

# Northwest Youth Basketball Association

## Rules as Of January 3<sup>rd</sup>, 2008

The playing rules shall be the Iowa High School Athletic Association rules for the current year except where modified by this manual.

### GAME LENGTH

Running clock with the exception of the final two (2) minutes of each half and:

- a) All divisions of play will have two (2) twenty (20) minute halves.
- b) The clock stops only on time outs. The officials may use their discretion to stop the clock for injury, ball retrieval, etc.

### GAME TIME

Games will begin promptly at the time designated. All teams must be ready 10 minutes before their scheduled time. Adequate warm-up time should in most cases be permitted.

### POINT SPREAD RULE

If one team is ahead by 15 or more points during the last two (2) minutes of the game, the clock will remain a running clock, except for time-outs. In addition, once a team is up by 15 or more points they will not be allowed to press during the last 2 minutes of each half.

### OVERTIME

If the score is tied at the end of regulation play, a two (2) minute overtime period will be played. The clock will stop on each whistle by the officials. One (1) minute time out will be awarded to each team in overtime. The 3<sup>rd</sup> overtime will be sudden death. No time outs left over from regulation will be allowed to carry into overtime.

### DEFENSE

You must play a Man to Man defense and you can NOT play any type of zone defense.

### FULL COURT DEFENSE (PRESS)

- ONLY 5<sup>th</sup>/6<sup>th</sup> graders are aloud to have a full court defense during the **last two minutes of each** half and any overtime period(s) as long as the point spread rule above is adhered to.
- VIOLATION: The whistle is blown and the offended team brings the ball in play on their offensive frontcourt at the mid court opposite the scorer's table and team benches. Additional violations can result in a technical foul.

### BASKET SPECIFCATIONS

- The free throw distance for the 4th grade girls division will be 13'0" and the size of the basketball will be 27.5" and not the 28.5" ball.

### TIME OUTS

Each team will be allowed two (2) one minute time outs per half. The timeouts do not carry over to the second half or overtime.

### HALFTIME

A five (5) minute halftime will be observed. If the games are running behind schedule, the coaches or game officials may shorten the halftime intermission.

### SPORTSMANSHIP

The NYBA will not tolerate any unsportsmanlike behavior by anyone. You will be asked to LEAVE THE GYM.