

13. **3rd & 4th Boys & Girls** will go to **one and one penalty on the 5th team foul** each half.
5th & 6th Boys & Girls will go to **one and one penalty on the 7th team foul** each half.
14. Free throw shall be awarded for the following infractions:
- A. Foul during the act of shooting
 - B. Flagrant violation of the rules.
 - C. Technical foul for delay of game or un-sportsmanlike conduct.
15. **Coaches are required to play each player ½ of the game.**
- a. **All players must sit four consecutive minutes in each game;** unless due to injury or illness. If a coach has seven or more players, all players must sit at least half of one quarter (4 minutes) in the game. The 4 minutes should be consecutive and not divided up. No player should play more than 3 ½ quarters of a game.
 - b. At approximately four (4) minutes into each quarter, or as close as possible, the scorer will call a fifteen (15) second time out to allow coaches to substitute any player sitting on the bench. Substitution at this time is not mandatory. Substitutions may be made at other times during the game.
16. **Team Defense**
3rd-6th Boys and Girls are permitted to play man-to-man and zone defense.
There will be no traps during zone defense. First offense is a warning, **second offense** will result in a one shot technical foul. While in a zone defensive scheme, your defense must stay in the three point arc of the basket they are defending. A team cannot play a zone defense if they are up by 15 or more points.
17. **Full Court Press** is not allowed except for the following:
- A. **3 & 4 graders**
 - Boys and Girls: Last (2) minutes of the fourth quarter and overtime.
 - B. **5 & 6 graders**
 - Boys and Girls: Last (4) minutes of fourth quarter and overtime.
- First offense** is a warning, **second offense** will result in a one shot technical foul.
All Boys and Girls Leagues: NO ZONE TRAPS, ONLY MAN-TO-MAN PRESS.
A team cannot press if a team is leading by (10) points.
Players have ten (10) seconds to bring the ball across the time line.
18. Fighting, swearing, and other inappropriate behavior will not be tolerated and are grounds for ejection. Remember, this league stresses good values and the fundamentals of basketball.
19. Registered players from a lower league in your city recreation program may be called up.
20. Lane violations: 3rd & 4th graders—(5) seconds
 5th & 6th graders—(3) seconds
21. Alternate possession out of bounds on tie-ups. Team that is behind at quarter gets ball. Possession arrow does not switch at each quarter. **In the case of a tie, possession will go to the team that has the arrow, and the possession arrow will then switch teams.*
22. Unless otherwise stated, national federation basketball rules shall prevail.

23. Foul Line: 3rd & 4th graders: 11 feet.
 5th & 6th grade Girls: 13 feet.
 5th & 6th grade Boys: 15 feet.
- a. On foul shots, players may only enter the lane after the ball touches the rim. We do not begin on the release.
- b. The first defensive player/rebounder shall occupy the spot to the inside of the block, the offensive player/rebounder will then occupy the spot adjacent to that defensive player. One more defensive player can occupy one of the two remaining spots closest to the foul line.
24. Player must report to the scorer before going on to the court.
25. Three point shots: 3rd & 4th graders: Legal
 5th & 6th graders: Legal
26. Any Coach, Parent or Player who is ejected from a game, is automatically suspended for the next game. If there should be a second offense, it will result in a meeting with the Athletic Director/Commissioner of their community.

SPECIAL NOTE

Coaches are the first hand example for their players. It is their responsibility to practice and display good sportsmanship as well as leadership for their players. Coaches must remember that the primary goal in this league is to teach, practice and develop players in the fundamentals of basketball. Winning should be secondary. In the long run, winning will belong to those who excel in applying these fundamentals. Through these basketball games, we are attempting to provide a vehicle for the physical fitness of all participants through wholesome activity involvement.

The game of basketball is controlled by the referee. It is imperative that coaches and adults abide by this rule and the rules and practices of good sportsmanship. Should any coach or adult conduct him or herself in a manner otherwise, the referee may warn the coach/adult and request that he or she correct their behavior. If the coach/adult continues the unsportsmanlike conduct, the referee, other coaches or observers should report this to the league director for possible disciplinary action by the board. In addition, the referee is empowered to eject the coach/adult from the games and the gym.

NAYS Code of Ethics for Coaches

- o I will place the emotional and physical well being of my players ahead of a personal desire to win.
- o I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- o I will do my best to provide a safe playing situation for my players.
- o I will promise to review and practice basic first aid principles needed to treat injuries of my players.
- o I will do my best to organize practices that are fun and challenging for all my players.
- o I will lead by example in demonstrating fair play and sportsmanship to all my players.
- o I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.

- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

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