

NTX Hoops

BASKETBALL RULES

Van Alstyne | Gunter | Pottsboro

Winter 2025-2026

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BASKETBALL RULES

(All Ages & Leagues)

**All games are played under the National Federation of High School (NFHS) rules except where modified by the NTX Hoops basketball rules herein. **

*Last update 08/24/2025 *All green sections are changes made for the 2025/2026 season**

1. TEAM RULES:

i). Coaches:

Each team is allowed a head coach and an assistant coach. They must be an adult, 18 years or older (unless approved by the league director). The head coach is responsible for the conduct of all persons connected with their team (assistant coach, players, parents and fans). In the event that neither coach is available, a parent may act as the stand-in head coach with approval of their town commissioner. Head coach must provide a written roster prior to the start of each game, and initial the scorebook after each game.

ii). Players:

Players must be on the team roster and have completed their town's registration form. In the event a team only has 4 or 5 players, 1 or 2 commissioner-approved guest players will be allowed to play. Guest players must be registered players with the same town and must be from a grade below that of the team needing the player. If rostered players show up, bringing the team to 7 total players, then one guest player is no longer eligible to play from that point forward in the game. Max of two guest players allowed. Individual players may only play on **one** team per grade. They may play in the grade they are currently in and up a grade, but **NOT** on two teams in the same grade. It does not matter if the teams are in different divisions. It is against the coach's code of conduct for sportsmanship to seek out specific guest players to help win games. The intent of guest players is to avoid forfeits and allow for rest during games.

iii). Rosters:

Commissioners should target a total of 8 players per team but no less (exceptions based on number of players or special circumstances can be made with league director approval). Teams are limited to 12 players on their roster. Under special circumstances, teams may petition the league for an exemption to the 12-player limit. No player can play in two games simultaneously. Once the player has participated in a game, the game must be completed before participating in another game.

iv). Draft:

Each draft must follow the NTX Hoops Draft Policy. Each draft date and time must be communicated to each town commissioner and league director with reasonable notice to give the opportunity for all leadership to attend each draft. Commissioners from each town are expected to attend each town's draft to enhance transparency and promote league unity. If a commissioner cannot attend a draft, a representative should attend with league director approval.

In the event that the number of players/teams in a division does not best accommodate a snake draft, town commissioner can form teams with the best interest of players in mind with league director approval. Draft order is determined by commissioner's discretion of fairness, such as rolling a dice, picking straws, picking numbers on paper out of a hat, etc. Children of head coach and assistant coaches are protected from the draft. Each coach must sign the Coaches Draft Conduct Policy prior to the official start of the draft.

v). Referees

Referees will be selected by the league director at two (2) referees per game (more can be approved if deemed necessary.) Referees are encouraged to call the game based on the league rules, while

considering their DISCRETION in calls made according to the age and grade/division of the players and their skill level. Examples include, but are not limited to:

- For younger kids, this can be encouraging them to dribble the ball while not calling traveling to help the little ones learn the game and have fun. However, should a player simply run the ball like a running back from beyond the 3-point line to the hoop and score, travel should be called. For all three divisions but especially for the kinder division, double dribble will rarely if ever be called.
- For third graders, many players tend to take mini-steps when trying to pivot or trying to stop moving. Referees may consider not calling these infractions.
- For older kids, this can be avoidance of calling the 3-second rule under the hoop when the team is not benefiting from it. As players and teams begin to learn this and can benefit from 3-seconds not being called, the referees may deem it necessary to call it.

2. GENERAL GAME RULES:

i). Scorekeepers:

Each commissioner and/or co-commissioner, or a designated site lead approved by the league director should be on site at all times during games as a site lead. Each site lead has commissioner authority and should ensure that the books are kept properly, the scoreboard is managed fairly, the referees call the game according to the rules herein, and all players, coaches, staff, and attendees behave according to each applicable code of conduct and the rules document herein. All gyms should be ready to go 30 minutes before the start of the first game.

Enhanced book keeping is encouraged. Points and fouls tracked by player along with a box score (points scored and fouls per quarter) will need to be recorded. Technical fouls by player and coach (including those assessed to the head coach but committed by others) need to be recorded as well as any ejections.

ii). Forfeits:

A team must have a minimum of 4 players and 1 coach in order to start the game. If a team is unable to field a team (4 players and 1 coach) within 5 minutes of the scheduled game time, the game will be forfeited. Forfeited games will not be rescheduled.

iii). Bench:

Only eligible players and coaches (limit 2) are permitted on the bench side of the gym. During the game, coaches are not permitted on the court and must stay within the bench area. Referees may require that coaches remain seated. Failure to follow the referees' instructions may result in a technical foul. After the first technical, the coach must remain seated on the bench. Only head coaches can address the referees during the game. If a referee considers an assistant coach's approach/address to be inappropriate, the head coach should receive a verbal warning, followed by a technical foul assessed to the head coach.

iv). Game Time:

Refer to grade specific rules (pages 5-8)

v). Ten Second Rule:

(i) Teams have ten (10) seconds to get the ball over the half court line. Timeouts taken prior to crossing the half court line will reset the ten (10) second clock. When back court pressure is restricted, the ten (10) second clock will not be reset.

(ii) Mandatory Playing Time Requirements:

1. Coaches are responsible to ensure that all players meet their grade-specific rules.
2. A coach who has a dispute over playing time must bring the infraction to the attention of the referees / site admin.

vi). Jump Ball:

Games will start with a center jump ball. Thereafter, teams will alternate throw-ins on jump ball situations. The timekeeper will maintain the possession arrow, which points to the team who will receive the next jump ball. At the start of the 2nd-4th quarters, the team with the possession arrow will have possession of the ball, and the arrow will move to the other team. Overtime periods start with a center jump ball.

vii). Substitutions:

Prior to entering the game, all players must report to the scorer's table. Failure to do so may result in a technical foul.

viii). Time outs:

Each team is allowed two (2) timeouts per half, each being forty-five (45) seconds in length. For overtime, each team gets one (1) timeout per overtime period. Time outs do not carry over.

ix). Fouls:

1. Individual Fouls: A player must leave the game after receiving their 5th (5) foul.

2 Team Fouls: Team fouls in a game reset with each quarter. Teams will shoot (2) two free throws when fouled at five (5) team fouls per quarter reached by the other team. Individual foul rules are not impacted by this.

x). Defensive Pressure:

If defensive pressure is limited to anything other than full court press, the defending team cannot gain possession of the ball until defensive pressure is allowed. For example, if defensive pressure is limited to half-court, the defending team cannot steal or gain possession of the ball until the ball has passed half court. For example, If the ball hits the player's foot and rolls away, it cannot be picked up by the defending team until it passes half court. If the ball is otherwise mishandled and goes out of bounds on the offense, travel or double dribble is called etc., then the defense is awarded the ball.

xi). Foul Shots:

A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. Shooter and players behind free throw line may enter when the ball hits the rim. If the ball on the shot does not hit the rim, play will be stopped and the ball will be given to the non-shooting team, taken out under the basket.

xii). Technical Fouls:

Result in two (2) free throws and loss of possession. Two (2) technical fouls against a player or coach will result in ejection from the game. Players must leave the bench and go to their parents. (if only parent present is coach, will stay on the bench). If coach, they must immediately leave the playing area. Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the head coach.

xiii). Ejections:

Any ejection will result in a one game suspension to be served at the next scheduled regular or postseason game. See General Basketball Policies – Disciplinary Action section.

xiv). Overtime:

If the game is tied at the end of regulation, a three (3) minute overtime period will be played. If the game remains tied at the end of the first overtime, the game ends in a tie. For postseason games that end in a tie after the first overtime, another overtime period will be played, and each team will have one timeout. Each overtime periods start with a center jump ball. It is at the site commissioner's discretion when a third overtime is reached to either keep going with another three (3) minute overtime, or change to "next to score wins" with 3 minutes on the clock. This is to help keep on schedule and avoid forfeits if players foul out and only have 3 remaining eligible players.

xv). Playoffs:

The format and number of teams for playoffs will be decided by the league director. No substitute players are eligible to play in any playoff games.

3. GENERAL BASKETBALL POLICIES:

i). Uniforms:

All uniforms shall have numbers on the back (6") and numbers on the front. Numbers may be up to 2 digits (00-99). Reversible uniforms are recommended but not required. When possible, the home team should wear white (light) colors. In a color conflict (two teams wearing a similar color shirt), the team in violation will need to wear an alternate uniform (or cover mesh jerseys if available).

ii). Disciplinary Action:

1. Disciplinary action may be taken against a coach/player for violation of the rules. Depending on the severity of the infractions, a recommendation may be made to suspend the coach/player for the remainder of the season or ban the coach/player from all league sponsored events.
2. Fighting will not be tolerated. Players or coaches who fight, start or attempt to instigate a fight will be expelled from further league play.
3. Violation of playing time rules is not tolerated. League commissioners will investigate all suspected playing time violations. If it is determined that a coach violated the playing time requirements, then the coach will be counseled on the rules. Any further violation will result in an automatic one (1) week suspension for the violator. It is understood that "one week" means "the week of the next scheduled game." A coach, who continues to violate the playing time rules, may result in additional suspension or immediate replacement of the coach.
4. Two (2) technical fouls against a player or coach will result in ejection from the game. Any of ejection also carries an automatic one (1) week suspension. The suspension will be served in the next scheduled week. It is understood that "one week" means "the week of the next scheduled game." **Two ejections in a season will result in immediate removal of the offending player or coach from further league play.** Town commissioners have the right to impose further punishment if they deem it necessary.
5. Any spectator who demonstrates rude or abusive behavior will be required to leave the game site immediately. They may cause their team's head coach to be assessed a technical foul.

iii). Cancellations:

Cancellations should be made known to respective town commissioner as soon as possible to notify other teams and referees. Respective town commissioner should notify the league director of the situation. Cancellations made less than 48 hours from game time will not be rescheduled and will be a forfeit loss for the cancelling team. Only the league director can approve a rescheduled game and good cause must be given.

iv). Protests:

- 1.) The only protest heard by the NTX Hoops League is for ineligible players. Coaches may not protest a referee's judgment call. During the regular season, all protests must be submitted to your town commissioner in writing within 48 hours of the game in question. During playoffs and tournaments, the time between games does not allow for the normal protest process.
- 2.) Roster checks can only be requested by a head coach
- 5.) Roster checks can only be performed at the following times:
 - a.) Prior to start of game
 - b.) End of 1st or 2nd quarter

- 8.) If a roster check is requested, both teams' rosters will be verified by a League Commissioner or authorized person on-site.
- 9.) If the roster check was asked for in-game and after rosters have been checked and all players are found to be eligible to play, the requesting team's coach will receive a technical foul (delay of game technical) Opposing team will then shoot two free throws and receive the ball.

***Town Commissioners will jointly have the authority to rule on the protest. ***

v). Disciplinary Action:

1.) Commissioners have the authority to enforce all applicable codes of conduct. Disciplinary action should follow relevant policy and procedure and should be documented with each town and reported to NTX Hoops league director. If an incident is reported and NTX Hoops determines that disciplinary action should be handled locally, each town commissioner should seek disciplinary action according to the relevant codes of conduct for incidents involving persons most closely aligned to that town organization. For example, if a parent uses profanity to a referee in Pottsboro, then BAFYO should issue the disciplinary action according to BAFYO's relevant code of conduct (or NTX Hoops relevant code of conduct) to that parent if NTX Hoops does not issue disciplinary action. Refer to the NTX Hoops player code of conduct, parent code of conduct, and coach code of conduct.

House Rules for Use of ISD Gymnasiums

1. All spectators shall enter/exit the most direct means to the gym and at no time allowed to wander about the school premises.

2. Parents are responsible for their child's behavior at all times while they are in the building.
3. NO food in the gym for spectators. Player drinks must be in a sealed container.
4. NO chewing gum or tobacco products on any gym premises.
5. Taunting, baiting or profane language is not allowed. One warning will be given. The second incident will result in an ejection.
6. Jewelry and sharp objects **CANNOT** be worn on the basketball courts. This includes, but not limited to watches, earrings, necklaces, rings and berets. Any medical or religious jewelry can be worn if approved by the league commissioners: however, it must be securely taped down
7. At no time should anyone attempt to climb or hang on the wall system surrounding any of the courts or practice areas. Never climb or hang on the netting surrounding the fields or the court dividers. None of the net systems are designed to support weight.
8. All participants, coaches, and spectators must behave in a respectful manner with the spirit of FAIR PLAY, not only towards the referees, but also towards administrators, opponents, teammates and spectators.
9. No admissions/entry fees are allowed to be charged at game locations for the regular season. This does not include playoffs or any other tournaments.

Kindergarten and 1st Grade

Basket Height: 8 ft (kinder may play at 7ft if gym can accommodate)

Ball Size: Junior Ball (27.5)

Playing Time and Time - Outs

4 Quarters - 8-minute Running Clock, stops around 4-minute mark for subs for the quarter, on time outs, free throws, and referee discretion. Referee may use discretion to limit substitutions in the 4th quarter during close games. If the game is in the 4th quarter with 2 minutes or less remaining, and at any point therein the game is within 5 or fewer points, standard clock stoppage rules for whistled-plays begin and do not end until the game ends. If a team is up by more than 20 points, the scoreboard should no longer display the score, but the book should continue to record as normal.

Mandatory Playing Time Requirements:

1. Teams with ten (10) or less players: Each player must play 50% of each half.
2. Teams with more than ten (10) players: Each player must play an equitable amount of time.
3. These rules may be waived under the following circumstances.
 - a. If a player arrives after the start of the game but before the start of the second half,

the coach must play the player 50% of the second half and is not obligated to play the player in the first half.

b. If a player arrives after the start of the second half, the coach is not obligated to play the player.

4. Clock will stop as close to the 4-minute mark as possible to allow for substitutions.

Kindergarten-1st Grade Expectations on Traveling and Double Dribble

1. For Kinder-1st grade, referees will allow 3-4 double dribbles and 3-4 steps on a travel (when ball is in the front court).

2. If in violation of the rules, referees will explain violation to participant and ball is awarded to opposing team.

3. Referees have discretion so long as they are consistent. We want this age to be instructional. We cannot call every single violation; the purpose is to learn. **Refer to Team Rules – Referees section.**

Defensive Pressure:

1. No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.

2. Initial defensive pressure is not allowed until the ball passes the 3-point arc. The team on offense must make a timely attempt to advance the ball across the 3-point arc, or the referee will call a held ball and award the ball to the other team. After the ball carrier's initial penetration of the 3-point arc, defensive pressure is allowed for the entire half-court until change of possession.

3. The team on offense must make a timely attempt to advance the ball across the 3-point arc or the referee will call a held ball and award the ball to the other team.

4. Defensive pressure violations will result in the ball being given back to the offensive team. Repetitive violations will result in report to town commissioner for review.

Foul Shots for kinder and 1st are taken right in front of the hoop.

Three-second lane violations are NOT called.

Technical fouls may be called on coaches or bench.

Shots made behind the three-point line will count as three (3) points.

No playoffs (kinder, 1st, 2nd)

2nd Grade

Basket Height: 8 ft.

Ball Size: Junior Ball (27.5)

Playing Time and Time - Outs

4 Quarters - 8-minute Running Clock, stops around 4-minute mark for subs for the quarter, on time outs, free throws, and referee discretion. Referee may use discretion to limit substitutions in the 4th quarter during close games. If the game is in the 4th quarter with 2 minutes or less remaining, and at any point therein the game is within 5 or fewer points, standard clock stoppage rules for whistled-plays begin and do not end until the game ends. If a team is up by more than 20 points, the scoreboard should no longer display the score, but the book should continue to record as normal.

Mandatory Playing Time Requirements:

1. Teams with ten (10) or less players: Each player must play 50% of each half.

2. Teams with more than ten (10) players: Each player must play an equitable amount of time.

3. These rules may be waived under the following circumstances.

a. If a player arrives after the start of the game but before the start of the second half, the coach must play the player 50% of the second half and is not obligated to play the player in the first half.

b. If a player arrives after the start of the second half, the coach is not obligated to play the player.

2nd Grade Expectations on Traveling and Double Dribble

1. For 2nd Grade, referees will allow 1 double dribble and 1 extra step on a travel while outside the three-point line. Inside the three-point line, will be called as regulation basketball.

2. If in violation of the rules, referees will explain violation to participant and ball is awarded to opposing team.

3. Referees have discretion so long as they are consistent. We want this age to be instructional. We cannot call every single violation; the purpose is to learn. **Refer to Team Rules – Referees section.**

Defensive Pressure:

1. No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.

2. Initial defensive pressure is not allowed until the ball passes the volleyball line, or 5 feet beyond the 3-point line if no volleyball line present. The team on offense must make a timely attempt to advance the ball across the volleyball line or the referee will call a held ball and award the ball to the other team. After the ball carrier's initial penetration of the volleyball line, defensive pressure is allowed for the entire half-court until change of possession.

3. Defensive pressure violations will result in the ball being given back to the offensive team.

Foul Shots for 2nd grade are taken 2 feet in front of the standard free throw line. Shots are taken at the free throw line if the 8ft hoop is an add-on equipment piece (rim is closer than normal)

Three-second lane violations are not called.

Technical fouls may be called on coaches or bench.

Shots made behind the three-point line will count as three (3) points.

No playoffs (kinder, 1st, 2nd)

3rd and 4th Grade

Basket Height: 10 ft.

Ball Size: 3rd Grade: Junior Ball (27.5); 4th Grade: Intermediate Ball (28.5)

Playing Time and Time - Outs

4 Quarters - 6-minute clock with standard clock stoppage rules for whistled-plays

Mandatory Playing Time Requirements:

1. Each player must play at least 25% of each half and participate in each half.

2. These rules may be waived under the following circumstances.

- If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter in the second half and is not obligated to play the player in the first half.

- If a player arrives after the start of the second half, the coach is not obligated to play the player.

Defensive Pressure:

1. No defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.

3. In the half-court, defensive pressure begins as follows:

- 3rd grade – volleyball line (if not present, imaginary line halfway between top of key and halfcourt). Once ball crosses this point, defensive pressure can now take place for entire half court in that possession.

- 4th grade – half court line
- 3. When a team is ahead by 20 or more points in the second half, running clock begins
- 4. Defensive Pressure violations will result in the ball being given back to the offensive team. The third defensive pressure violation results in a technical foul, two (2) free throws + ball on the side.

Foul Shots:

1. 3rd -4th grade shoot free throws from 1-foot (12") in front of the standard free throw line

Three-Second lane violations:

1. 3rd Grade: Three-second lane violations are not enforced.
2. 4th Grade: Three-second lane violations **may be** enforced. **Refer to Team Rules – Referees section**

Shots made behind the three-point line will count as three (3) points.

5th and 6th Grade

Basket Height: 10 ft.

5th Grade: Intermediate Ball (28.5)

6th Grade:

Girls: Intermediate Ball (28.5)

Boys: Official Regulation Ball (29.5)

Playing Time and Time - Outs

4 Quarters - 6-minute clock with standard clock stoppage rules for whistled-plays

Mandatory Playing Time Requirements:

1. Each player must play at least 25% of each half and participate in each half.
2. These rules may be waived under the following circumstances.
 - If a player arrives after the start of the game but before the start of the second half, the coach must play the player one (1) full quarter in the second half and is not obligated to play the player in the first half.
 - If a player arrives after the start of the second half, the coach is not obligated to play the player.

Defensive Pressure:

1. Full court defensive pressure is permitted only in the second half of the game.
2. Half-court pressure is allowed in the entire game.
3. When a team is ahead by 20 or more points in the second half: The leading team is restricted to no defensive pressure in the backcourt. Once ball control has been established on a rebound, the defensive team must release.
4. Defensive pressure violations will result in the ball being given back to the offensive team. The third defensive pressure violation results in a team technical foul, two (2) free throws + ball back.

Foul shots are taken from the regulation free throw line.

Three-second lane violations may be enforced. **Refer to Team Rules – Referees section**

Shots made behind the three-point line will count as three (3) points

NTX HOOPS

Rules Summary	K/1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade
Hoop Height	7ft or 8ft	8ft	10ft	10ft	10ft	10ft
Quarter Time	8 minute running clock	8 minute running clock	6 minutes	6 minutes	6 minutes	6 minutes
Ball Size	27.5"	27.5"	27.5"	28.5"	28.5"	28.5" Boys: 29.5"
Foul shots	In front of hoop	2 feet in front of free throw line; at free throw line on add-on hoops	1 foot in front of free throw line	Free throw line	Free throw line	
Defensive Pressure	3-point line for initial pressure, then half court	Volleyball line or 5 feet beyond 3-point line for initial pressure, then half	Volleyball line or 5 feet beyond 3-point line for initial pressure, then half	Half court	Half court 1st half; full court 2nd half	Half court 1st half; full court 2nd half
Time outs	2 per half	2 per half	2 per half; 1 in overtime	2 per half; 1 in overtime	2 per half; 1 in overtime	
Overtime	One 3-minute overtime	One 3-minute overtime	One 3-minute overtime	One 3-minute overtime	One 3-minute overtime	
Bonus	2 foul shots at 5 team fouls in each quarter	2 foul shots at 5 team fouls in each quarter	2 foul shots at 5 team fouls in each quarter including OT	2 foul shots at 5 team fouls in each quarter including OT	2 foul shots at 5 team fouls in each quarter including OT	
Foul out	5 individual fouls	5 individual fouls	5 individual fouls	5 individual fouls	5 individual fouls	
Mercy Rule	Running clock with no stops for subs, free throws, etc.	Running clock with no stops for subs, free throws, etc.	In 2nd half and lead by 20 or more, running clock	In 2nd half and lead by 20 or more, running clock	In 2nd half and lead by 20 or more, defensive pressure or more, defensive pressure at half court only	