

NORTHERN KENTUCKY YOUTH ASSOCIATION

OFFICIAL BASKETBALL RULES FOR COACHES

N.K.Y.A. BY-LAWS, Article 1, Section 3:

“The purpose of this organization shall be the development and propagation of an athletic program and to provide every eligible youngster the opportunity to play in an organized sports/activities program.”

“The N.K.Y.A. sports/activities will remain focused on the teaching of sportsmanship as well as instruction and developing each players abilities both in the rules of the game and in the playing of the game.”

Rules presented here have been approved by the N.K.Y.A. Board of Directors and shall not be changed without prior written approval. Written requests for changes must be submitted to a Division Commissioner or the League Administrator.

Coach’s Responsibility:

- 1). Work with and teach all players regardless of abilities. Be reasonable in your demands on the young players’ time, energy, enthusiasm and their performance on the court. Ensure the safety of all players during any N.K.Y.A. sponsored activity.
- 2). Have knowledge/understand the Laws/Rules of the game, the Spirit of how the Laws/Rules are enforced, abide by them and impress upon your players to do the same. Be a role model of fair play.
- 3). Ensure that your players’ experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.
- 4). Never provide, advocate or condone the use of alcohol, tobacco products, illegal drugs or any other banned performance enhancing substances.
- 5). Be respectful of all equipment and facilities provided for your use. Gym availability is scarce and rental costs continue to rise. Enlist the support of your team’s parents to ensure that we can continue to provide everyone an opportunity to participate. Insist that players keep facilities clean and litter in the garbage cans.
- 6). You are responsible for controlling the conduct of players, parents, and other spectators. Be proactive in your approach to this. Set a good example. Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of your duties.
- 7). Work with officials. Report problems to the Basketball Administrator as quickly as possible. Concentrate on coaching rather than on the accuracy of referee’s decisions. Be positive; avoid confrontation with any official, coach, parent or spectator
- 8). Officials have the authority to remove coaches, players or spectators from the game and/or premises due to unsportsmenlike conduct. It is their discretion to define unsportsmen-like conduct.
- 9). Each coach will be shown how to keep a proper score book at the meeting. Each coach will be required to designate an official scorer from his or her team. They must train their volunteers. This instruction will also cover the playing time rules.
- 10). Coordinate the team pictures as related to your team. ALL coaches must use the same Photographer assigned by the Board of Directors.
- 11). You or a team representative are required to attend the awards ceremony at the end of the season.
- 12). Any violation of these guidelines may result in a one year suspension or further action as deemed necessary by the Board of Directors.

1). **Uniform and Playing time**

- A). All players must be in full uniform. (i.e. NKYA provided T-shirt, gym shorts, tennis shoes)
- B). All players must play two (2) full quarters during each game. No one can play three (3) quarters until everyone has played two (2) and no one can play four (4) until everyone has played three (3).
Exception: Substitution is allowed in case of player injury but must be approved by the referee.
In this case, the substitution player will not be charged for play toward his/her (2) full quarters, **if the injured player returns to the game in the same quarter.**
- C). There is to be no splitting of quarters until the fourth quarter and after everyone has completed a **FULL** two quarters of play (prior to the start of the fourth quarter). See Appendix A for additional clarification.

2). **Game Procedure**

- A). Quarters will be **EIGHT (8) minutes running clock.**
- B). The clock **will not stop unless the referee deems it necessary.**
- C). Score will not be kept (no winners, no losers).
- D). No overtime needed.
- E). Four (4) one minute time-outs per team, per game.
- F). Half-time will be no longer than five (5) minutes.
- G). Player and coaches are to leave the floor immediately to allow the cheerleaders their time on the floor.
- H). Only coaches and players may sit in the designated team area.

3). **Defense**

- A). Man-to-man defense only! (MUST BE WITHIN AN ARMS LENGTH OF MAN BEING GUARDED). ***This will be enforced through the use of colored wristbands. If the coaches disagree on who shall guard who, the referee will decide. There will be no switching of wristbands during a quarter. Once they are placed they stay. Violations will be reported to league officials and influence decisions on who coaches in the future.***
- B). Defense can only pickup Offense when they cross the mid-court line. Defenders must be within an arms length of their player by the time the offensive player reaches the 3 point arc or the top of the key.
- C). Double-teaming in the foul lane is permitted.
- D). Full court press is never allowed.

- 4). There will be no violations for
- Lane violation (3 or 5 second)
 - Throw-in violation (5 second)
 - Backcourt violation (10 second)
 - Closely guarded violation (5 second)

However, in the referee's judgement if excessive time is used **One Warning** will be issued to the Coach for delay of game. Subsequent delay will result in a turnover to the other team for possession.

- 5). Free throws will be attempted from the edge of the circle below the regular foul line 12 feet (or as marked).
- 6). "Over and Back" will be enforced at the mid-court line.
- 7). **JUNIOR** size ball will be used for this division.
- 8). Interference – (spectator, bench personnel, cheerleader, or any other person or object) causing interference with players on the court during a game will not be allowed. If interference occurs and causes one team to gain an advantage over the other team then that advantage must be nullified. It will be the responsibility of the Referee to determine what action is needed to correct the situation.
- 9). Home team must have a timekeeper that works the score board every game. This is not a hard job. The workers miss absolutely nothing from the game. In fact, some people find it more rewarding. **No timekeeper - No game - No questions.** Please have your workers ready before game time. There is no official scorebook in I-1 Division.

- 10). Good sportsmanship is an important part of our organization. Please follow these guidelines:
Foul shots - there will be no disruption comments, yelling or sudden movements during foul shots.

(KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION RULES APPLY)

After each game - All players and coaches will meet at half court and shake hands and say “Good Game”, “Congratulations”, etc. All players and coaches will refrain from derogatory remarks. Coaches - if a negative situation arises, you are expected to handle it at once.

11). **Discipline** –

If a player is a problem, doesn't come to practice on a regular basis, mouths or taunts during games, etc. you can withhold one quarter of playing time. You must notify the league administrator, division commissioner, referees and other coach prior to the start of that game. If it occurs during a game notify the official scorer, referee, and other coach of your intention as soon as possible.

If a player arrives after the start of the game, the following playing time rules can be enforced by the coach:

- a.) Arrival during the first quarter, they still play two quarters, coach's choice of quarters.*
- b.) Arrival before half time, they need to only play one quarter, coach's choice of quarter(s).*
- c.) Arrival after half time, the coach does not have to play them at all.*
- d.) Regardless of when they arrive, the coach cannot stop the game to substitute them in, no substitutes until the fourth quarter.*

Fighting - Automatic suspension from the program for the remainder of the season and no refunds will be given.
(This policy overrides KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION RULES)

Players and Coaching Staff - There will be no name calling of any sort, taunting, foul language, or arguing. First offense will be a technical foul. If there is a second offense a second technical foul will be issued and the player/coach ejected from the current game and the next game. If a player/coach is ejected from a second game for any offense, the player/coach will be suspended for the remainder of the season and no refunds will be given. Also, a hearing before the Board of Directors will be held to determine if additional action will or should be taken.

Spectators - a). No vulgar language, heated discussions, use of alcohol, any controlled substance, physical abuse (contact) or any other acts detrimental to the purpose of the organization will be tolerated. Any coach, player or fan violating this provision will be subject to expulsion from the organization and possible further organizational functions.
b). Referees have the authority to remove coaches, players or spectators from the game and/or premises due to unsportsmen-like conduct. It is their discretion to define unsportsmen-like conduct.
c). Disciplinary Action - A **WARNING AND/OR EJECTION (If in the referees judgement the situation warrants immediate corrective action)** will be issued for unsportsmen-like conduct and any infraction of the stated program rules. If a second **WARNING** becomes necessary for any infraction, there will be an automatic ejection from the current game. The offender has two (2) minutes to leave the confines of the playing field. If the offender refuses to leave or returns prior to fifteen (15) minutes after completion of the game, the local authorities will be called and the Board of Directors will determine additional disciplinary action.

12). Kentucky High School Athletic Association rules will govern with the above exceptions only!

13.) All players will receive an end of season competitor's award.

FREQUENTLY MISUNDERSTOOD RULES

The following are a few “problem” rules that need to be presented in order that all coaches, officials and players are operating from the same perspective.

- 1). A player cannot travel unless he is actually **holding** the ball and moves illegally. A player may **fumble** the ball the entire length of the court and has not traveled. If a player attempts to stop a dribble, loses control and fumbles the ball, then gains control, the player has not traveled.
- 2). There is no limit as to the height of a dribble. The ball may be dribbled over the player’s head without any violation occurring.
- 3). After establishing a legal guarding position, the defender is permitted to move in any direction, except into the player being guarded. In this situation, if contact occurs on the defender’s torso, it is usually a foul on the offensive player. If a player control foul is called, the protest of “but he was moving” should never be heard. The defensive player is allowed to move in order to maintain a guarding position. This principle is maintained until the offensive player is able to get his head and shoulders past the defender. The defender’s feet need not be in contact with the floor in order for a player control foul to be called.
- 4). Slapping the backboard is ignored if it is incidental to playing defense.
- 5). A shot may be blocked or pinned against the board even after hitting the backboard, unless it is on it’s downward flight or within the cylinder.
- 6). There is no violation for accidentally touching the basket, including the net, unless the ball is **on** the rim or **within** the basket.
- 7). There is never a situation in which a player with the ball is entitled to a “step”. The player is not entitled to “time or distance” if the player has the ball.
- 8). There is no free landing area for an airborne player if the defensive player was in that position before the airborne player left the floor.
- 9). Accidentally striking the ball with your foot is not a violation. Kicking the ball must be a positive act to be called a violation.
- 10). The three-second count is suspended while a player drives to the basket. There is no three-second count during rebounding situation. The count ends every time a shot is taken and a new count begins when the offensive team regains control.
- 11). A moving screen is not a violation. It is a foul only if there is contact.

When these situations are called incorrectly or not understood by the officials, coaches or players, it causes unnecessary dialogue and/or interruption to the game. Hopefully these problem areas can be eliminated and lead to an improved game for your basketball players.

Issued by the Kentucky High School Athletic Association Basketball Rules Consultant

BASIC BASKETBALL RULES

Before the game..

ANSWER	QUESTION
Yes	Do teams have to go opposite their benches the first half?
No	Can a player tape over an earring?
No	If a player wears a necklace into a game, is it a technical foul? (will be asked to remove it)
Yes	Can a player wear a metal knee brace that is covered?
No	Can a player wear a plastic splint on his finger that is covered?
Yes	Can a player dunk when the officials are in the locker room?

Jump ball..

No	If a player dunks in pregame, do you still start the game with a jump ball?
No	Does the clock start when a non-jumper catches the ball?
	Can the jumper..
Yes	Hit the ball 2 times?
No	Hit it with his fist?
Yes	Catch it after it hits the floor?
Yes	Catch it after it hits a non-jumper?
Yes	Catch it after it hits the referee?
No	Leave the circle before the ball is tapped?
No	Tip the ball into the basket?
	Can a non-jumper..
Yes	Start with only 1 foot on the circle?
Yes	Stand 5 feet directly behind an opponent?
Yes	Back off the circle when the referee is ready to toss?
No	Move onto the circle when the referee is ready to toss?
Yes	Move into the circle after the ball is tapped?
Yes	Ask to move in-between two opponents before the referee is ready to toss?

Front Court Action / Violations

No	Is there a 3 second count during a shot?
Yes	Can a player enter a game and sub out of a game before time runs off the clock?
Yes	Can a player pick up his pivot foot to pass the ball?
Yes	If a defender in the 2-point area tips a 3-point attempt, is it 2 points?
No	Is it a violation to accidentally kick the ball?
No	Is it goal tending to touch the net while the ball is above, but not touching, the rim?
No	Is the 5-second closely guarded count in effect in the backcourt?
No	When receiving a pass from the backcourt, can an offensive player jump from front court, catch the ball, then land in back court?
Yes	Can a team call 2 time-outs in a row in the middle of the 4th quarter?

Fouls

Yes	Does a technical foul count toward bonus?
Yes	Does a technical foul count toward a player's five personal fouls?
No	Does a player get 3 technical fouls before he is disqualified? (Only 1 if severe but normally 2)
Yes	If a shooter releases the ball, then is fouled before returning to the floor, is it a shooting foul?
No	If a shooter jumps, releases the ball, and charges an opponent, can the basket count?
No	If a player releases the ball on a pass, then charges an opponent, is it a player control foul?

Free Throw

- Yes Can a substitute shoot a technical foul?
- Can a shooter
- Yes Call time-out after he gets the ball?
- No Cross the free throw line after he releases the ball?
- No Fake a try?
- Can a non-shooter standing along the lane
- No Move into the lane when the ball is released by the shooter?
- No Fake along the lane to cause an opponent to violate?
- Can a non-shooter behind the free thrower
- No Cross the arc when the shooter releases the ball?
- No On a free throw violation on the offense, is the ball inbounded at the free throw line extended? (closest spot)

Throw-in and Out-of-Bounds

- No Is the top of the backboard out of bounds?
- No Is it out of bounds to run out, come back in and touch the floor with one foot, then touch the ball?
- Yes Is it out of bounds to touch the sideline while dribbling, even though you do not touch the ball and the sideline at the same time?
- No Does the clock start on a throw-in when the ball is handed to the thrower?
- Can the thrower..
- Yes Move his pivot foot?
- Yes Back up 3 steps after being handed the ball?
- Yes Step on the endline before releasing the ball?
- No Break the plane of the boundary line with the ball before releasing it?
- No Break the plane of the boundary line with his foot before releasing it?
- Yes Fake a pass in bounds then throw it another direction?
- No Throw the ball directly into the basket?
- Yes Call time out after 4 seconds has expired?
- Yes Bounce the ball off an opponent, then move onto the court and pick it up?
- Can the defense on a throw-in
- No Call time out after the thrower gets the ball?
- Yes Slap the ball if it is over the inbounds plane of the court?
- Yes Grab the ball if it is over the inbounds plane of the court?