



N.H.I.B.T. RULES

COLLEGE DIVISION

TIME: 20 minute halves (running clock)

Clock stops last minute of the 1st half on all whistles
Clock stops last 2 minutes of game on shooting fouls
and last minute of game on all whistles
Mercy Rule- Running clock with a lead of 20 points or
more with 2mins left in the game, except timeouts

TIME OUT: Five (5) per game
Three (3) full & Two (2) 30 second time outs

BONUS: Bonus starts on 7th foul

10 fouls constitute an automatic 2 shots

FREE On the release of shooter

THROWS:

OVERTIME: Will consist of 3 minutes
Clock stops last 2 minutes of overtime period on free
throws and the last minute on all whistles

FOULS: 6 Personal fouls

**ALL OTHER RULES WILL BE FOLLWED ACCORDING TO
IHSA.**

OFFICAL RULES PRINTED ON A LIGHT BLUE SHEET



N.H.I.B.T. RULES

WOMEN & HIGH SCHOOL DIVISION

TIME:

18 minute halves (running clock)

Clock stops last minute of the 1st half on all whistles

Clock stops last 2 minutes of game on shooting fouls and last minute of game on all whistles

Mercy Rule- Running clock with a lead of 20 points or more with 2mins left in the game, except timeouts

TIME OUT:

Five (5) per game

Three (3) full & Two (2) 30 second time outs

BONUS:

Bonus starts on 7th foul

10 fouls constitute an automatic 2 shots

FREE

On the release of shooter

THROWS:

OVERTIME:

Will consist of 3 minutes

Clock stops last 2 minutes of overtime period on free throws and the last minute on all whistles

FOULS:

Women's Division 6 Personal fouls allowed

High School Division 5 Personal fouls allowed

ALL OTHER RULES WILL BE FOLLOWED ACCORDING TO IHSA.

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N.H.I.B.T. RULES

BOYS & JR GIRLS DIVISIONS

TIME:

18 minute halves (running clock)

Clock stops last 2 minutes of each half on free throw and last minute of each half on all whistles

Mercy Rule- Running clock with a lead of 20 points or more with 2mins left in the game, except timeouts

TIME OUT:

Five (5) per game

Three (3) full & Two (2) 30 second time outs

DEFENSE:

Full court press allowed last 2 minutes of each half

No full court press allowed for team winning over 15 points

BONUS:

Bonus starts on 7th foul

10 fouls constitute an automatic 2 shots

FREE

On the release of shooter

THROWS:

OVERTIME:

Will consist of 3 minutes

Clock stops last 2 minutes of overtime period on free throws and the last minute on all whistles

FOULS:

5 Personal fouls allowed

ALL OTHER RULES WILL FOLLOW IHSA RULES

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N.H.I.B.T. RULES

DDY DIVISION (5TH/6TH GRADES – COED)

Girls should be in 5th or 6th grade. NOTE: ** A participant may play in both the Bidy Division and the Grade School Division**

It is **HIGHLY RECOMMENDED** that at least one girl be playing in the game at all times. All efforts must be made to have girls on the team and participate as this is a Co-Ed League.

Basketball will be $\frac{3}{4}$ (28.5 lbs.) size

TIME: 16 minute halves (running clock)

Clock stops last 2 minutes of each half on free throw and last minute of each half on all whistles
Mercy Rule- Running clock with a lead of 20 points or more with 2mins left in the game, except timeouts

TIME OUT: Five (5) per game
Three (3) full & Two (2) 30 second time outs

DEFENSE: Full court press allowed last 2 minutes of each half
No full court press allowed for team winning over 15 points
If a team is winning by more than 10 points, the defense must be pulled back to the three-point line or within.

BONUS: Bonus starts on 7th foul
10 fouls constitute an automatic 2 shots

FREE On the release of shooter

THROWS:

OVERTIME: Will consist of 2 minutes
Clock stops last 1 minutes of overtime period

FOULS: 5 Personal fouls allowed

ALL OTHER RULES WILL FOLLOW IHSA and GOAL RULES

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N.H.I.B.T. RULES

DDY DIVISION (3rd/4th GRADES – COED)

Girls should be in 3th or 4th grade. NOTE: ** A participant may play in both the 5th / 6th grade Bidy Division and the 3rd / 4th grade Division**

It is **HIGHLY RECOMMENDED** that at least one girl be playing in the game at all times. All efforts must be made to have girls on the team and participate as this is a Co-Ed League.

Basketball will be $\frac{3}{4}$ (28.5 lbs.) size

TIME: 16 minute halves (running clock)

Clock stops last 2 minutes of each half on free throw and last minute of each half on all whistles
Mercy Rule- Running clock with a lead of 20 points or more with 2mins left in the game, except timeouts

TIME OUT: Five (5) per game
Three (3) full & Two (2) 30 second time outs

DEFENSE: Defense must be pulled back to the three point line or within.
Half court press allowed last 2 minutes of each half only if pressing team is losing by 10 points or more.
No full court press allowed.

BONUS: Bonus starts on 7th foul
10 fouls constitute an automatic 2 shots

FREE On the release of shooter

THROWS:

OVERTIME: Will consist of 2 minutes
Clock stops last 1 minutes of overtime period

FOULS: 5 Personal fouls allowed

ALL OTHER RULES WILL FOLLOW IHSA and GOAL RULES

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N.H.I.B.T. RULES

DDY DIVISION (1st / 2nd GRADES – COED)

Girls should be in 1st or 2nd grade. NOTE: ** A participant may play in both the 3rd / 4th grade Biddy Division and the 1st / 2nd grade Division**

It is **HIGHLY RECOMMENDED** that at least one girl be playing in the game at all times. All efforts must be made to have girls on the team and participate as this is a Co-Ed League.

Basketball will be ¾ (28.5 lbs.) size

Baskets will be set eight feet (8'-0") above finished gymnasium floor

TIME:	16 minute halves (running clock) Clock stops last 2 minutes of each half on free throw and last minute of each half on all whistles Mercy Rule- Running clock with a lead of 20 points or more with 2 mins left in the game, except timeouts
TIME OUT:	Five (5) per game Three (3) full & Two (2) 30 second time outs
DEFENSE:	Defense must be pulled back to the three point line or within a designated line / marking on the court Half court press allowed last 2 minutes of each half only if pressing team is losing by 10 points or more. No full court press allowed.
BONUS:	Bonus starts on 7 th foul 10 fouls constitute an automatic 2 shots
FREE	On the release of shooter
THROWS:	
OVERTIME:	Will consist of 2 minutes Clock stops last 1 minutes of overtime period 5 Personal fouls allowed
FOULS:	
ALL OTHER RULES WILL FOLLOW IHSA and GOAL RULES	

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N.H.I.B.T. RULES

40+ MEN'S DIVISION

TIME:

20 minute halves (running clock)

Clock stops last minute of the 1st half on all whistles
Clock stops last 2 minutes of game on shooting fouls
and last minute of game on all whistles

Mercy Rule- Running clock with a lead of 20 points or
more with 2mins left in the game, except timeouts

TIME OUT:

Six (6) per game

Three (3) full & Three (3) 30 second time outs

BONUS:

Bonus starts on 7th foul

10 fouls constitute an automatic 2 shots

FREE

On the release of shooter

THROWS:

OVERTIME:

Will consist of 2 minutes

Clock stops last minute of overtime period on all
whistles

FOULS:

6 Personal fouls

**ALL OTHER RULES WILL BE FOLLOWED ACCORDING TO
IHSA.**
