

OFFICIAL NJB PLAYING RULES
For Divisional Play

SECTION 1 - OFFICIAL RULE BOOK

The National Federation High School Basketball Rule Book shall be the official rules for all NJB games. As such, the “10-second back court rule” and “5-second closely guarded rule” shall apply in both the boys and girls games and no shot clock will be used. Local chapters may adopt exceptions to the rules only when permitted by NJB National Headquarters.

- 1.1 SAFETY FIRST - The safety and well being of our players is always NJB's main concern. Referees may stop games at any time to investigate the condition of a player who may be hurt and shall resume play as soon as reasonable. Coaches on the court for injuries are not required to remove the player. The player may remain in the game at the discretion of his coach and the referee. The player's safety is the determining factor.
- 1.2 FORFEIT TIME is ten (10) minutes after scheduled game time. If requested, referees are required to remain at game site and work an organized practice game or controlled scrimmage, allowing adequate time to start the following game on schedule.
- 1.3 PRE-GAME CONFERENCE - Coaches and referees shall meet as soon as possible following the end of the previous game to discuss applicable divisional rules. Recommended one minute maximum.
- 1.4 COACHES MUST SIT RULE - All coaches shall remain seated on their team bench during the contest. Coaches are permitted to stand temporarily to cheer a play or instruct players but must then return to their seat.

1.5 COACH CONDUCT - Each NJB coach shall be totally responsible for the conduct of his assistant coaches, players, fans, and himself. Absolutely no abusive or vulgar language will be tolerated towards players or game officials. No smoking will be permitted on the playing courts. No alcoholic beverages or illegal drugs will be allowed at any NJB function.

Penalty - After the official warning at the coaches/referee pre-game meeting, the NJB Blue Card shall be issued. (The Blue Card is for all Adults)

1st infraction - First technical foul charged to the Head Coach

2nd infraction - Second technical foul charged to the Head Coach. The Head Coach is ejected from the game and must exit the gymnasium.

3rd infraction - Game is over and the offending team is placed on immediate suspension.

If any coach is ejected from a game he shall be suspended for the next game. If this happens twice in the same season, that coach shall be dismissed for the balance of the season and is not eligible to coach in the Championship Series Tournament or any All-Star Tournaments.

SECTION 2 - LENGTH OF PLAYING PERIODS

2.1 WINTER LEAGUE DIVISIONAL and ALL-STAR games will consist of five (5) eight-minute periods with a running clock.

- 2.1.1 Running clock stops only for:
- a) Time-outs - Head coach or player on the court may request a time-out.
 - b) Shooting Fouls - Clock stops when referee indicates a shooting foul. Clock operator may stop the clock on the whistle. **Clock restarts when the ball is touched on a missed attempt or on the inbound after an attempt that is made.** (2003-2004 Rule Change)
- 2.1.2 One (1) minute allowed between periods to make substitutions. This is not a time-out. Coaches may instruct players while they line up at the scorer's table.

SECTION 3 - CLOCK

If the point difference is nine (9) points or less any time during the final two (2) minutes of the last period, the clock shall be regulation time for the balance of the period. This does not apply to overtime periods.

SECTION 4 - HALF TIME

The 1st and 2nd periods shall constitute the 1st half. The 3rd, 4th, 5th and overtime periods shall constitute the 2nd half. Half time shall be three (3) minutes in duration for all divisions.

SECTION 5 - OVERTIME

Overtime periods shall be two (2) minutes in duration. The first minute shall be a running clock (see Section 2.1.1) and the last minute shall be a regulation (stop) clock. Additional overtime periods shall be one (1) minute regulation clock. **If score is still tied after second overtime, decision goes to team first to score.** Teams are limited to one time-out in each overtime period.

SECTION 6 - TIME-OUTS

Time-outs will be 45 seconds in duration. Each team will be allowed two (2) time-outs in each half and one (1) for each overtime period. Unused time-outs cannot be carried over to the second half or into overtime. They must be used or they will be lost.

SECTION 7 - FREE THROW BONUS

Penalty free throws will be shot on the 10th team foul in each half. Bonus free throws are 1 and 1. There are no 2-shot double bonus situations.

SECTION 8 - WINTER LEAGUE PLAYER PARTICIPATION

Every player who is in attendance at the start of the game must play one full continuous period in each half. Also, each player must sit out one full continuous period before the start of the 5th period, so as not to play the entire game. All player participation must be fulfilled by the end of the 4th period. No free substitution is allowed before the 5th period. EXCEPTION: Medical reasons, 5 and 6 Player Rules.

*** THE PLAYER PARTICIPATION RULE SHALL BE
STRICTLY ENFORCED ***

- 8.1 PENALTY - Coaches failing to comply with the player participation rule may be suspended for the following game and the offending team may forfeit the contest. All protests must be in good judgment; executed properly and submitted only after all attempts to rectify the situation fail. The protest must be entered in the official score book before the game is completed. The offended coach will notify the local chapter and the chapter will render its decision within three (3) days following the game. The local board reserves the right to discipline the coach, not excluding a suspension.

8.2 LATE PLAYERS - If a player arrives late to the game, that player's participation begins at the start of the next full period. A late player arriving prior to the start of the 2nd period must play the 2nd period. All late players arriving prior to the start of the 4th period must play the entire 3rd and/or 4th periods. A late player's non-participation in the 1st period satisfies the requirement to sit out one full continuous period.

8.3 SICKNESS, INJURY OR HEALTH PROBLEMS - A player temporarily removed from a game for injury or health reasons may re-enter at the discretion of the coach and the referee. If there is blood, the player will be removed from the game until the bleeding stops and the wound bandaged. A uniform saturated with blood must be changed for a blood-free uniform. A partial period of play by an injured player will be considered one full period of participation. The substituting player is still required to sit out one full continuous period during the game. NOTE: Teams must have five (5) players to start the game but medical reasons, participation rules, ejections or foul outs may cause a team to play with four (4) or less players.

Exception: When a player is taken out of the game for sickness, injury, or health problems, but returns to the game before the SECOND DEAD BALL the period of time played by the substitution player will be considered as "sit-out" time.

8.3.1 If a player is unable to continue playing the remainder of the game, for any reason, the coach shall enter the player's name, number and clock time in the official score book. The player shall be ineligible to participate further. No penalty will be assessed.

- 8.4 **FOUL OUTS AND EJECTIONS** - Only a player who has met all conditions of the player participation rule can replace the disqualified player. If a substitution made before the 5th period to replace a disqualified or injured player affects the team's ability to comply with the player participation rule, the team must finish the period with less than five players on the court.
- 8.5 **DISCIPLINE** - If a player misses consecutive practices without an excuse, the coach will notify the player's parents. If this continues, the coach may notify the Player Agent and the player may not be eligible to play the next scheduled game. The local board of directors must approve this. **Notification should be given to Referee Coordinator and game site management staff.**

SECTION 9 - PLAYER ADVANTAGE RULE

If a team has one or fewer players present and physically able to play at tip-off, the player advantage rule shall take effect. If player(s) arrive during the course of the game the rule will revert to the lesser penalty and if a player arrives to give the team an equal number of players as the opposing team, no further penalty will be invoked.

- 9.1 **ONE PLAYER** - If a team has one less player than the opposing team, the opposing coach shall choose which one (1) player to sit out the second and fourth periods. **EXCEPTION: Five and Six-Player Rule**
- 9.2 **TWO PLAYER** - If a team has two less players than the opposing team, the opposing coach shall choose which two (2) players to sit out the second and fourth periods. **EXCEPTION: Five and Six-Player Rule**

9.3 THREE PLAYER - If a team has three less players than the opposing team, the opposing coach shall choose which two (2) players to sit out the second and fourth periods. EXCEPTION: Five and Six- Player Rule.

NOTE: All players must satisfy the Player Participation Rule

SECTION 10 - FIVE (5)-PLAYER RULE

If a team has only (5) players present and physically able to play at tip-off, the opposing team shall be awarded ten (10) points: five (5) points prior to the tip-off and five (5) points at the start of the 2nd half. If a sixth player arrives, the Six-Player Rule (Section 11) will go into effect.

SECTION 11 - SIX (6)-PLAYER RULE

11.1 A different player must sit each period. If a team has only six (6) players to start the game, the opposing coach will choose the player to sit the 1st period. In this situation only five (5) of the six (6) players are able to sit one period and one (1) player is allowed to play the entire game. EXCEPTION: Not applicable if the opposing team has only five (5) players.

11.2 If a team with six (6) players has a player foul out before the end of the 4th period, the player sitting out cannot enter the game. He or she must stay out in order to satisfy the requirement to sit out one full continuous period. Teams may finish a period with less than five (5) players.

SECTION 12 - MERCY RULE

If a team has a 25-point lead any time during the game, the scorekeeper shall notify the referee to implement the mercy rule. The team with the lead cannot employ full-court or half-court pressure and must play defense with both feet inside the 3-point area at all times. The clock will run at all times, except for time-outs, until the difference is 15 points or less.

- 12.1 REMOVAL OF TOP PLAYERS - (For **Winter League** Divisional and All-Star competition only) If the mercy rule is in effect at the start of, or any time during, the 5th period, the referee shall notify the opposing coach to select a maximum of three (3) players to sit out the balance of the game or until the difference is 15 points or less. Eligible substitutes must be available and the removal of players cannot force a team to play with less than five (5) players.
Penalty - 1st offense = warning, 2nd offense = technical foul.

SECTION 13 - DIVISION 3

- 13.1 DEFENSE - Teams may play zone or man defense at any time during the game. Zone defense is recommended.
- 13.1.1 Transition Rule - Once a team secures the rebound or inbounds the ball and is advancing in transition, defensive players may not play defense until they have retreated below (or inside) the 3-point arc. All defensive players must stay below the arc until the ball crosses the attack line for the first time of that possession. A Foot in the Key is not required.
- 13.1.2 Half-Court Press - Allowed after the 4th period. Defense must allow dribbler to cross the half-court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.

13.1.3 Full-Court Press- Allowed during the last two (2) minutes of the 5th period and overtime.

Penalty - Any illegal defense - one warning per half.

Technical fouls for additional occurrences in each half.

NOTE: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense at the point of contact with no penalty.

13.2 FREE THROWS - The free throw line will be ten (10) feet from the face of the backboard. A shooter's foot may touch but not completely cross over the line. A maximum of Five (5) players, Three (3) defensive and Two (2) offensive may occupy the free throw lane. Area of lane closest to the shooter will remain empty.

13.2.1 Each player will shoot a free throw prior to the start of the game. Each successful free throw will be recorded in the score book and count in the team's overall score. One referee per team will simultaneously administer the free throws at each team's respective 1st half baskets.

Both teams will shoot an equal amount of free throws. A team with fewer players than their opponents will be awarded additional free throws to balance the total team attempts. That team's coach shall select shooters who have missed their first attempt. If all players have made their free throws, the coach may select any player to shoot the extra free throws. Players who made free throws may not attempt a second shot until all teammates have made a free throw.

14.3 ADDITIONAL RULES

14.3.1 "1st Pass / Back Court Rule" - Only shots that hit the rim or backboard will require a pass to be made in the backcourt. Any time the first pass is made in the backcourt, it must be completed in the backcourt before the ball can be advanced to the frontcourt. On shots that do not hit the rim or backboard, no pass is required. **EXCEPTION: During the last two (2) minutes of the game.**

Penalty - Violation - ball awarded to defense at half court.

14.3.2 Key Violation - An offensive player may not be in the 15-foot key area for five (5) continuous seconds.

Penalty - Violation.

14.3.3 Insufficient Action - The offensive team has five (5) seconds after crossing half-court to cross the attack line and start their offense.

Penalty - 1st offense = warning, 2nd offense = violation.

SECTION 15 - DIVISION 2

15.1 DEFENSE- In the 1st half teams must play man-to-man. Any type of half-court defense is allowed in the 2nd half.

15.1.1 Man-to-Man Defense - A defensive player must be within a six (6) foot guarding position of any player with the ball below the hash mark. When no hash marks are available, the referee shall designate an alternative. Help side defense is allowed.

- a) Help side defense is defined as a defender playing at a midpoint position between his assigned player and the player with the ball. A help side defender must recover and be within a six (6) foot guarding position of his assigned player if that player receives the ball.
- b) Defensive players may double-team a player with the ball but may not double-team a player without the ball. Double-team is defined as two or more players defending an opposing player.

15.1.2 Half-Court Press - No backcourt pressure allowed during the first four (4) periods. Defense must allow dribbler to cross the half-court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.

15.1.3 Full-Court Press - Any type of full-court press is allowed after the 4th period.

15.1.4 PENALTY: Any illegal defense - one warning per half. Technical fouls for additional occurrences in each half. NOTE: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense at the point of contact with no penalty.

15.2 FREE THROWS - The free throw line will be twelve (12) feet from the face of the backboard. A shooter's foot may touch but not completely cross over the line. A maximum of Five (5) players, Three (3) defensive and Two (2) offensive may occupy the free throw lane. Area of lane closest to the shooter will remain empty.

SECTION 16 - DIVISION 1

16.1 DEFENSE- In the 1st half teams must play a man-to-man. Any type of defense is allowed in the 2nd half.

16.1.1 Man-to-Man Defense - A defensive player must be within a six (6) foot guarding position of any player with the ball below the hash mark. When no hash marks are available, the referee shall designate an alternative. Help side defense is allowed.

- a) Help side defense is defined as a defender playing at a midpoint position between his assigned player and the player with the ball. A help side defender must recover and be within a six (6) foot guarding position of his assigned player if that player receives the ball.

- b) Defensive players may double-team a player with the ball but may not double-team a player without the ball. Double-team is defined as two or more players defending an opposing player.

16.1.2 Full-Court Press - Teams may employ a full-court press at any time during the game. However, during the 1st half all defenses must be man-to-man.

Penalty - Any illegal defense - one warning per half. Technical foul for additional occurrences in each half.

16.2 FREE THROWS - The free throw line will be fifteen (15) feet from the face of the backboard. A maximum of six (6) players, four (4) defensive and two (2) offensive may occupy the free throw lane. Area of lane closest to the shooter will remain empty. The shooters feet cannot cross or touch the free throw line until the ball hits the rim.