

NORTH COAST YOUTH TRAVEL ASSOCIATION 2023-2024

Rules and Eligibility

1. Rules in effect:

OHSAA rules will be in effect, except where specific league rules differ.

2. Timing of games:

A. The game will consist of two twenty (20) minute halves. The clock will stop for all shooting fouls. The clock will restart when the referee hands the ball for the player's final free throw.

In the last minute of the first half, the last two (2) minutes of the second half, and the last one (1) minute of any overtime period, the clock will stop on all normal whistles. For shooting fouls in these times, the clock will restart on the referee's hand signal.

If a team is up by fifteen (15) or more points in the 2nd half, the clock will only stop in the event of an injury. The continuous clock will remain in effect through normal whistles and shooting fouls. The normal clock rules noted above will resume once the lead is below fifteen (15) points.

B. There will be a four (4) minute halftime (subject to adjustment in the discretion of the referee or scorekeeper if a game is running late).

C. If a game is tied at the end of two (2) halves, a two (2) minute overtime will be played. All fouls will be carried over. Each team will be awarded one (1) time out. If a game is tied at the end of any overtime, another two (2) minute overtime will be played. All fouls will be carried over. Each team will be awarded one (1) time out. Time outs do not carry over from regulation to overtime, or from one overtime period to any additional overtime periods.

D. The scorer's book and time clock are official and final. The referee's whistle at the conclusion of half, overtime period, or play is final.

E. The host site will be responsible for providing one person for the clock and one person for the book. Parents from teams can be used in the event of an opening, with the home team being required to provide the first person. If there are two openings, the away team must provide the second person.

3. Free Throws and Fouls:

A. The NCYTA will follow the OHSAA rule regarding foul shot alignment for players, which is: A maximum of seven (7) players may be aligned on the key for all foul shots; the shooter and three (3) players on each side of the lane. All other players must be behind the foul line extended and outside of the 3- point circle.

B. Boys and girls in 3rd grade and girls in 4th grade will shoot from 12 feet - they can jump over the line but cannot get the rebound. 4th grade boys and 5th grade girls will shoot from the regulation foul line and can jump over the line but cannot get the rebound. 5th grade boys and all 6th grade players will shoot from the regulation foul line and cannot jump over.

C. A player will foul out after his/her fifth (5th) foul in a game.

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D. A “one-and-one” rule will be in effect beginning with the seventh (7th) team foul of each half. Double bonus will begin with the tenth (10th) team foul each half.

E. Team fouls in the second half and all personal fouls carry over to overtime.

F. The scorer’s tabulation of individual and team fouls is official and final.

4. Timeouts:

A. Each team will receive three (3) 45-second timeouts **per game**. Unused timeouts do not carry over to overtime.

B. Each team will receive one (1) 45-second timeout in each overtime period played.

C. The scorer’s tabulation of timeouts is official and final – the scorer will also time the length of each timeout.

5. Defenses:

** There is no pressing in the first half of any game at any grade, only half-court man to man defense is permitted in the first half.*

A. For all grades, first half of the game: **Only man-to-man defenses are permitted in the first half.** Players are required to be within the proximity of the person they are guarding (within 4-5 feet of their player when not switching or helping on the ball). Help defense is allowable when the defender is 2 or more passes away. No zone defenses – (a zone defense is defined as an obvious attempt by a player to defend an area rather than his/her player, or a team that “packs its defense in the lane” during an offensive possession with defenders who do not rotate with the player being guarded). In man to man defense a player must play at least halfway between his/her player and the basket. A player may leave his/her person to:

- Defend against another player driving to the basket, but then must recover
- Stop a break away

B. Pressing: Full court pressing is not permitted in the first half for 5th & 6th grade, and the first 30 minutes for 4th grade boys – teams must pull back beyond the half court line immediately after each basket or change of possession and must allow the other team to cross the center line. Repeated violations will result in a technical foul. (Note: Under high school rules, a technical foul is also a charged personal foul on the violator.)

Pressing will be permitted in the second half for 5th & 6th grade, the last 10 minutes for 4th grade boys, and overtime. Any team with a 15-point or more lead cannot press under any circumstances.

C. 3rd Grade Boys and Girls and 4th Grade Girls: Only man to man defense is allowed the entire game. A man to man full court press is allowed in the last one (1) minute of the 2nd half and the last one (1) minute of any overtime period. *Absolutely no zone pressing is permitted for 3rd grade boys and girls and 4th grade girls.*

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D. Rules limiting double-teaming may be added if necessary to promote better play and encourage skill development. (No swarming.) Technical fouls may be issued if abuse of this rule is continued.

** No pressing when a team is up 15 points or more at any time. Teams may only play man to man half-court defense when up 15 points or more.*

<u>Grade</u>	<u>1st Half</u>	<u>2nd Half</u>
5 th and 6 th Grade Boys and Girls	1/2 Court Man to Man only	Any Defense Full or 1/2 Court
4 th Grade Boys	1/2 Court Man to Man only	- 1/2 Court Man to Man for the first 10 Minutes. - Any defense full or half court for the last 10 Minutes and OT.
3 rd Grade Boys and Girls and 4 th Grade Girls	1/2 Court Man to Man only	- 1/2 Court Man to Man only. - Man to man press last 1 minute of regulation and last 1 minute of any OT period. <i>No zone press.</i>

6. Eligibility:

A. 3rd/4th/5th/6th Grades – players may not be in a grade higher than the grade of team.

B. All players must reside in the same city or attend the same public school district. Players that attend a parochial school not in their home address district will not be eligible to play for the school district where they attend school.

C. Any team caught playing with an ineligible player will forfeit any and all games that he/she played in. The team will be allowed to play out their schedule of games, however every game played with illegal players will be considered a forfeit in regular season and playoffs.

D. Teams are limited to twelve (12) players. No additions to rosters after games begin.

E. A player may not play on two teams registered in NCYTA regardless of age, grade, gender, or community. If a player is found to be playing on more than one NCYTA team, then each team that player has played for will forfeit ALL games that player appeared on a team roster, regardless of play or playing time. Additionally, the coaches of each team the player played for will be suspended for two (2) games following the discovery of the misconduct. The player must select the team they want to play on and will remain on that roster the balance of the year.

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F. Teams seeking to play in the NCYTA who are not affiliated with a community association can only participate if: a) all players on the team meet NCYTA eligibility requirements, and, if applicable, b) the team receives permission to play from their community's association.

G. A community wishing to place two (2) teams in the B division of any grade must petition the NCYTA for permission to do so.

H. The NCYTA reserves the right to place any team in the division the NCYTA deems most appropriate.

7. Playing time:

It is strongly encouraged by the NCYTA that all players play at least ten (10) minutes (1/4) of each game. This is not an average and applies to the playoffs. This is a very strong suggestion and subordinate to any playing time regulations that a local travel association may have.

8. Offense:

Possession in the backcourt will be established when a defensive player has taken possession of the ball. Referees will determine possession on close calls in the backcourt. Once possession has been established in the backcourt, the defensive team must release full court pressure. (4th grade boys first 30 minutes, 5th & 6th grade first half only.) The 1st offense of this rule is a warning, 2nd offense is a technical, and a 3rd offense (and any subsequent offense(s)) will result in three (3) foul shots and the ball.

9. Bench conduct:

A. Only members of the team and coaching staff (maximum of three (3) coaches) shall be on the bench or in the bench area. All players not in the game must remain seated on the bench during play.

B. Substitutions must be requested by a member of the coaching staff. Players about to enter the game shall be seated next to the scorer's table and wait for the scorer or referee to signal them into the game.

C. Ejections:

1. When a player is ejected he or she will also not be permitted to attend or participate in the team's next regularly scheduled game.
2. When a parent is ejected the parent must immediately leave the building and wait outside for their child. The parent is not permitted to attend the team's next two (2) regularly scheduled games.
3. When a coach is ejected, the coach will miss all remaining games that day as well as the team's next two (2) regularly scheduled games.
 - a. If a coach coaches more than one team the coach will miss all remaining games that day for ALL teams he or she coaches. Further, that coach will miss ALL regularly scheduled games for ALL teams coached until the team for which the ejection occurred has completed its next two (2) regularly scheduled games.
 - b. Head coaches are responsible for the behavior of their assistant coaches and may be reprimanded and/or suspended for permitting assistant coaches to behave inappropriately.

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4. A coach or parent who is ejected for a second (2nd) time in the season will be prohibited from coaching or attending all remaining regularly scheduled games.
5. For purposes of this section “regularly scheduled games” means regular and/or post-season games.
6. At a minimum, the above penalties will apply to all ejections. More serious penalties may be implemented by the NCYTA based on the underlying conduct giving rise to the ejection (for instance, a coach making contact with an official, fighting, and other behavior determined to be egregious and/or unnecessary by the NCYTA).

10. Responsibilities of players, coaches, and parents:

A. Any team forfeiting or canceling a game for any reason (other than weather situations) will be penalized by the league. The penalty will be \$50.00 per occurrence.

B. It is the responsibility of the league to notify visiting teams of any cancellation due to weather or unforeseen circumstances.

C. Coaches, parents, and players shall focus their energies on player participation, team play, and sportsmanship. Coaches, parents, and players shall not engage in unsportsmanlike conduct, especially towards referees and scorers. All coaches, parents, and players are expected to abide by the NCYTA Code of Conduct.

D. It is our expectation that all coaches and parents will follow the guidelines and intent of our league rules. The playing rules have been established to promote and further the objectives stated therein – please abide by the rules and please do not try to twist them or use them to get a competitive advantage. Enjoy the season!

11. Grievance process:

A. Although protests of games are not permitted, the league recognizes that issues may arise that need to be resolved.

B. Grievances shall be limited to the following areas:

1. Player eligibility.
2. Violation of leagues rules and policies.
3. Unsportsmanlike or other improper conduct.

C. The first step in the process shall be to contact the NCYTA within 24 hours of the occurrence or discovery of the problem.

D. If the issue cannot be resolved at that level, the matter will be turned over to the grievance committee. The aggrieved party shall submit a written report of the grievance to the committee members, along with a filing fee of \$30.00. If the grievance is upheld the filing fee will be returned. If the grievance is declined the filing fee will go towards league operating expenses.

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E. The committee shall set up a meeting within one week of the request (sooner if mandated by the circumstances). It shall be held at a convenient site and time for all parties. All three (3) committee members must be present.

F. The committee shall hear and consider all evidence and witnesses. A written decision shall be delivered to all parties within one week (sooner, if mandated by the circumstances of the case).

G. The decision of the grievance committee shall be final.

12. Tie-breakers: – 1st, 2nd, 3rd, and 4th place:

1st – Head-to-head competition

2nd – Point differential for each game maximum, point differential per game is 15.

3rd – Least points allowed.

NOTE: Team position will be based on league standings as of the completion of the last weekend of the year and the tiebreaker above will be utilized.

13. Ball Size:

All games will use a 28.5 sized basketball provided by one of the teams and accepted by the officials.

14. Team Uniforms

Each team shall provide their own uniform. Numbers shall be listed on the front and back. The team listed first will be the “Home Team” and will be responsible for wearing the alternate color in case of color conflict. Uniform numbers must be legal: only digits 0, 1, 2, 3, 4, and 5; no 6, 7, 8, or 9.). Numbers on the front and back must be easily visible to officials and the scorer’s table.

15. Forms

All teams must submit a team roster form and each player must submit a waiver form.