

2009-2010 NORTHERN RECREATIONAL BASKETBALL LEAGUE LEAGUE RULES

GENERAL RULES - LEAGUE

1. The Northern Recreational Basketball League schedule will take priority over any other league schedule in play at the same time. The Northern Recreational League will not accommodate other schedules or tournaments.
2. Rosters must be completed and on file with the president of the Northern Recreational Basketball League before the first scheduled games. No player may be added to a roster without the consent of the league representative. No new players may be added to a roster after December 31st. If you fall below seven players, you may add players after this date. Only the number of players lost can be added up to the third game. If rosters are not turned in by the first game, all games will be forfeited until roster is received.
3. Teams are formed by age/birthdate as of July 31st of the current year. **Players must still be enrolled in high school to participate.**
4. There may be no more than 13 players per team roster.
5. The initial season the team is formed, whether as a new team (level 1) or as a new member into the league, the teams will be created by a blind draw. This process will be completed by a league representative from a community other than your own. Teams may be kept together during subsequent seasons, filling vacancies with a blind draw process unless there is a change in the number of teams in that division. Newly drawn teams will automatically have the head coach's child and two assistant coach's children on the roster.
6. A whole team may move up a level as long as this is done after the draw. Teams may be encouraged to move up a level if they were dominant the previous year.
7. Players may play on only one team within the league. Players may not play in a select league and in the Northern Recreational League, unless the whole team was taken from the NRBL draw.
8. Players in Level 5 and lower divisions may participate on a second team if it is recreational in nature. 'Recreational' indicates the team is open for anyone to participate, and there is no selection process. A select team is any team that is either hand-picked, or there is a selection process that in some form limits who may participate. JH players can participate on a "B" level CYO team and on an NRBL team. CYO JH "A" level is considered a select team. Players on CYO High School teams may also participate on an NRBL team.
9. Any player who would like to participate in another community within the league must get a signed release from their community representative in the community in which they reside. If a team plays a player from another community without obtaining a release, said team will forfeit all games in which the player participates. If a player is from a community outside of the NRBL he/she may participate without a release. A team must be comprised of at least 50% residents.
10. A younger child may play up one age group at the discretion of the community representative and his/her parents.
11. Coaches must carry a copy of the rules and official roster to all games and must present it upon request to an opposing coach if asked. Failure to produce a roster will be reported to the community representative for further investigation. The game will proceed.

12. Any team needing to reschedule a game due to a [school or civic] conflict that will drop the team below five (5) players must notify their community representative a minimum of 48 hours prior to the scheduled game. If agreeable, the communities will attempt to reschedule the game. The game must be rescheduled within one (1) week of the request, **and played on or before the last weekend of regularly scheduled games**. If the request can not be accommodated a forfeit may result. If neither team can decide on a make-up date, then a league representative, not associated with either team, will set a date, time and location.
13. Protests should be handled in the following manner:
 - a. At the time of the protest, the protesting coach will notify the head referee and both will immediately sign the score book noting the score, quarter and time left on the clock. Filed protests will be based on league or standard basketball rules, not on judgement calls.
 - b. A \$25.00 fee must be submitted with a written protest no more than three (3) days following the game and delivered to your community representative.
 - c. The Grievance/Protest Board of the NRBL will then make a decision on the protest after reviewing all pertinent information. (Representatives in which their community is involved may not be a part of the decision.) All protests will be adjudicated within 10 days of delivery to a community representative. If the protest is upheld, the \$25.00 fee will be refunded. If the protest is denied, the fee will be forfeited. All decisions will be final.
14. Both teams must notify their community representative of all ejections.
15. **Reporting Scores:** It will be the responsibility of the winning coach to email in the game score to (Kristen.maiden@evendaleohio.org) within 48 hours of the game. Failure to do so will result in a loss for both teams.
16. Rules may be modified, added, or deleted during the course of league play with a simple majority vote by the coordinators. Violation of those rules will be dealt with by league coordinators from each community. Their decision will be final.
17. Standings: standings will be posted weekly at www.evendaleohio.org
18. Admission fees are not to be charged at any home game location.

GENERAL RULES – GAME

1. Wearing of any jewelry or metal (includes in hair bands) is prohibited while playing a NRBL game. Examples include fake nails, hair decoration, earrings, etc. Religious medals and/or Med-alert tags may be worn provided that they are completely taped to the body to the satisfaction of the referees; a sweat band is not sufficient. Regular basketball attire per OHSA rules- shorts of proper length and shirts with number on both sides of jersey. Cannot play with a hard cast- even if padded with foam. OHSA rule.
2. A limit of three (3) coaches will be allowed on the players bench during game time. No coaching will be allowed from the opposite side of the court. Parents, friends and siblings must be seated on the spectators side of the court.
3. Teams may start/play game with 4 players.
4. One-and-one prevails on and after the 7th team personal or technical foul in either half. Two (2) free throws will be awarded after the tenth (10th) team foul.
5. Score keepers must sit at the scores table. Home team book is official.

6. Ball sizes:

28.5 Intermediate/Compact – all girls levels; boys level I through and including Jr. High
Regulation/Official – Boys High School 1 and 2 levels

REFEREES

1. Home team will pay both referees their fee before any game can begin. Exception: both teams pay referees during tournament.
2. Fees are as follows: \$20 for Level I - III, \$23 for Levels IV & V; \$25 for Jr. High - High School. If there is only one referee, then he/she is to receive all the money.
3. In order to maintain control of the game, the referee has the right to clear the gymnasium or building of spectators or individuals who interfere with the game in any manner.
4. The referee shall be approached by the head coach only during the game over disagreements or with questions.
5. If a team (or teams) fails to show at a regular schedule game time, the referees will be paid unless prior notice of cancellation was given. If a team agrees to reschedule a game with a no-show team then the no-show team will pay both referees. If both teams agree to play, the home team should contact the community's league coordinator to re-schedule.
6. To avoid conflict of interest, Referees cannot ref child/relative due to conflict of interest.
7. **The NRBL has a "no tolerance" rule for contact with a referee. Any player, coach, or parent that would physically touch, push, or harm an official would be immediately ejected from the premises. Referees have the right to file charges.**

CODE OF CONDUCT

1. Head coaches will be responsible for their players and spectators. Coaches must make every attempt to restrain players or spectators from misconduct during and after games.
2. Any person who physically or verbally abuses or assaults a referee, score keeper, coach, player, spectator, or administrative official before, during or after a game will be ejected from the game and asked to leave the premises. Failure to leave will result in that team forfeiting the game. Examples of abuse or assault are pushing, hitting, use of foul language, etc. Any person may be suspended at the discretion of the league. All ejections must be reported with scores. If a parent gets ejected, their son or daughter will also be ejected from the game. This rule also applies to coaches and assistant coaches.
3. If you are ejected from two games you will serve a three (3) game suspension. If it is near or at the end of the season, you will serve your suspension at the beginning of the next season. You may also not be allowed to coach in the Northern Recreational League.
4. Foul language or taunting of players or officials **will not be tolerated!**
5. Suspension from further games will occur as decided upon by the league representatives for person(s) violating the above rules. Standard youth league actions for misconduct will be used in determining length of suspensions.
6. All ejections must be reported with scores. Ejections must be reported by both coaches to their district representatives.

TOURNAMENTS

1. A tournament will be scheduled at the end of the regular season for all levels.
2. Teams will be seeded according to league standings after the last regular season game. Depending on start of tournament, seedings can be used after 2nd to last game if quicker turn around is needed. Refer to attachment for specific pairings.
3. Head to head rules will apply for teams tied in league standings when tournament seeding is determined.
4. Tournaments may start the week after regular season play or as directed by tournament committee.
5. Trophies/awards will be given for league and tournament champs. League awards are handled by each community. 1st and 2nd place tournament trophies will be awarded. Trophies will be presented after the game to coaches in the finals.
6. Playing time- there may be random checks at tournament games.
7. If a coach questions another team giving their players appropriate time during the game, this must be brought to the attention of their community representative 2 weeks before the start of the tournament. Otherwise, playing time can not be protested.
8. Overtime in tournament play Levels I - V will be two (2) minutes stop and go. Jr. High and High School age levels play three (3) minute overtimes with a running clock. The last minute is stop and go. One (1) time-out per team per overtime. Time-outs can be carried over from the regulation game.

NRBL LEVEL I & LEVEL II RULES

1. If there is a 15 point difference, no score will be kept on the scoreboard.
2. Length of games will be 8 minute running clock quarters with the last minute of the 2nd and 4th quarter being stop and go. The clock would only stop if the ball was dead(example a blown whistle.) The coaches, with possession, would have to call an immediate time out to stop the clock on a made basket. In the 4th quarter, the clock would not start until the ball crosses over mid-court during this time. There will be a five-minute half. Four (4) time-outs per game.
3. After a change of possession, the defensive team must fall back on defense into the offensive team's front court and establish a defensive position on or behind the regulation (15') free throw line extended until the offensive player with the ball has crossed into the front court with both feet and the ball. As soon as the player and ball or a loose or uncontrolled ball is in the front court, the defense may move toward the offensive player or ball to apply defensive pressure or gain possession of the ball. Any ball that crosses the mid-court line that is not dribbled across by an offensive player (i.e. passed, shot, rolled, loss of control, etc) will be able to be intercepted by a defensive player. A defensive player who gains control of an offensive pass, loose ball, or rebound and, in the judgement of the referee, initiates the appearance of a fast break attempt to advance the ball to their front court without giving the defensive team adequate time to establish their defensive position at the 15' free throw line will be subject to an immediate defensive reaction by the opposing team.
4. **The league strongly suggests that coaches give their players EQUAL playing time, giving players 2 quarters of playing time when possible.** At the very minimum, each player must play the equivalent of one (1) quarter during each game; a minimum of eight (8) minutes. Any discipline situations must be reported to the referees, and the opposing coach prior to the start of the game with a letter signed by their league representative. In cases of injury, please report immediately.
5. There will be no jump balls unless agreed upon by both coaches with the referee at the start of the game. The visiting team will get first possession to begin game.
6. A tournament will be scheduled at the end of the regular season for teams wishing to participate. Head to head rules will apply for teams tied in league standings when tournament is to be determined.
7. All Level I games are played at 8 ft. baskets. All Level II games will be played at 9 ft. baskets. Full court is recommended where available.
8. The three second lane will be from dotted line to base line.
9. Free throws will be shot from dotted line unless otherwise marked. **The clock will stop for free throws and will restart when the referee hands the ball to the player shooting the 1st free throw.**

NRBL RECREATION LEVEL RULES
(Level III, IV, V , Junior High & High School Divisions)

GENERAL RULES

1. **Each player must play the equivalent of one (1) quarter during each game for Levels III through V; and a minimum of 9 minutes for JH and HS levels.** Any discipline situations must be reported to the refs, and the opposing coach prior to the start of the game accompanied by a letter from their league representative. In cases of injury, please report immediately.
2. All levels will play at 10 ft. baskets.

GAME RULES

1. Level III through V play five (5) minute quarters stop and go, five (5) minute break between halves, one (1) minute break between quarters. Jr. High through High School age levels play two 18-minute halves with a running clock. The last minute of each half is stop and go. The clock only stops for time-outs.
2. Four (4) time-outs per game. Can be used anytime. One (1) minute allowed on all time-outs.
3. Overtime – Levels III through V will be two (2) minutes stop and go. Jr. High and High School age levels play three (3) minute overtimes with a running clock. The last minute is stop and go. One (1) time-out per team per overtime. Time-outs can be carried over from the regulation game.
4. Free throws will be taken from the dotted line (13 ft) for Level III and regular free throw line (15 ft.) for Level IV and above teams.
5. The three second lane will be from dotted line to base line for Level III, and the regular free throw line to base line in the older divisions.
6. No press rule: There will be no pressing until the ball crosses ½ court in Level III. Exception: If a fast break is started by the rebounding team, the defense may react to break and recover a loose ball. This will be at the referee's discretion. Level IV & V may full court press unless a team is ahead by 15 or more points. Jr. High & High School levels may press unless a 15 point spread is reached in a game.
7. Level III Rule: In the last minute of the game, the clock will not start from a dead ball until the ball crosses mid-court. The ten (10) second rule still applies in the back court. During the last minute of the two (2) minute overtime, the clock does not start from a dead ball until the ball crosses *into* the front court.
8. A three (3) point goal will be awarded in gyms where the point line is designated and marked clearly on both ends of the court. This applies to Level III and above teams only.