

# General Rules for all Leagues (11-15-2023)

- 1) No jewelry (such as earrings, watches, FitBits, necklaces) can be worn, except for stud earrings which must be covered with tape or a bandaid
- 2) There must be at least one adult acting as head coach on the bench during games and at practices
- 3) Clock operators will maintain clock time and game scores on the scoreboard
- 4) No seedings will take place for playoffs
- 5) All games consist of 5 players against 5 players. In case five players are not available during the regular season, players from other NABA teams can substitute onto the teams(s) where needed.
- 6) In the event a scoreboard operator is not provided, the home team coach is responsible for assigning an assistant coach or parent to operate the clock.
- 7) Players will no longer shoot 1 and 1 after 7 team fouls, but will now shoot 2 free throws after 10 teams fouls
- 8) Players will still shoot 2 fouls shots after being fouled while in the act of shooting

## Lower Leagues

Boys/Girls	Grade	Half Court Defense	Full court Pressing	Zone Allowed	Playing Time	Substitution	Free Throws	3-seconds	Match up during substitutions?	Can foul out?	3 Point shots?	Ball size (in)
Girls	3rd/4th	Stay within 3 point line, unless last minute of game and not up by more than 15 points, or on a fast break.	No	No	Approximately even, all sit at least 5 minutes a half	Mass subs every 5 minutes	Can cross line, but has to start on line	Loose at first, then enforce	Yes	No	No	28.5
Girls	5th/6th	At half court, no trapping, at 3pt line if up by over 15	Last 1:00 of play	No	Each player to play 1/2 game, all sit at least 5 minutes a half	Free subs, can't remove player unless in game for at least 2 minutes	Must stay behind line	Strict enforcement	No	Yes	Yes	28.5

Boys/Girls	Grade	Half Court Defense	Full court Pressing	Zone Allowed	Playing Time	Substitution	Free Throws	3-seconds	Match up during substitutions?	Can foul out?	3 Point shots?	Ball size (in)
Boys	3rd	Stay within 3 point line, unless last minute of game and not up by more than 15 points, or on a fast break.	No	No	Even, all sit at least 5 minutes a half	Mass subs every 5 minutes	Can cross line, but has to start on line	Loose at first, then enforce	Yes	No	No	28.5
Boys	4th	Stay within 3 point line, unless last minute of game and not up by more than 15 points, or on a fast break.	No	No	Each player to play 1/2 game, all sit at least 5 minutes a half	Mass subs every 5 minutes	Can cross line, but has to start on line	Loose at first, then enforce	Yes	Yes	No	28.5
Boys	5th	At half court, no trapping, at 3pt line if up by over 15	Last 1:00 of play	No	Each player to play 1/2 game, all sit at least 5 minutes a half	Free subs, can't remove player unless in game for at least 2 minutes	Must stay behind line	Strict enforcement	No	Yes	Yes	28.5
Boys	6th	At half court, no trapping, at 3pt line if up by over 15	Last 1:00 of play	No	Each player to play 1/2 game, all sit at least 5 minutes a half	Free subs, can't remove player unless in game for at least 2 minutes	Must stay behind line	Strict enforcement	No	Yes	Yes	29.5

# Upper Leagues

Boys/Girls	Grade	Half Court Defense	Full court Pressing	Zone Allowed	Playing Time	Substitution	Free Throws	3-seconds	Match up during substitutions?	Can foul out	3 Point shots?	Ball size (in)
Girls	7th/8th	Any	Yes, unless up 10 or more	Yes	Each player to play 1/2 game, all sit at least 5 minutes a half	Any	Must stay behind line	Strict enforcement	No	Yes	Yes	28.5
Boys	7th/8th	Any	Yes, unless up 10 or more	Yes	Each player to play 1/2 game, all sit at least 5 minutes a half	Any	Must stay behind line	Strict enforcement	No	Yes	Yes	29.5
Girls	9th-12th	Any	Yes, unless up 10 or more	Yes	Each player to play 1/2 game, all sit at least 5 minutes a half	Any	Must stay behind line	Strict enforcement	No	Yes	Yes	28.5
Boys	9th/10th	Any	Yes, unless up 10 or more	Yes	Each player to play 1/2 game, all sit at least 5 minutes a half	Any	Must stay behind line	Strict enforcement	No	Yes	Yes	29.5
Boys	11th/12th	Any	Yes, unless up 10 or more	Yes	Each player to play 1/2 game, all sit at least 5 minutes a half	Any	Must stay behind line	Strict enforcement	No	Yes	Yes	29.5