



INDOOR BASKETBALL RULES

Seasons Fall 2019, Winter 2020, Spring 2020

- Court Size:
 - 4-6 year old division - Half court games
 - 7-9 year old division (cross court games - full court with two courts running)
 - 10-12, 13-15 year old divisions – Full court games (uses main gym court)
- Basket Height:
 - 4-6 year old division – 8 foot
 - 7-9, 10-12, 13-15 year old divisions – 10 foot
- Ball Size:
 - 4-6 year old Division – Junior Size (27 inch)
 - 7-9 year old Division – Compact Size (28.5 inch)
 - 10-12, 13-15 year old Divisions – Full-size regulation or competition ball.
- Game will be played five on five depending on team size.
 - For teams with playoffs incorporated, IF a team begins the match with less than 5 players, the score will be reported as a loss for the team with less players, but the match will be played as a scrimmage (with teams sharing players, if needed). Teams without playoffs incorporated, will share players to complete the scheduled match.
 - Each team will have a maximum of ten players on their roster (Coaches may approve roster higher than the league maximum). Each child must play at least half of every game.
 - An NYS administered or approved jersey must be worn during the game.

- Length of Quarters:
 - 4-6 Year Old Division: The game will consist of four, ten-minute quarters with a running clock except for timeouts. There will be two, thirty second timeouts per team per half. Half-time will last two minutes with one minute between quarters. The home team is listed on the schedule first and will bring the ball in to start the game.
 - 7-9, 10-12, 13-15 Year Old Divisions: The game will consist of four, twelve minute quarters with a running clock except for timeouts. There will be two, thirty second timeouts per team per half. Half time will last three minutes with one minute between quarters. Jump ball will start each game.

- Game Procedures:
 - 4-6 Year Old Division: The home team is listed on the schedule first and will bring the ball in to start the game. No score will be kept. Possession will alternate each quarter, jump-ball, or double foul. One coach from each team may be on the court during play to instruct players. No score will be kept. After each basket the opposing team will inbound the ball from the top of the key. If the ball goes out of bounds, opposing team will inbound the ball from top of the key. Any change of possession requires play to resume at the top of the key. There is to be a free inbound pass from the top of the key to the free throw line. Defense must stay behind the free throw line for all inbound passes.
 - 7-9 Year Old Division: Jump ball will start each game. Two coaches are allowed on sideline during game. No official score will be kept. Possession will alternate each quarter, jump ball, or double foul. After each basket the opposing team will then inbound the ball from their end line. Offense must bring the ball across half court within the ten second time limit.
 - 10-12 and 13-15 Year Old Divisions: Jump ball will start each game. Two coaches are allowed on sideline during game. Official score will be kept. Each team must provide one volunteer to track score and fouls during the game. Possession will alternate each quarter, jump ball, or double foul. After each basket the opposing team will then inbound the ball from their end line. Offense must bring the ball across half court within the ten second time limit.

- Substitutions:
 - 4-6 Year Old Division: Open substitution is allowed on any stop in play. Coaches must provide the referee notice of the substitution prior to substitution being made!
 - 7-9, 10-12, and 13-15 Year Old Division: Open substitution is allowed on any stop in play. Players must be sitting at score table and noticed by the referee before entering the game.

- Defense:
 - 4-6 Year Old Division: Defense is man to man only, no zone or double-teaming. Stealing of the ball while controlled by offensive player is not allowed. No slapping or reaching in at the ball. There is to be a free inbound pass from the top of the key to the free throw line. Defense must stay behind the free throw line for all inbound passes.
 - 7-9 Year Old Division: Defense must be man to man, no zone. The first violation will receive a warning. Second violation will receive a technical foul and one point. Double teaming is allowed in the lane area only and backcourt defense is not allowed. The first violation will receive a warning. Second violation will receive a technical foul and one point, plus possession of the ball. Stealing is allowed, but only by the player defending the player in possession of the ball.
 - 10-12 Year Old Division: Double teaming is allowed in the lane area only and backcourt defense is not allowed. The first violation will receive a warning. Second violation will receive a technical foul and one point, plus possession of the ball. No Clear-outs!
 - 13-15 Year Old Division: Defense can be man to man or zone. Backcourt defense is allowed. Pressing defense is allowed unless the pressing team is ahead by twenty or more points. No Clear-outs!
- Fouls:
 - 4-6 Year Old Division: Players may not run with the ball; dribbling must be emphasized. There will be no lane violations called and no individual fouls counted.
 - 7-9 Year Old Division: If a player is fouled in the act of shooting and misses the basket, the player will be awarded free-throws. However, if the basket was made, basket counts, and the player is awarded one free-throw. Five second lane violations will be called. Players will foul out on their fifth foul. If a team receives their seventh team foul (non-shooting) in one half of play, that foul, as well as each occurrence thereafter, results in the opposing team shooting one and one free-throws. Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball. This includes players on the bench.
 - 10-12 and 13-15 Year Old Divisions: If a player is fouled in the act of shooting and misses the basket, the player will be awarded free-throws. However, if the basket was made, basket counts, and the player is awarded one free-throw. Three second lane violations will be called. Players will foul out on their fifth foul. If a team receives their seventh team foul (non-shooting) in one half of play, that foul, as well as each occurrence thereafter, results in the opposing team shooting one and one free-throws. Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball. This includes players on the bench.

REMINDERS

- Each team's bench must be seated and cheering positively for their team. Trash talking will result in a technical foul.
- The home team is listed first on the game schedule and is to provide a volunteer scorekeeper. Scorekeeper for the 10-12 and 13-15 year old divisions, will report score of game to info@nysonline.net as we will update team standings online (5 PM on Tuesdays following game-day). NYS uses regulation scoring with three pointers on courts so marked. Game time will be kept by either the official or scoreboard clock.
- Players may not wear jewelry of any kind during game-play.