

NGBA RULES

I. ZERO TOLERANCE POLICY

The NGBA expects all the players, coaches, parents, spectators and referees to act in a respectful and supportive manner towards each other. Consequences for conduct of any other sort will be determined quickly and firmly by the NGBA and will prioritize the best interest of the players and referees, with an overall emphasis on sportsmanship.

A. Addressing the referee. All persons associated with the team, including players, coaches, and spectators, shall support the referees. *No one is to address the referee during the game with the following exceptions:*

1. Coaches or players responding to a question from the referee.
2. Coaches making substitutions.
3. Coaches, players or spectators pointing out emergencies or safety issues.

B. Mandatory meetings at games. Mandatory meetings that include BOTH referees and coaches from BOTH teams shall be called by the referees (1) before the game and (2) at halftime. This is the ONLY appropriate time for a coach to ask a referee to explain/clarify a rule in a polite and constructive way and to discuss the play of the game - only with the other coach present. Polite and friendly feedback can be given to the referee after the game.

C. Conduct. Absolutely no demonstrative behavior, sarcasm, harassment or intimidation by coaches, players or parents will be tolerated. Referees will report such behavior to the Referee Coordinator who will in turn make a report to the Grade Coordinator and the President. The referees shall at all times be responsible for enforcement of the Zero Tolerance Policy and are expected by NGBA to use their discretion and judgment to enforce the Zero Tolerance Policy. As a general guideline the NGBA has established the following:

1st infraction: Referee will ignore or issue a Warning.

2nd infraction: Referee will issue a Warning or Technical Foul.

3rd infraction: Referee will issue a Technical Foul. The offender will be ejected and required to leave the gym.

II. STANDINGS AND SCHEDULING

- A. There are no team standings in NGBA. Team records are kept only to inform the league on its goal for balanced play.
- B. During the season, the NGBA may choose in each grade level to divide teams into two or more groups based on their performance to date. The teams within each of the groups will be scheduled to play against each other in order to provide the opportunity for reasonably balanced play.

III. SAFETY REGULATIONS

- A. A player shall not be permitted to wear equipment which is dangerous or confusing to other players. This includes, but is not limited to, items such as:
 - 1. A guard, cast or brace made of hard and unyielding leather, plastic, pliable soft plastic, metal or any other hard substance, even if covered with soft padding when worn on the finger, hand, wrist, elbow, or forearm.
 - 2. Head wear (exceptions: head bands no wider than 2 inches and made of nonabrasive material may be worn. Rubbercloth (elastic) bands may be used to control hair.
- B. **ATTENTION – In NGBA games and practice the following are prohibited:**
 - 1. All jewelry, including, but not limited to, earrings, necklaces, rings and bracelets, including those made of rope, leather, plastic or metal.
 - 2. Earrings are not allowed, even if covered with tape. Beads and hard barrettes are not allowed.
 - 3. *Warning: do not have your daughter's ears pierced just prior to the basketball season, she will not be allowed to wear earrings when participating.* Tape over earrings is not allowed.
- C. In the event of uncertainty, the decision of the referees and/or any Board member is final.
- D. A player must wear her team uniform and sneakers while playing a game.
- E. Two adults, preferably the coach and assistant coach, shall be present during each team practice.

IV. OTHER POLICIES

- A. Referees will be encouraged to use a stoppage in play to explain rules to players.
- B. Coaches are responsible for the demeanor of the parents, relatives and friends of a player on their team. The referees can award a technical foul as a consequence of spectator or disruption. (See Zero Tolerance Policy.)
- C. The referees for these games may be younger and less experienced. Coaches should take responsibility for players that are too aggressive, even if fouls are not being called. This can also be discussed during the mandatory pregame or halftime coaches/referees meeting.
- D. Running up the score is considered poor sportsmanship. Running up the score will call into question a coach's further participation in this league. Consistent with the league policy, referees are instructed to intervene in games where running up the score is occurring. The Grade Coordinator and/or President may review the incident and take the appropriate action. The Coach of the team that is ahead is expected to implement a variety of techniques that will develop basketball skills but slow down the scoring, including: no fast breaks, minimum of 3 passes before shooting, set up plays for player who hasn't made a basket or has not shot the ball as much. If you have a player that has scored a lot points herself, ask her to work on getting 3 assists before her next basket, or to shoot using her non-dominant hand. Work to get everyone on the team a basket before players that have already scored score again.
- E. No game will ever be replayed, even in the event, for example, of disruption by snow or a fire alarm.
- F. There is no appeal of a referee's decision.
- G. Games may be changed, cancelled, or rescheduled at the discretion of the Board. A coach may not change, cancel or reschedule any game.
- H. During a game, a maximum of 3 coaches and players officially on the team may be on the bench sideline. All others are required to be in spectator areas. All coaches must be officially registered with the NGBA and have submitted for a CORI check consistent with NGBA policy.
- I. If a player drops out or quits her team, the coach must inform the Grade Coordinator immediately. A replacement or new player may be added to a team from the waiting list maintained by the Registrar or Grade Coordinator.

V. ADMINISTRATION OF THE SCORER'S TABLE

- A. The home team is required to provide an adult to manage the scorer's table. This person will record the score, personal fouls and possession arrow.
- B. The person managing the scorer's table may cheer and provide support for BOTH teams but needs to manage the scorer's table in a non-partisan manner. Persons who are unable to meet this requirement will not be allowed to manage the scorer's table per the discretion of the referee.
- C. The visiting team is encouraged to also provide a non-partisan adult to assist in recording the visiting team score and personal fouls.

VI. COACH CONDUCT DURING GAMES

- A. All coaches are required to conduct themselves at all time according to the policies and rules established by the NGBA. This includes participation in the MANDATORY pre-game and half-time meeting with the referees and the opposing coach.
- B. All coaches should be seated for at least significant portions of the game to be able to instruct players on the bench, avoid blocking the view of players on the bench, avoid intimidation of the referees, and avoid blocking the view from the scorer's table. No coach should ever be on the court during play.
- C. Coaches should not be yelling instructions to players on the court for every play on offense and defense; let the girls play and provide encouragement. Remember to acknowledge a good play by the other team.
- D. After each game, coaches are required to report the following information to the Grade Coordinator via telephone or email: score/competitiveness of game, performance of referees, and other comments as coach deems appropriate. This is the only way the league gets regular and immediate feedback.

VII. NGBA GAME RULES – GRADE 3

A. Standard high school rules will be used with the following exceptions:

- 1. The teams shall play man-to-man defense only. No zone defense is allowed.
- 2. Full court defense is NOT allowed.

- a. The offensive team has 10 seconds to bring the ball across half court.
 - b. Coaches are instructed to have their players start playing defense no sooner than at the top of the key of the basket they are defending (instead of the half-court line to prevent the "wall of defense") in order to allow a reasonable opportunity for offensive flow.
 - c. The defensive team should start inside the 3-point line and not crowd the half-court line as the offensive team comes down the court.
 - d. Once the offense starts moving the ball around, the defense can go outside of the 3-point line.
3. Double-teaming is NOT permitted.
- a. Defensive players are generally expected to closely guard offensive players (within 5 feet of the player she is guarding). Double teaming occurs when a player is guarding a player and a second defender leaves the player she is guarding and also guards that player.
 - b. Switching on defense (defensive players exchange the players they are guarding) is allowed and encouraged to be learned. For example, on a fast break a defensive player can (and is encouraged to!) defend an unguarded player with the ball regardless of whether it is the player she was assigned to guard. Also, if a defender gets blocked by a legal pick, the defenders can switch players they are guarding for that play.
 - c. If the referee finds double teaming is happening, they can stop the game and explain/demonstrate the rule to both teams.
4. Joint possession of the ball by two players will immediately be called a jump ball. Possession will be awarded on an alternating basis to the teams. In 3rd grade, the referees will be particularly careful to call all fouls involving defensive player contact with the offensive player holding the ball.
5. Each team can exercise one time out per half. Only the coach can request a time out from the referee. The clock will be stopped during a time out. If the game is running behind the schedule, NGBA expects coaches not to call timeout. All games must end on time and not go beyond 58 minutes past the hour so the next game can begin on time. When the game is running behind schedule, time outs will be at the referee's discretion and may be denied or shortened in duration.
6. In the final two minutes of the game (only), the game clock will be stopped for any out of bounds play or foul shot. The game clock will stop as soon

as the referee has signaled for a violation or shooting foul. The game clock will re-start as soon as the final foul shot hits the rim or the ball is put in play on an out of bounds. On a foul shot violation of any kind, the game clock will not re-start until the ball is put in play. If a game is running behind, the clock will not be stopped as directed by the referee only.

7. There will be no overtime play. A tie score at the end of regulation play time will remain as a tie.
8. A player will be disqualified upon committing her 5th foul in a game. The exception is for 3rd grade where there will be no disqualification based upon number of fouls unless, at the referee's discretion for safety concerns, a player may be removed for repeated rough play that has resulted in a number of fouls.
9. Technical Fouls. For each technical foul issued, the referee shall award to the opposing team one point and possession of the ball. NGBA expects that technical fouls will very seldom need to be called. (See Zero Tolerance Policy.)
10. An offensive player cannot be in the lane for a more than 3 seconds or the referee will call a violation. The exception is for 3rd grade where, at the referee's discretion, lane violations will only be called with repeated violations that provide a distinct advantage to an offensive team.

B. Allocation of time

1. Each game will have a warm-up period which shall not exceed 5 minutes. Games are expected to start promptly at 5 minutes past the hour.
2. The game will be played in 4 quarters. Each quarter will be 10 minutes in length. The game will be 'running time' with the exception as noted for the last two minutes of the game for foul shots.
3. Intervals between quarters shall not exceed 2 minutes.
4. Every effort will be made to stay on time in accordance with the schedule. Games clocks will start at 5 minutes after the hour. The referees may shorten the quarters, the time between quarters, and the time for time outs (or reject the time out request altogether) in order to end the game on time.

C. Playing time and substitutions

1. Equal playing time. It is the responsibility of the coach(es) to assure that all team members get approximately equal playing time every game. The

NGBA provides substitution grids that have been explicitly developed for this purpose and coaches are expected to use them to document equal playing time. Lack of practice attendance, poor play, or poor attitude are not sufficient reasons to reduce playing time of a team member. Referees are instructed to intervene in cases where this rule is not being followed.

2. Each player must play at least two full quarters of a game.
3. No player may play 4 quarters unless all other team members will have played at least 3 quarters.
4. How to substitute. All substitute players go to the scorer's table and the coach needs to get the referee's attention at the next stoppage of play. Players are only allowed to enter the game on the referee's instruction. If multiple player substitutions are made, at the referee's discretion the players will be lined up to ensure all players know who they are guarding prior to play resuming.
5. In general, per the subbing grids, substitutions are not permitted during the first 3 quarters. Substitutions are permitted in the following situations:
 - a. Any time in the case of injury or extreme fatigue.
 - b. During the 4th quarter only, when:
 - i. All players on a team have already played 2 full quarters. Substitutions should be used to provide more even playing time among all players on a team, not just to have the strongest players play more. Typically, regular substitutions are made at the 5 minute mark of the 4th quarter (the referee will generally be aware of this but coaches should indicate to the referee their desire to substitute on a dead ball closest to the 5 minute mark).
 - ii. There is a lopsided game and the coach of the team that is leading is trying to keep the margin between the scores low.
 - iii. A team has 6 or fewer players.

VIII. NGBA GAME RULES – Grades 4 - 6

A. Standard high school rules will be used with the following exceptions:

1. The teams shall play man-to-man defense only. No zone defense is allowed.
2. Full court defense is NOT allowed.

- a. The offensive team has 10 seconds to bring the ball across half court.
 - b. Coaches are instructed to have their players start playing defense no sooner than at the top of the key of the basket they are defending (instead of the half-court line to prevent the "wall of defense") in order to allow a reasonable opportunity for offensive flow.
 - c. The defensive team should start inside the 3-point line and not crowd the half-court line as the offensive team comes down the court.
 - d. Once the offense starts moving the ball around, the defense can go outside of the 3-point line.
3. Double-teaming is NOT permitted.
- a. Defensive players are generally expected to closely guard offensive players (within 5 feet of the player she is guarding). Double teaming occurs when a player is guarding a player and a second defender leaves the player she is guarding and also guards that player.
 - b. Switching on defense (defensive players exchange the players they are guarding) is allowed and encouraged to be learned. For example, on a fast break a defensive player can (and is encouraged to!) defend an unguarded player with the ball regardless of whether it is the player she was assigned to guard. Also, if a defender gets blocked by a legal pick, the defenders can switch players they are guarding for that play.
 - c. If the referee finds double teaming is happening, they can stop the game and explain/demonstrate the rule to both teams.
4. Joint possession of the ball by two players will immediately be called a jump ball. Possession will be awarded on an alternating basis to the teams. In 3rd grade, the referees will be particularly careful to call all fouls involving defensive player contact with the offensive player holding the ball.
5. Each team can exercise one time out per game. Only the coach can request a time out from the referee. The clock will be stopped during a time out. If the game is running behind the schedule, NGBA expects coaches not to call timeout. All games must end on time and not go beyond 58 minutes past the hour so the next game can begin on time. When the game is running behind schedule, time outs will be at the referee's discretion and may be denied or shortened in duration.

6. In the final two minutes of the game (only), the game clock will be stopped for any out of bounds play or foul shot. The game clock will stop as soon as the referee has signaled for a violation or shooting foul. The game clock will re-start as soon as the final foul shot hits the rim or the ball is put in play on an out of bounds. On a foul shot violation of any kind, the game clock will not re-start until the ball is put in play. If a game is running behind, the clock will not be stopped as directed by the referee only.
7. There will be no overtime play. A tie score at the end of regulation play time will remain as a tie.
8. A player will be disqualified upon committing her 5th foul in a game.
9. Technical Fouls. For each technical foul issued, the referee shall award to the opposing team one point and possession of the ball. NGBA expects that technical fouls will very seldom need to be called. (See Zero Tolerance Policy.)
10. An offensive player cannot be in the lane for a more than 3 seconds or the referee will call a violation.

B. Allocation of time

1. Each game will have a warm-up period which shall not exceed 5 minutes. Games are expected to start promptly at 5 minutes past the hour.
2. The game will be played in 20-minute halves with a 3-minute break between halves. Each half will be divided into 5-minute time slots with a 30 second break after the 1st, 2nd, 3rd, 5th, 6th, and 7th slots for substitutions
 - a. Example:
 - 10:00:00 warm-up
 - 10:05:00 start game slot 1
 - 10:10:00 break for substitutions
 - 10:10:30 play slot 2
 - 10:15:30 break for substitutions
 - 10:16:00 play slot 3
 - 10:21:00 break for substitutions
 - 10:21:30 play slot 4
 - 10:26:30 half-time
 - 10:29:30 play slot 5
 - 10:34:30 break for substitutions
 - 10:35:00 play slot 6
 - 10:40:00 break for substitutions
 - 10:40:30 play slot 7
 - 10:45:30 break for substitutions

10:46:00 play slot 8
10:51:00 end game

3. The game will be 'running time' with the exception as noted for the last two minutes of the game for foul shots.
4. Intervals between halves shall not exceed 3 minutes. Intervals between 5-minute slots shall not exceed 30 seconds
5. Based upon the number of players and coaches in a given year, the NGBA may adjust the playing time to accommodate the schedule. Every effort will be made to stay on time in accordance with the schedule. Games clocks will start at 5 minutes after the hour. The referees may shorten the halves, the time between each 5-minute time slot, and the time for time outs (or reject the time out request altogether) in order to end the game on time.

C. Playing time and substitutions

1. Equal playing time. It is the responsibility of the coach(es) to assure that all team members get approximately equal playing time every game. The NGBA provides substitution grids that have been explicitly developed for this purpose and coaches are expected to use them to document equal playing time. Lack of practice attendance, poor play, or poor attitude are not sufficient reasons to reduce playing time of a team member. Referees are instructed to intervene in cases where this rule is not being followed.
2. Each player must play at least twenty minutes of a game (4 time slots). If a team is larger or smaller than average, players may end up playing a few minutes more or less
3. No player may play the entire game unless all other team members will have played at least 30 minutes each.
4. How to substitute. All substitute players go to the scorer's table and the coach needs to get the referee's attention at the next stoppage of play. Players are only allowed to enter the game on the referee's instruction. If multiple player substitutions are made, at the referee's discretion the players will be lined up to ensure all players know who they are guarding prior to play resuming.
5. Substitutions are permitted in the following situations:
 - a. In the 30 seconds between time slots.
 - b. Any time in the case of injury or extreme fatigue.

- c. During the final 10 minutes, when:
 - i. All players on a team have already played 20 minutes (4 full time slots). Substitutions should be used to provide more even playing time among all players on a team, not just to have the strongest players play more.
 - ii. There is a lopsided game and the coach of the team that is leading is trying to keep the margin between the scores low.
 - iii. A team has 6 or fewer players.

IX. NGBA GAME RULES – GRADES 7/8

A. Standard high school rules will be used with the following exceptions:

1. The teams may play any type of defense they want. Zone defense is allowed. Backcourt defense “pressing” is allowed.
 - a. Exception: When a team is leading by 14 points or more at any time during the game, that team is NOT allowed to play defense in the backcourt. The team that is behind in the score is allowed to play backcourt defense.
 - b. The referee will issue a warning on the first violation and may issue a technical foul on second and subsequent violations.
2. As soon as joint possession of the ball is established by two players it will quickly be called a jump ball. Possession will be awarded on an alternating basis to the teams.
3. Each team can exercise three time outs, but no more than two time outs per half. Only the coach can request a time out from the referee. The clock will be stopped during a time out. If the game is running behind the schedule, time outs will be at the referee’s discretion and may be denied or shortened in duration.
4. In the final two minutes of the game (only), the game clock will be stopped for any out of bounds play or foul shot. The game clock will stop as soon as the referee has signaled a violation or for a foul shot (whether on a shooting foul or one-and-one). The game clock will re-start as soon as the ball is put in play from an out of bounds or the final foul shot hits the rim.

On a foul shot violation of any kind, the game clock will not re-start until the ball is put in play.

5. There will be no overtime play. A tie score at the end of regulation play time will remain as a tie.
6. A player will be disqualified upon committing her 5th foul in a game.
7. Penalty situation. The *seventh* foul on a team (and any thereafter up to 10) in each half will result in a penalty situation, where on a non-shooting foul there will be a 'one and one' where the player will be awarded a second foul shot if they make the first foul shot. On the *tenth* foul on a team (and any thereafter) in each half, even on a nonshooting foul the player will be awarded two shots.
8. Technical Fouls. For each technical foul issued, the referee shall award to the opposing team one point and possession of the ball. NGBA expects that technical fouls will very seldom need to be called. (See Zero Tolerance Policy.)
9. An offensive player cannot be in the lane for a more than 3 seconds or the referee will call a violation.

C. Allocation of time

1. Each game will have a warm-up period which shall not exceed 5 minutes. Games are expected to start promptly at 5 minutes past the hour.
2. The game will be played in 20-minute halves with a 3-minute break between halves. Each half will be divided into 5-minute time slots with a 30 second break after the 1st, 2nd, 3rd, 5th, 6th, and 7th slots for substitutions
 - a. Example:
 - 10:00:00 warm-up
 - 10:05:00 start game slot 1
 - 10:10:00 break for substitutions
 - 10:10:30 play slot 2
 - 10:15:30 break for substitutions
 - 10:16:00 play slot 3
 - 10:21:00 break for substitutions
 - 10:21:30 play slot 4
 - 10:26:30 half-time
 - 10:29:30 play slot 5
 - 10:34:30 break for substitutions
 - 10:35:00 play slot 6
 - 10:40:00 break for substitutions

10:40:30 play slot 7
10:45:30 break for substitutions
10:46:00 play slot 8
10:51:00 end game

3. The game will be 'running time' with the exception as noted for the last two minutes of the game for foul shots.
4. Intervals between halves shall not exceed 3 minutes. Intervals between 5-minute slots shall not exceed 30 seconds
5. Based upon the number of players and coaches in a given year, the NGBA may adjust the playing time to accommodate the schedule. Every effort will be made to stay on time in accordance with the schedule. Games clocks will start at 5 minutes after the hour. The referees may shorten the halves, the time between each 5-minute time slot, and the time for time outs (or reject the time out request altogether) in order to end the game on time.

D. Playing time and substitutions

1. Equal playing time. It is the responsibility of the coach(es) to assure that all team members get approximately equal playing time every game. The NGBA provides substitution grids that have been explicitly developed for this purpose and coaches are expected to use them to document equal playing time. Lack of practice attendance, poor play, or poor attitude are not sufficient reasons to reduce playing time of a team member. Referees are instructed to intervene in cases where this rule is not being followed.
2. Each player must play at least twenty minutes of a game (4 time slots). If a team is larger or smaller than average, players may end up playing a few minutes more or less
3. No player may play the entire game unless all other team members will have played at least 30 minutes each.
4. How to substitute. All substitute players go to the scorer's table and the coach needs to get the referee's attention at the next stoppage of play. Players are only allowed to enter the game on the referee's instruction. If multiple player substitutions are made, at the referee's discretion the players will be lined up to ensure all players know who they are guarding prior to play resuming.
5. Substitutions are permitted in the following situations:
 - a. In the 30 seconds between time slots.

- b. Any time in the case of injury or extreme fatigue.
- c. During the final 10 minutes, when:
 - i. All players on a team have already played 20 minutes (4 full time slots). Substitutions should be used to provide more even playing time among all players on a team, not just to have the strongest players play more.
 - ii. There is a lopsided game and the coach of the team that is leading is trying to keep the margin between the scores low.
 - iii. A team has 6 or fewer players.

X. Guidance for referees by grade

A. NGBA has instructed the referees call all violations per the established NGBA rules. The referees are in charge of the game and must maintain control and player safety at all times. Nevertheless, the stringency of rules enforcement will vary appropriately by grade. Referees will use their discretion according to the age and level of play of the teams involved. The following general guidance is provided for players, coaches, referees and parents.

1. Third grade

- a. The third grade program teaches beginning basketball skills. In many cases, the girls are playing basketball for the first time. NGBA goals are to teach the basics of dribbling, passing, shooting, rebounding, playing defense and team play.
- b. Part of the role of the referee during games is to teach the players about violations through demonstration and instruction. The number and type of calls will likely progress as the season progresses. The referee may choose to pause play after a violation to instruct. In general, the whistle will be blown for out of bounds, fouls or very blatant traveling. At their discretion, the referee may choose to simply issue a warning to avoid calling an infraction. Or, the referee may call an infraction, demonstrate the rule, and then give the ball back to the team that made the infraction. The referee will remind the girls that backcourt defense is not permitted.
- c. Score will be kept in third grade. However, should the score become lopsided (greater than a 12 point difference) the referee will instruct the scorer to cease keeping score. Should such a situation arise in the first half, upon starting the second half, the score should be reset to 0 to 0.

2. Fourth grade

- a. The fourth grade can involve a number of girls playing for the first time, girls who played the previous year but don't have a good understanding of the rules, and some players who are quite capable. NGBA aims to improve on each player's basic individual skills and teamwork – including learning how to run a basic offensive play.
- b. The referee will continue to demonstrate and teach violations but to a lesser extent than third grade. The violations of the rules will be called more strictly than in third grade, and the number and type will progress as the season progresses. Warnings will still be provided vs. calling a violation. A warning that prevents a violation is generally a better learning experience than a whistle – especially early in the season.

3. Fifth/sixth grade

- a. In the fifth/sixth grade, the NGBA game rules are fully enforced beginning at the first game. There will be some new players, and it may take a few weeks for the girls to orient themselves to basketball.
- b. Referees will continue to include an instructional component to their game calling as appropriate. Early warnings on violations will be included. Referees are encouraged to always explain the violation so that the players learn from their mistakes.