

NCSL BASKETBALL RULES

Northwest Christian Sports League (NCSL) is an independent sports league that will adhere to general rules and guidelines as set forth by the National Federation of State High Schools Association for boy's high school basketball. The league will modify rules where necessary to place an emphasis on grace and encourage each player to fully enjoy fun and wholesome competition. Rules will be regularly reviewed, and if necessary, adjustments will be made as deemed appropriate and beneficial to players.

ARTICLE I

LEAGUE MAKE-UP

1. NCSL basketball divisions shall be determined each season based on the number of registrations within each age group.
2. Age, for registration purposes, is the age a player has attained as of January 1 of the season year.
3. Players may play up to the next age group if they are within 1 year of the next age group as of January 1, have previous experience, and are rated Above Average or Excellent on their registration. Players will not be permitted to play up merely based on convenience. The league goal is to help players enjoy their playing experience and participate in the age group appropriate to their age and skill level. (e.g., An 8-year-old may participate in the 9–10 division if they are 8 years old by January 1, have previous experience, and are rated Above Average or Excellent.)

ARTICLE II

TEAM MAKE-UP

1. Teams will consist of no more than 12 players; however, we will do our best to keep the teams at 10.
2. Players will be assigned to teams based on one or more of the following factors: age, experience, skill level, city of residence, and special requests made by parents or a coach. Other factors not listed may be used on an individual basis.

ARTICLE III

PLAYER DISCIPLINE

1. Player discipline will be the responsibility of each coach. Discretion should be used in time-outs and benching of players. Coaches must remember that parents have paid for their children to play. A player should not normally be disciplined for being late to practices or games if it is the fault of the parent, although the parent should be warned that repeated lateness affects the team unity and morale. Please be considerate and gracious when handling these types of

challenges, which can affect players, families, teams, and the league in general. At no time, including in front of others or in private, should a player be ridiculed, talked down to, or embarrassed.

2. Some valid reasons for disciplining a player are:
 - a. Disrupting practice
 - b. Repeated interruptions
 - c. Failure to obey instructions
 - d. Late for practices or games (player at fault)
 - e. Missing practices or games (player at fault)
 - f. Pushing or fighting
 - g. Abuse of the league equipment or facilities
 - h. Disrespect to a coach, player, or any other person (adult or child)
 - i. Other reasons as deemed appropriate by coach or league leadership
3. Types of discipline may include:
 - a. Running of extra laps
 - b. Time-outs (sitting out while others practice)
 - c. Limited playing time during a game (this should be a last resort)
4. In the event of questionable disciplinary infringements, please contact the League Director or Administrator at 425-743-3067 for guidance.

ARTICLE IV

PLAYING RULES

The rules established by the National Federation of State High Schools Association for boy's high school basketball shall apply. The following modifications of those rules have been adopted by NCSL and will supersede any rule in conflict.

1. The Player:
 - a. All players must play in as near to one half of each game as possible.
 - b. All players must play in the first half.
 - c. All players must sit out at least one full quarter and that shall be the first quarter possible, if your team has enough players to allow for this.
 - d. All players must play one full and uninterrupted quarter. This will be their ASSIGNED quarter and shall take place as early in the first half as possible.
 - e. The league recommends that substitutions be made during breaks between quarters or halves.
 - f. It is the responsibility of the coach with only 6 players to notify the officials before the game begins.
 - g. If additional players arrive before the second quarter begins, they may be played in the second quarter but not in the first.
 - h. Any coach who does not abide by the player and substitution rules will receive a league warning on a first infraction. Subsequent infractions may lead to a forfeit by their team.
 - i. All players must check in with the official scorekeeper and shall enter and leave the court at the mid-court line.

- j. If through injury or fouling out, either team has less than 5 players, that team may continue to play the game. However, if the team falls behind 20 points, the game can be terminated by the officials.
 - k. A team must put on the court a minimum of 5 eligible players to commence the game. To avoid forfeits, teams may borrow players from the opposing team (as chosen by the opposing coach), or may allow someone registered in the league from another team in the same division to play (upon approval of the opposing coach). Players borrowed from the opposing team may be exchanged each quarter if desired by the opposing coach. If both teams are short at game time, they may start with 4 players. If this should occur, both teams will remain at 4 players for the remainder of the game unless both teams have additional players report. Example: If a player arrives for one team and not the other, they may serve as a substitute but not as a fifth player on the court until a player for the opposing team arrives. These players may not play in the first quarter and, if they arrive AFTER the second half has begun, they may not play in that game.
2. Timeouts
- a. There will be 3 timeouts allowed per team per half consisting of 60 seconds each. The timekeeper will sound the end of the timeout at 45 seconds and the referee will allow an additional 15 seconds for the teams to get back on the floor.
 - b. Timeouts do not accumulate from the first half to the second half.
 - c. Either team can call a timeout when the ball is dead.
 - d. When the ball is in play, only the team with the possession can call timeout.
 - e. Substitutions are not to be used as a timeout period. Get player on and off the court quickly. The clock does not stop during this period. The league recommends that substitutions be made during breaks between quarters or halves to avoid wasting valuable playing time.
 - f. In the event of overtime, each team shall receive 1 timeout. Timeouts may not be carried over from the game situation.
3. Overtime
- a. In the event of overtime, the coaches may play any players they choose, as long they are still eligible.
 - b. In the overtime, all foul shots will be taken unless there are fewer than 7 team fouls from the previous half.
 - c. The overtime will consist of 3 minutes (running time). The clock will stop only for foul shots and timeouts and in the last minute on all infractions.
 - d. In the event of a second overtime, the first team to score 2 points wins the game.
 - e. A jump ball will be used to start the overtime.
4. Zone Defenses
- a. Zone defenses are **STRICTLY ILLEGAL**. A strict player-to-player defense must be used with the following exception:
 - i. When the league adopts a program for older players, zone defense will be allowed at the 13–14 boys and girls level.
5. Over-and-Back Rule
- a. The over-and-back is in effect at all age levels.
 - b. The over-and-back is in effect for both boys and girls.

6. Fouls

- a. After a team has committed 6 fouls in any half, all further fouls award the opposing team a 1-and-1, except shooting fouls and intentional fouls which are already 2 foul shots. For 9-, 10-, 11-, and 12-year-olds, when 10 team fouls are committed in any half, all fouls thereafter shall result in 2 foul shots. This is known as a “double bonus”.
- b. No free throws are awarded for offensive fouls, but count against individual players and as team fouls.
- c. Flagrant fouls will be an automatic 2 points PLUS possession of the ball. In addition, the player who committed the foul will be automatically ejected from the current game.
- d. Teams shall line up and execute free throws as quickly as possible, as the clock does not stop during free throws except in the last minute of the 2nd and 4th quarters.

ARTICLE V

SPECIAL RULES GOVERNING EACH DIVISION

1. 7- and 8-Year-Old Boys and Girls

- a. All games will consist of 8-minute quarters (running clock)
- b. Basket height from the floor will be 8 feet.
- c. Basketball size will be 27.5 inches in circumference (commonly referred to as junior or youth size).
- d. Free throw line is 10 feet.
- e. No back court checking entire game.
- f. There will only be 5 seconds allowed in the key.
- g. Tied games will not go into overtime. All tied games will end in a tie.
- h. Clock will stop on timeouts and in the last minute of the 2nd and 4th quarters.

2. 9- and 10-Year-Old Boys and Girls

- a. All games will consist of 8-minute quarters (running clock)
- b. Basket height from the floor will be 10 feet.
- c. Basketball size will be 28.5 inches (commonly referred to as intermediate or WNBA size)
- d. Free throw line is 12 feet.
- e. Back court checking allowed in the last 2 minutes of the 4th quarter only.
- f. There is no backcourt checking for the girls.
- g. There will only be 4 seconds allowed in the key.
- h. Clock will stop on timeouts and in the last minute of the 2nd and 4th quarters.

3. 11- and 12-Year-Old Boys and Girls and Older

- a. All games will consist of 8-minute quarters (running clock)
- b. Basket height from the floor will be 10 feet.
- c. Basketball size will be 28.5 inches (commonly referred to as intermediate or WNBA size).
- d. Free throw line is 15 feet.
- e. Back court checking allowed in the last 2 minutes of the 4th quarter.
- f. There is no backcourt checking for the girls.
- g. There will only be 4 seconds allowed in the key.
- h. Clock will stop on timeouts and in the last minute of the 2nd and 4th quarters.

ARTICLE VI

SPECIAL REGULATIONS REGARDING PLAYERS, EQUIPMENT, AND FACILITIES

1. All players must bring suitable basketball shoes for practices and games. Street shoes may not be worn.
2. Coaches or Facility Supervisors will inspect all players' shoes.
3. No one other than the teams playing may be on the floor. This means no one will be shooting baskets during halftimes or timeouts.
4. Players with long hair shall wear a headband or shall have their hair tied back with rubber bands or simple ribbons.
5. Players shall not wear any dangerous equipment or adornment (rings, watches, bracelets, necklaces, earrings, ear posts, barrettes, clips, buckles, pins, medals, etc.).
6. Items that cannot be removed (medical ID bracelets) must be safely covered with tape. No player shall be allowed to play in any game or participate in any practice with an injury that can be aggravated or constitutes a danger to others. No player wearing a hard cast or orthopedic device shall be permitted to play in any game or participate in any practice.
7. For protection, players may wear kneepads or elbow pads, provided they are not being used for an unfair advantage at the discretion of the referee. Protective pads shall contain NO metal or brittle plastic.
8. Only WATER will be allowed in league facilities. No food, snacks (for siblings), fruit, candy, coffee, soda, or any other items will be permitted inside the league's facilities. Baby bottles (no training cups) are permitted, but if spilled must be wiped up immediately.
9. After game treats are not allowed inside the facilities. These must be distributed, opened, and eaten outside.
10. Players shall not enter any part of a game or practice facility that is off limits to the league. Coaches and parents will be responsible to ensure players and siblings are kept within permitted boundaries.
11. Parents will be held responsible for the cost of repair of all willful damage caused by any player, sibling, or guest that accompanies them to games or practices.
12. Willful damage or trespassing into off limit areas may result in a player or sibling being removed from the facility or ejection from the league.
13. Parents will be financially responsible to pay for damage to the league's equipment because of purposeful behavior or actions by their player or guest.
14. The league does not provide sports or health insurance for the players. Families are responsible for providing their own private insurance for their players.

ARTICLE VII

COACHES

1. PROTESTS WILL NOT BE ALLOWED!
2. Coaches will be responsible for their own team and their own fans. Each coach is allowed only ONE assistant coach. Each coach is required to talk their team's parents regarding cooperation in keeping these games for the KIDS!

3. Any coach stepping onto the playing floor during game action or leaving their own team's area to protest official's calls will be given a technical foul. All fouls on coaches will be automatic 2 points plus possession of the ball to the opposing team. One temper technical foul on a coach will stop the game and forfeit it to the opposing team. The coach will be dismissed on 2 technical fouls or 1 temper technical foul and will have to meet with 3 members of the league's leadership team before being allowed to coach any future games.
4. Coaches' technical fouls count as a team foul.
5. Bench technical fouls count as a team foul.
6. It is required that score sheets be filled out 15 minutes before game time and starters be listed 5 minutes before the game. Score sheets must be left at the gym.
7. The home team and is required to furnish a scorekeeper. The visiting team is required to furnish a timekeeper.
8. Please list first and last names as well as the player number on the score sheet.
9. Please remember, at practices and games, you are acting as a representative of Jesus Christ and the league. Conduct your actions accordingly.
10. Each team is allowed a maximum of 2 practice hours per week. No practices are permitted on Wednesdays or Sundays. Games will normally be on Saturdays and may include some doubleheaders. Scrimmage games with other teams are highly encouraged as part of your practice.
11. No coach, player, or parent shall incite any disruptive behavior of any kind. Always remember why we are here, to provide fun competition for the KIDS!
12. It is the responsibility of each coach to maintain proper spectator, team, and self-conduct. Coaches will be held primarily responsible for the conduct of their parents, team, and spectators. At no time shall foul, abusive, offensive or discouraging language be permitted toward a player, referee, coach, league leader, spectator, or for that matter, anyone in attendance at a game, practice or league function.
13. The League Leadership Team urges all coaches to communicate with their parents before and frequently during the season. By involving parents as part of the team, you will reduce the chance of misunderstandings and problems.
14. Coaches are the key ingredients to good relationships with the facilities used by the league.
15. Coaches are to strictly enforce the policies and guidelines of the facility in which they practice and play games.
16. Coaches are permitted to provide direction from the sidelines to their own team on points of strategy, positioning, encouragement, and support. Coaches may also compliment good plays on the part on an opposing player. It is expected that the tone of voice will be informative and encouraging, NEVER CRITICAL OR OFFENSIVE.

ARTICLE VIII

OFFICIALS

1. It will be league policy to provide an official for every game to the greatest extent possible. The league intends that all officials will have attended one of the league's Training Clinics.
2. Many of our officials will be young and inexperienced men and women. They will always be treated with respect. The officials are the authority on the court.

3. The league's Referee Coordinator will supervise and train officials throughout the season.
4. The referees' judgment and discretionary rulings on the court in all cases will be final and no protests of any kind will be allowed.
5. No coach, team, player, or other individual shall dictate to the Referee Coordinator or to any referee a preferred or unacceptable referee for any game.
6. Failure of a referee to appear within 10 minutes of game time will not be cause for canceling a game. If a referee fails to appear, the Head Referee (if present) or Facility Supervisor will select a person to referee. Once the game has commenced, it shall continue as scheduled until the referee scheduled is able to take over.
7. Any coach, assistant coach, participant, or spectator who physically assaults, or verbally abuses a referee, Facility Supervisor, Head Official, or League Leader shall be barred from participating in all NCSL activities for a minimum of one year. An assault by a spectator may result in their child or children being barred from participating in all NCSL activities for a minimum of one year.