

NORTHWEST BASKETBALL ASSOCIATION

2025-2026

BOY'S RULES AND REGULATIONS

NBA Commission Members and Gym Coordinators

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SPECIAL INSTRUCTIONS

1. Please note that there are multiple gym sites. Review your schedule for the correct court.
2. The first team listed on the schedule is the **HOME** team. The **VISITING** team will wear target jerseys, if needed. This should only be needed if neither team has reversible jerseys. If only one has reversible jerseys, they must reverse to avoid anyone wearing target jerseys.
3. Please notify all parents the game admission is \$6.00 for adults (16-62) and \$3.00 for seniors (over 62). This admission pays for scorekeepers and referees.
4. Please do not bring basketballs to the gyms. The gyms will provide warm-up basketballs.
5. Gyms will open 20 minutes before the first scheduled game time. Please notify players and parents not to arrive any earlier than 20 minutes prior to the first scheduled game time.
6. Check your schedule for multiple games on a weekend. Some teams may play two or three games during a given weekend. There are several instances where a team plays twice on Saturday. Please use this to assure that you have identified all games for your team. For questions, call your commissioner.
7. Games will be played unless notified of cancellation by the Gym Coordinator or Commissioner- they will contact you if a game is canceled for any reason.
8. Coaches for each site should check the schedule carefully for any games being played in their practice gyms. If a game is scheduled during their practice time, then the practice is canceled.

Award Qualification

League divisions of six or less teams will receive first, and second place awards based on overall record excluding exhibition games. Divisions of seven or more teams will receive first, second and third place awards based on overall record excluding exhibition games.

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I. ADMINSTRATIVE ORGANIZATION

- A. All administrative and policy making functions of this organization shall be under supervision of the Northwest Basketball Association (NBA) Commission. The NBA Commission shall consist of one representative/commissioner from each of the organizations involved: Satellite Athletic Association (SAA), Yukon Optimists (YKN). Optimist Club of Mustang (MUS) El Reno NBA (ELR) Piedmont Sports Association (PSA). There shall be a Chair, Secretary, Treasurer, and Chairman-Elect from the members of this commission. It shall be the duty and responsibility of the Chair to designate the duties and responsibilities of the other members and officers of the commission.

II. DUTIES OF THE COMMISSION

- A. It shall be the duty of the commission:
- B. To approve the admission of teams and coaches into the association.
- C. To establish and enforce such rules of sportsmanship and ethical conduct of coaches, players, and fans as will further the purpose of the Association.
- D. To establish and enforce game rules and regulations and rules pertaining to player eligibility.
- E. To provide and maintain playing courts for all scheduled league games except for games played at a team's home gym with the approval of the commission.
- F. To provide officials for all scheduled league games.
- G. To schedule all league games, including postponed games.
- H. To serve as the judicial body for the association. As such judicial body, the commission shall have authority to suspend or remove permanently from the association any team, coach, or player who shall, in the opinion of the commission, be guilty of conduct prejudicial to the aims and purposes of the association.
- I. To provide each coach, prior to the team's first league game, with a schedule showing date, starting time, and gym location for games to be played in the league.
- J. To take such action as it shall deem advisable and necessary in any situation not specifically hereafter provided for in these rules and regulations.

III. LEAGUE ORGANIZATION

- A. League organization: The association shall consist of several leagues (divided by age) and divisions (based on experience levels/abilities).
- B. Placement of teams: Teams will be placed in divisions, based on information (coach's requests, preseason schedule, record and point spread, previous year record, etc.) A team can only play up in an age group in league play if the team agrees to play up. The commission can't place a team up in age group without the team/coach approval. A team will play in the same age group in the post season tournament as played in regular league play, unless the team wants to play up in age group. If the team plays up in age group in the post season tournament, the team will be placed in the "B" bracket.
- C. Age cutoff: August 1 (age on July 31) of the playing year shall be the cutoff date in all leagues.
- D. Minimum age requirements: Players must be at least six years of age before August 1 of the playing year to be eligible to play in the NBA.
- E. Official playing season: the official playing season shall be December through March of each year.
- F. Number of scheduled league games: Each team shall play at least one officially scheduled game against each of the other teams in its league/division.
- G. Postponed games: All league games shall be played at the scheduled time and on the scheduled date of the scheduled gym as authorized by the commission. If a game in progress is called because of inclement weather, or other valid reason, the commission may reschedule such game. Any games that cannot be made up will result in a forfeit by both teams. Any changes in the schedule must be communicated in advance to the NBA commission.
- H. See revised forfeit fee application on page 7.

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- I. All NBA head coaches must be National Youth Coaches Association (NYSCA) Certified prior to the first game. Failure to do so will result in forfeiture of all games until certified. It is recommended that the assistant coaches be certified for backup purposes.
- J. No boots, cleats, or colored soles that can mark floors are allowed.
- K. All tournament fees (preseason or post-season) must be paid prior to bracketing teams, per established time/date. NO REFUNDS- NO EXCEPTIONS.

IV. CODE OF ETHICS

- A. Scouting of teams: No coach, manager, player, or other person associated with a team shall scout any other team in the association during other teams' inter-squad activities (practices).
- B. It shall be unethical for any coach or manager to initiate the transfer of any player to his team from any other team or organization with which that player shall have played, either during the current season or during the preceding season or seasons. Such conduct shall be regarded by the commission as prejudicial to the best interest of both the player and the association and may result in the barring of the coach and/or his team from the association.

V. SPORTSMANSHIP

- A. It will be considered unethical conduct for a coach to prevent a badly beaten team from scoring.
- B. No full-court press is allowed by any team leading by 20 points or more. Penalty is a technical foul on the bench. The technical does not count towards coach ejection. Furthermore, if a team is up by 20 points or more, they should stay within the 3-point line on defense. **It is the intent of this rule for teams NOT to play "aggressive defense" in these situations.**
- C. A player who, due to his/her actions, has been ejected from a game by a referee, may sit on the bench for the rest of the game provided that he/she causes no disturbances. The player is, however, automatically suspended and not allowed to attend the next league game.
- D. A coach who has been ejected from the game must leave the gym and will be suspended and not allowed to attend the next league game.
- E. A coach who receives more than 2 technical fouls during the league season will be suspended and not allowed to attend the next league game. If after the suspension he/she receives additional technical fouls, the said coach will be suspended and not allowed to attend the next game and also be cause for disbarment from the league.
- F. Ejection of Teams/Individuals will follow OSSAA RULES.
- G. If a coach or parent is ejected, board has the right to dismiss entire team. This includes Coaches, Players and spectators.
- H. A fan may be ejected from the gym at any time if warranted, by referees and/or personnel responsible for the gym. The said fan will also be suspended and not allowed to attend the next league game.
- I. Unsportsmanlike conduct of coaches, players or fans before, during or after any games will be cause for disbarment from the league.
- J. Only two coaches (head coach and assistant coach) shown on the official team roster are allowed on the team bench. Each team may have a scorekeeper on the bench but no other person, adult, child, etc. may be on the bench or standing in the bench area, (coaches and players only!).
- K. Any team that has forfeited two games during a league season for any reason, will be subject to disbarment from the league.

VI. PLAYER PARTICIPATION RULES

- A. In all ages, participation is to be encouraged. Any NBA player who attends a game ready to play must enter the game at some time. The only exception is if a coach notifies the referee, prior to the game, that a certain player will not play due to disciplinary reasons. Failure to notify the referees will result in forfeiture of the game.
- B. Special participation rules for the 6, 7 and 8 and under leagues:

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1. All players must play for one continuous quarter if suited up and eligible for participation.
 2. **No "within" quarter substitutions** allowed until the second half of the game.
 3. In the second half of the game, there is free substitution for all players having fulfilled their continuous quarter requirement. Other players who have not played a continuous quarter must remain in the game for one continuous quarter until the quarter is completed.
 4. Any violation, intentional or otherwise, is an **automatic forfeit.**
- C. Dual participation rule
1. No player will be eligible to participate on more than one team in the NBA league. Violation of this rule will result in forfeits for any game the player participated in. If this violation occurs the committee will review and determine which roster the player shall be placed on to continue the season. If the removal of the player causes the team to drop below the minimum number of players in VII C the addition of a player will fall under VII D. Violation of this rule shall be regarded by the commission as prejudicial to the best interest of both the player and the association and may result in the barring of the coach's and/or his team from the association.

VII. TEAM ROSTERS

- A. It is the responsibility of the coach to have and validate their roster before the end of the pre-season. Rosters are then locked and can only be changed by their coordinator. This includes but not limited to each player's:
1. Name
 2. Uniform number
 3. Verified birth date
 4. Telephone number
- B. A team cannot have more than four girls on a roster
- C. No team shall have a roster of more than 12 players, and not less than 8 players, unless approved by the NBA commission. The NBA commission must approve any change in the player roster.
- D. Any additional players added after the team roster is submitted to the NBA **commission and must be approved by the Association Commissioner. The Commissioner must then notify all the other commissioners of the addition. Each Commissioner must then add the player to the official roster book of that gym.** The player may not play until he/she has been added to the roster by the commissioner. Players can be added to teams up to January 1.
- E. No player shall engage in any scheduled league game until his/her properly completed contract card is on file with the NBA commission.
- F. No player shall engage in any organized practice until his/her properly completed contract card is on file with the commission.
- G. Player's age must be verified, prior to start of season, by his commissioner.

VIII. UNIFORMS

- A. **Arm Sleeves, Leg Sleeves, Tights, headbands, wrist bands** - per OSSAA rules if worn can be any of the following colors - black, white, beige or the predominant uniform color, **BUT**, if worn they all must match for each piece for each player wearing them.
- B. **T-shirts** may be worn underneath uniform tops provided they are all the same basic color as the uniform top. T-shirts must be hemmed-no cutoffs, per Oklahoma Secondary School Activities Association (OSSAA) rules.
- C. Uniform numbers can contain any digit 0-99.
- D. Each team should have matching uniform tops. If a player does play in a non-matching uniform, the game will be forfeited due to the use of an ineligible player. Any violation, intentional or otherwise, is an **automatic forfeit.**
- E. League rules require "matching" uniform tops. Our league rule intent is that except for the different numbers and/or different player names, the remainder of the jerseys tops match. Please check with your commissioner prior to the season for any concerns.

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IX. GAME RULES

- A. The official rules of basketball, as currently adopted and in use by the Oklahoma Secondary School Activities Association (OSSAA) shall be followed in all leagues except as amended herein.
- B. Officials shall be certified by the OSSAA or approved by the commission. The administrative personnel of the association shall assign them to games. All league games shall be officiated by two officials, if available.
- C. If two officials are not available, games must be played with one official.
- D. Any game started with only one official must be continued with one unless the second official is provided to the starting of the second quarter of play. This rule may be modified if agreeable to both coaches.
- E. The regulation ball will be furnished by the commission:
 - 1. Ages 6,7,8 and under use the Jr. Ball.
 - 2. Age 9 through 11 and under uses the women's High School-sized ball.
 - 3. Ages 12 and older will use the men's High School-sized ball.
- F. The lane violation rules are:
 - 1. The 6,7,8, 9 and 10 and under leagues will use the 5 second lane violation rule.
 - 2. The 11, 12, 13/14 and under leagues use the 3 second lane violation rule.
- G. Free throws:
 - 1. Ages 6,7, 8 and 9 under leagues use the bottom of the jump circle, or designated line distance (approximately 9 feet from the backboard) to shoot from, but the lane size for the 5 second rule remains the same as High School Lane.
 - 2. Ages 10, 11, 12, and 13/14 and under leagues shoot from the regular High School line distance (approximately 15 feet from the backboard).
- H. Game Times:
 - 1. All league games will be played in four six-minute quarters, with one-minute intermission between first and second quarters, and third and fourth quarters. Half-time intermission will consist of five minutes. Overtime periods will be two minutes in length.
- I. Pressing rules:
 - 1. No backcourt pressure is allowed for the 6,7, 8 and 9 and under leagues. Officials will give one warning per team for backcourt pressure. The second warning for a team will be a technical foul (does not count towards coach ejection).
- J. Inbounding ball:
 - 1. All age groups/leagues are to alternate throw-ins on jump ball situations. There will be one jump ball at the start of the game only. The first Inbounding situation goes to the team who did not control the original tip. Overtime periods will start with a jump ball.
 - 2. Ages 6,7, 8, and 9 and under leagues:
 - a) If a time-out is called by the offensive team in the back or front court, then the ball must be inbounded in front court at/near the coach's box line. Penalty is ball is given to the defensive team.
 - b) After a made basket, if the defensive team calls a time-out, the ball must be inbounded by the offensive team at the end of the court line in the backcourt.
- K. The three-point shot will not be in affect if the gym floor is not marked.
- L. Time outs Four one-minute time-outs per game. One additional timeout for each overtime period.

X. PROTESTS

- A. The NBA commission will not accept protests.

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XI. NBA SUMMARY OF RULES

PLEASE DO NOT BRING BASKETBALLS TO THE GYM!

AGE						
RULE	6,7,8	9	10	11	12	13/14
Time per Quarter (minutes)	6	6	6	6	6	6
Time per Overtime (minutes)	2	2	2	2	2	2
Timeouts per Game	4 full	4 full	4 full	4 full	4 full	4 full
Time in Lane (seconds)	5	5	5	3	3	3
Ball Size	Jr. 27.5	Women's 28.5	Women's 28.5	Women's 28.5	Men's 29.5	Men's 29.5
Maximum Overtime Periods	2 *	2 *	2 *	2 *	2 *	2 *
Full Court Press Allowed?	NO-Half Court Only	NO-Half Court Only	Yes- Full Court **	Yes- Full Court **	Yes- Full Court **	Yes- Full Court **
Short Free Throws?	Yes Approx 9 ft	Yes Approx 9 ft	No	No	No	No
Substitution 1 st & 2 nd Q	NO Substitutions 1 st Half	Free Substitution	Free Substitution	Free Substitution	Free Substitution	Free Substitution

***- If game is still tied after two overtime periods, free throws will be shot alternately by each team with players on the floor at the end of the second overtime, after complete rounds of shooting by both teams. The team that makes the most shots will be declared the winner.**

**** - No press allowed if ahead by 20 or more points. Teams must stay inside the 3-point line. See rule V. Sportsmanship, item B. page 5.**

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Forfeit Fees:

If a team cancels, postpones or changes a scheduled game and then for whatever reason that game is not made up. The team that initiated the cancellation will take a forfeit loss. We would encourage the teams to work together and make-up all games, but for league standing purposes, if the game is not made up (for whatever reason) the team that cancelled will take the loss.

1. if your team doesn't show up for a scheduled game or is 10 minutes or more late for a scheduled game or if you have less than 5 players at 10 minutes past the scheduled game time, the game will be declared a forfeit and you will owe at \$75.00 to your coordinator for he/she to pay the affected gym.
2. If you have traded games with other teams and for "any" reason (other than they gym coordinator cancelling the game due to weather or gym problems) the game is not played due to miscommunication and someone not showing up, you will owe \$75.00.
3. **Please note, the \$75.00 forfeit fee has two purposes, one to reimburse the gym for expenses of an "open" game slot and two, to penalize and hopefully discourage teams from forfeiting games. So even if the gym can move games or otherwise avoid game expense, the offending team must still pay the \$75.00 forfeit fee.**
4. If a team forfeits two games during a league season, they will be removed from the league and the remainder of their games immediately cancelled with no refund of any league fees paid. so please don't join the league and ask us to schedule your games if more than one accidental forfeiture is expected.
5. If you absolutely must forfeit a game, please advise your coordinator and opposing coach 72 hours in advance of the scheduled game time or as soon as you know about the forfeit if something occurs at the last minute. No shows where the coordinator and/or other coach is not notified in advance are very frowned upon and the penalty for that is \$150.00 (payable before your next scheduled game).
6. Please don't enter the league and take up league space, if you plan to play a lot of tournaments and you place higher priority on your tournaments than you do our league.
7. Please have an adequate number of players on your team that you can still play if for example 4 or 5 players from the same school have a school game or activity.
8. There are no "open" game slots built into the schedule for you to just simply move a game to a more convenient time for you, to move a game, you must trade with a team or teams in an already scheduled game slot.