

NMYBO IN-HOUSE RULES

Game Time / Timeouts

- Games will consist of four quarters of eight minutes each. Overtime periods will be three minutes in length.
- There will be a one-minute break between quarters, and a three-minute break between halves. Breaks between overtime periods will be one-minute.
- The game will have a running clock, but will be stopped for the following circumstances:
 - time-outs
 - free throw attempts, restarted when the ball touches the rim on an unsuccessful free throw (provided the ball is in play) or when in-bounded after a successful free throw.
 - at the direction of a referee
 - in the final two minutes of the fourth quarter and overtime(s), play will stop, in addition to the above, for the following circumstances:
 - fouls
 - out-of-bounds
- Each team will be allowed three, one-minute time-outs per game. If the game goes to an overtime period, unused time-outs during the regulation game will not carry over into overtime. Each team will be granted one time-out for each overtime period and no unused timeouts will carry over from one overtime period to another.

Defensive Play

- Once a team gains control of the ball in their backcourt, the defensive team must retreat over the half-court line. If a defender inadvertently presses and fouls in the backcourt, the foul will be waived off and no personal foul will be charged. In this situation, the offense retains possession and if necessary be granted the ball out of bounds to re-establish the flow of the game. An exception to this rule is as follows:
 - Full court press will be allowed in the final two minutes of the game. However, a team leading by 10 or more points will not be able to press.
- Double-Teaming will not be allowed. A "double-team" is created when a defensive player leaves the offensive player they are assigned to guard and double team another offensive player. A "double-teaming" situation is not created when the offensive player "beats" their defender another defender comes over to help, or when an offensive player dribbles into traffic or drives against more than one defensive player. If the official recognizes "double-team," they will remind the defense to stop the "double-team" and have the discretion to stop play to help reset the defense.
- No Zone Defense...Man-to-Man Defense only. However, good help man-to-man defense should not be confused as zone defense (see description above). If the official recognizes a zone defense, they will remind the defense to play man-to-man and have the discretion to stop play to help reset the defense.
- If the official has to stop play due to an "illegal defense" as described above for the second time, they will discuss and provide a warning to the coach that a third illegal defense will result in a two free throw attempts and ball possession for the opposing team.

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Game Violations and Fouls

- The penalty for violations is a throw in by the opposing team. Referees are expected to be vigilant regarding the following violations:
 - Carrying the ball onto the court on a throw in
 - Causing the ball to go out of bounds or stepping out of bounds with the ball
 - Moving with the ball without dribbling (traveling)
 - Dribbling a second time after the first dribble has ended or dribbling with two hands on the ball at the same time (double dribble)
 - Striking the ball with the fist
 - Kicking the ball intentionally
 - Carrying the ball while dribbling
 - Offensive players remaining in the lane for more than three seconds
 - Crossing back over the half-court line with the ball
 - Holding, pushing, slapping, or tripping an opponent
 - Charging an opponent
 - Blocking the progress of an opponent by extending an arm, shoulder, hip, knee, or leg
 - Reaching around an opponent and making contact
 - Moving into the back of an opponent while rebounding
 - The offensive team taking longer than ten seconds to bring the ball into their frontcourt
 - Players holding the ball for more than five seconds
- Free throws will be awarded on all shooting fouls and technical fouls. A piece of tape will be placed 18-inches closer to the basket from the regulation free throw line and will serve as the free throw line for the 4th/5th grade league only. The player will not be allowed to jump over that line marker on their shot release
- Common fouls will result in a throw-in by the opponents, except when the offending team has committed seven or more fouls since halftime. In this case, the fouled player will be awarded a "one-and-one" situation in which they will be granted one free throw and one more free throw if the first free throw was successful.
- If a team has committed ten or more fouls during a half, all common fouls will be two shots. Team fouls committed in the second half will carry over to subsequent overtime periods.