorer's table. These duties should be performed by adults.

5. Player Substitutions/Playing Time

If a team has seven (7) or more players, **each player must sit out an entire uninterrupted quarter, play a full quarter, AND no players should play the entire game.** Please refer to In-House Playing Time Chart for guidance.

Exceptions to this rule include:

- A team has only five (5) or six (6) players.
- Player illness, injury or disqualification prevents a player from participating.

If a coach believes that the Head Coach from the opposing team did not comply with this rule, he/she shall notify the Grade Level Coordinator immediately after the game and the Coordinator will then notify the NBA Vice President. Action may be taken by the Board including forfeiture of the game in question, a game suspension by the Head Coach or in the case of repeat offenses, removal of the privilege of coaching in the League.

6. In-House Call-up Procedure

- Called-up players are from the grade below.
- A player **MUST** be a registered in-house player for the current season
- Prior to the start of game play, each grade level coordinator rank orders players and provides this list (with phone numbers) to the next higher grade level coordinator.
- The call-up list will consist of travel players and being called up to play may be dictated by player availability
- ***** **A maximum of two (2) players may be called-up for a team.** *****
- If a coach believes that he/she will only have four (4) or five (5) players for a game, the coach should contact their Grade Level Coordinator for call-ups.
- **Coaches are not permitted to contact (call-up) individual players to field a team.**
- The Grade Level Coordinator (upper grade) will contact the Grade Level Coordinator (lower grade) and informs him/her that there is a need to call-up a player.
- The (Lower) Grade Level Coordinator reviews his call-up list and contacts the 'next' player and inform him of the game date, location and time.
- Once a player is confirmed, the (Lower) Grade Level Coordinator informs the (Upper) Grade Level Coordinator with the player's name.
- The called-up player(s) should not start but be in the team's rotation.
- All playing rules stated above are still in effect and the game is counted in the standings.
- If a team has enough of its own players at game time, and a call-up is there, the call-up should play but receive limited playing time. Playing time should follow the 'Player Substitutions/ Playing Time' rule (*in '5. above*).
- Called-up players should not miss their own regularly scheduled game to play in a game that he was called-up.
- For the In-House playoffs, call-ups are still permitted; however only if a coach cannot field a team. The Grade Level Coordinator will contact the League Vice-President and the situation will be discussed.

7. Tournament Seeding

Seeding for the In-House Tournament is based on:

- A. Overall Record (scores from games must be reported to the division coordinator by the winning coach within 24 hours of game completion)
- B. Head-to-Head
- C. Point Differential
- D. Points Against
- E. Points Scored
- F. Coin Toss

8. Disputes/Challenges

- Any disputes/challenges regarding any of the aforementioned rules should be discussed with the Grade Level Coordinator. The Grade Level Coordinator will contact the League Vice-President and an action plan will result. The person initiating the dispute/challenge will be notified of the action plan in a timely manner.

9. NBA Code of Conduct must be followed by all Coaches, Players, and spectators

Last revised 12-15-2025

