

**NORFOLK YMCA  
NEN BASKETBALL TOURNAMENT  
OFFICIAL RULES**

**National Federation High School rules will apply to all games with these few exceptions:**

1. Games will consist of two 16 minute halves, with the clock running continuously, except on all free throws, timeouts, and injuries. Clock will also stop on all whistles the last two minutes of each half.
2. There will be a five minute half-time.
3. Bonus Fouls: Due to playing halves instead of quarters, we will be following the college bonus format. Teams will shoot bonus 1 and 1 free throws beginning on the 7th foul. Two shots on the 10th foul.
4. **NO** full court press for 4th and 5th girls and boys, except for the last minute of the game and the last 30 seconds of each overtime. Full court press is allowed in 6th through 8th boys and girls. Grades allowed to press may only press full court to a 15 point lead. A full court press is defined as: Any defensive player not moving directly to the offensive front court. Violation of this rule will result in the offended team being awarded the ball at mid-court. If this rule is not abided by, the following penalty will be enforced: a warning will be given the 1st time this happens, a technical foul will be called for every time after.
5. Women's sized (28.5) balls will be used for all grades, except boys 8th grade which will use men's sized (29.5) balls. **Each team must provide their own warm-up balls and one game ball.** Officials will decide which team's game ball will be used.
6. All teams must have numbers at least on one side of their jersey.
7. Substitutes must report to the scorekeepers table to enter the game, then wait for the officials to signal them for entrance.
8. **No coaching box provided-coach may stand within the 6-foot area of their team bench. Please do not abuse the standing rule, or the referee may make you sit down.**
9. Time-outs: You are allowed 2 one minute time-outs per game and 1 one minute time-out per overtime. You cannot have time-outs carry over.
10. The 3 point line will be in effect at all game sites.
11. Game time is forfeit time. Please arrive at least 15 minutes early for game and be prepared to take the court when the previous game is completed. Each team must have at least 4 players to start the game.
12. Overtime will be three (3) minutes per period, with the clock running continuously except on all free throws and timeouts. Clock will stop on all whistles the last 30 seconds of each overtime.
13. After the second overtime, there will be sudden death where the first team to score wins.

The Tournament Committee would very much like to stress "**GOOD SPORTSMANSHIP**" which should go hand in hand with this tournament. We would appreciate that anyone attending a game refrains from showing disapproval at a referee's call. Instead give your team encouragement!

Please stay off the playing court unless you are part of a team which is playing on the court at that time. Don't wander farther than the designated area in the building, they are generous to allow us to use their facility and our tournament would not happen without them.