

Rules for 2025 Northeast Nebraska Basketball League

(Accepted NFHS Basketball Rules will apply except as listed below)

Game rules all divisions:

- Players must be on the roster submitted by the team and filed with the league coordinator in order to play.
- Any team using players from another team or not on their official roster during a game, will receive a forfeit for that game.
- Each game will consist of 2 18 minute periods with running clock (except for timeouts and the last 2 minutes of the 2nd period). The clock will not stop the last 2 minutes if 1 team is ahead by 15 or more points.
- Each game will have a 5 minute half time break.
- Teams will get two full timeouts per game (used any time).
- In overtime, each team will receive one full timeout (No carryover).
- Overtime will be two minutes. If there is still a tie after the first overtime, the 5 players on the court after the 1st overtime will each shoot 1 free throw. Whichever team makes the most will be declared the winner. In case of a tie still remaining, teams will stay in the same order and shoot 1 free throw at a time until 1 team makes and the other team misses.
- All overtime periods will start with a new jump ball.
- Anytime a team is winning by 25 points or more the scoreboard will be cleared and the remaining time will be played out. The scorebook will still be kept.
- A women's 28.5 size ball will be used for all divisions.

Additional rules for 3rd & 4th grade divisions:

- A 9ft high hoop will be used
- Free throws will be shot from 12 feet.
- Five seconds in the lane.
- Five second Player to Player count will NOT BE utilized
- **Man to Man Defense Mandatory (No zone defenses allowed).**
- Man to man defense is allowed to half court up to a 10 point lead and then the winning team must stay inside the 3 point arch line until the last two minutes of the 2nd period (see next line).
- Full court press is allowed the last 2 minutes of the 2nd period ONLY if the teams are within 10 points of each other. Any team leading by more than 10 points may not press.

Additional rules for 5th & 6th grade divisions:

- **Man to Man Defense Mandatory (No zone defenses allowed).**
- Full court defense is allowed in the last two minutes of the 2nd period ONLY if the teams are within 10 points of each other. Any team leading by more than 10 points may not press.

League Items:

- Each team must provide one scorekeeper for their game. If a team is unable to provide a scorekeeper they will forfeit the game.
- Blank score sheets will be available at the clock table in each gym.

Sportsmanship

Profane language, gestures, fighting or other unsportsmanlike conduct will not be tolerated by/from players, coaches or fans. *If this occurs, those involved will be told to leave the premises for the balance of the day and the next regularly scheduled league or tournament game.*

Please remember these are young kids and the purpose of the league is to develop both their skill and a love for the game of basketball.