



**NORTHERN WESTCHESTER BASKETBALL LEAGUE
RULES & GUIDELINES 5TH - 6TH GRADE 2015**



League Supervisors:

North Castle: Matt Trainor 273-3325 x 4

Mt Kisco: Gary Fisher 666-4577

Pound Ridge: David Goldberg 764-3987

Bedford: Jim Whiting 666-7004

GENERAL:

- *No gum, food, or beverages are allowed in the gyms.*
- *No one will be permitted in the locker rooms. Participants are required to wear sneakers and their uniforms to all games.*
- *Participants and spectators must stay in the gym area. No wandering in halls. .*
- *Spectators and participants must stay off all apparatus and equipment.*
- *Gyms are "Applause Only." Positive support is encouraged; negative chants or "booing" will not be tolerated....it's about the kids!*
- *In the case of Inclement Weather, check www.teamsideline.com/northcastle for information on games. For quickest results, also register for text and email updates on the front page!!!*

PLAYERS, COACHES, AND OFFICIALS:

- *Emphasis will be on participation and sportsmanship, rather than winning.*
- *Each player must play a minimum of half the game (14 minutes); substitutions must be made at the 3:30 mark of each quarter only. Players must play TWO consecutive periods.*
- *Sometime during the game, each player must sit out 3:30; If players meet the above criteria, they may be freely substituted in the 4th quarter. If teams do not comply, a league official will notify the coach and recommend substitutions.*
- *Rules are subject to change in the event of injury.*
- *Calls by the referee cannot be questioned unless it is one of interpretation.*
- *REMEMBER: This is a teaching and recreational league; referees, players, and coaches are NOT perfect!!! Have fun!!!*

PLAYING RULES:

- *Games will consist of four seven minute quarters stop time.*
- *In the case of a tie, a one minute overtime period will be played.*
- *Substitutes should report to the scorers table in anticipation of play (3:30 of each period)*
- *There will be three time outs consisting of one minute per game.*
- *A player who has committed his 6th personal foul will have fouled out.*
- *7 team fouls will constitute 1/1 situation. 10th team foul = 2 shots*
- *Half Court Press: Once a defensive team gets possession of the ball the opposing team must retreat to assume their defense beyond mid-court. No pressing allowed until the last minute of the game. The offensive team has 10 seconds to bring the ball past half - court.*
- *Alternate possession rule will be in effect.*
- *3 second rule and five second violations will be in effect.*
- *Shots from the 3pt line will be counted as two points.*
- *Players have the option to shoot from the regulation OR modified foul line.*

Directions to NWBL Gym Facilities

- **Crittenden and Wampus Schools:** Rte 684 South to exit 3 (Armonk) Bear right off exit Rte 22 South. Go to 1st light and make a right. Make right at next light (Bedford Rd) and make left onto McDonald Ave. Crittenden is on your right; for Wampus, proceed past Crittenden around the curve. The school is on the right.
- **Fox Lane Middle School:** Rte 684 North to Exit 4 Mt Kisco. Make a right onto Rte 172 . Go ½ mile and make a right into the Fox Lane Campus. The Middle School is on your left. Bear left up the access road to the gym. High School is located straight ahead.
- **Leonard Park:** Take 684 North to Exit 4 Mt Kisco. Turn left onto Rte 172. About 100 yards past 2nd light, you will make left turn into entrance of Leonard Park. Go straight to big parking lot area, building is on left.
- **Directions to Katonah Elementary School:** 684 North to Exit 6 (Rte 35) Top of exit ramp turn left onto Rte 35 West, 3rd traffic light turn left onto Cherry Street. Follow Cherry to 2nd stop sign and turn left onto Huntsville Rd.; the School is 1/4 mile on right.
- **North Castle Community Center, 10 Clove Rd North White Plains.** 684 South to Exit 3 Armonk. Bear right off exit onto Rte 22 south. Stay straight on Rte. 22 for 5-6miles past Kensico Dam to next light before Sir Johns Plaza. Make right turn on to Hillandale Ave, right onto North Broadway and 1st left at Clove Rd. Community Center is on right.