

NYSE HANDBOOK

OFFICIAL GYM POLICIES AND GAME REGULATIONS

Gym Regulations

- Only squeeze-style water bottles are permitted on the team bench. Bottles with flip or screw-top lids are prohibited.
 - Basketballs are not allowed inside the gymnasium on Saturday game days. Players may warm up with basketballs outdoors or in designated hallway areas only.
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Coach and Player Expectations

- All participants are expected to arrive early to practices and games, fully prepared to participate.
 - Attendance at all scheduled practices and games is required. In the event of an absence, prior notification must be provided to the coaching staff.
 - Participants shall recognize athletics as an opportunity for development, learning, and enjoyment.
 - All individuals must adhere to team rules and maintain respectful, professional communication with coaches, teammates, and staff at all times.
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Playing Time and Substitution Policy

- Games will consist of two 14-minute halves.
- Coaches are required to ensure equitable playing time for all players throughout the game.
- Mandatory substitutions will occur at 10:30, 7:00, and 3:30 of each half. At each substitution interval, all bench players must enter the game (“clear the bench” rule).
- After the 3:30 mark of the second half, substitutions will be at the discretion of the coach.
- Substitutions must be executed promptly and are not to be treated as timeouts. Players should report to the scorer’s table in advance.
- Each team is allotted three (3) timeouts per game. One (1) additional timeout will be granted in overtime.
- Teams with nine (9) or fewer players must rotate players for two sequences before substituting them out.
- No player may participate for an entire half unless the team has only five (5) or six (6) available players.

- Teams with ten (10) or more players must substitute all players each sequence, except after the 3:30 mark of the second half.
 - No player may play the entire game unless only five (5) players are available.
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Game Clock Procedures

The game clock will run continuously and will stop only under the following circumstances:

- A timeout is called
 - An official stops play (e.g., injury, equipment issue)
 - During the final minute of each half, when the ball is out of bounds, a score occurs, or upon official stoppage
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Game Rules by Division

Jr. Ballerz Division

- Zone defense and double-teaming are prohibited.
- Defensive play must be strictly man-to-man; steals are permitted only under these conditions.
- Following a defensive rebound, the opposing team must retreat to half-court defensive positioning.
- Team fouls reset at the start of each half:
 - 7th foul: one-and-one free throws awarded
 - 10th foul: two free throws awarded
- Overtime consists of a two-minute period; player selection is at the coach's discretion.
- If a second overtime ends in a tie, a sudden-death format will determine the winner.
- During the final 30 seconds of regulation and overtime, the ball may be advanced following a timeout, at the offensive team's discretion.

Rising Stars Division

- Both zone and man-to-man defenses are permitted.
- Pressing is allowed during the final minute of each half.
- Team foul rules and overtime procedures are consistent with the Jr. Division.

All-Stars Division

- Standard middle and high school basketball rules apply.
 - Zone and man-to-man pressing are permitted throughout the game.
 - Team foul rules and overtime procedures are consistent with other divisions.
 - The ball may not be advanced following a timeout.
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Conduct and Discipline

- A technical foul results in two free throws and possession of the ball. The penalized player must sit out the remainder of the current rotation. If issued late in a rotation, the penalty extends into the next rotation period.
 - A coach receiving a technical foul must remain seated for the remainder of the game. A second technical foul results in ejection.
 - Bench areas are restricted to players and coaches only; spectators are not permitted.
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Press Rules

- **Jr. Division:** Pressing permitted during the final 30 seconds of each half and the game.
- **Rising Stars Division:** Pressing permitted during the final minute of each half and the game.
- **All-Stars Division:** Pressing permitted at all times.