



NHIBT TOURNAMENT RULES AND REGULATIONS

(updated 1/9/2024)

GOALS AND OBJECTIVES OF THE NHIBT:

In its over 94 years of existence, the tournament has consistently adjusted its mission to guide its decisions. Understanding the purpose of NHIBT and its decisions is crucial.

NHIBT PURPOSE:

- Provide Hellenic individuals a platform to meet and cultivate relationships.
- Facilitate participation in a national basketball tournament for Hellenic individuals.
- Promote Hellenic Ideals based on Edith Hamilton's "The Greek Way":
 - Importance and worth of the individual
 - Concept of freedom
 - Value of seeking the truth and being guided by it
 - Principle of democracy allowing citizens to govern themselves
 - Awareness of perfect beauty leading to higher aspirations
 - Strive to maintain the Greek language and culture
- Build servant leaders for life in the community through trust, love, and commitment.

HOW NHIBT ACHIEVES ITS GOALS:

- Provides Hellenic individuals of all ages and genders opportunities to participate in the tournament and events.
- Collaborates with national and local organizations, groups, and individuals with similar goals to promote the tournament, events, volunteers, and players.
- Increases awareness among donors, advocates, and sponsors to support NHIBT's not-for-profit activities.

WHY NHIBT DOES WHAT IT DOES:

- Provides Hellenic individuals a chance to give back to the community.
- Connects Hellenic generations through the tournament and events.
- Leaves a lasting legacy with a sense of family, history, belonging, and purpose, generation after generation.
- Shares NHIBT's history and impact on Hellenic communities locally and nationally.

NHIBT'S VISION FOR THE FUTURE:

- Provide a lasting, sustainable national Hellenic basketball tournament for all ages and genders.
- Support national Hellenic teams and individuals attending various tournaments.
- Achieve financial independence to support Hellenic events, organizations, and educational groups globally.
- Give back to the Hellenic community by distributing proceeds from the tournaments to organizations promoting Hellenic Ideals.
- Strive to be the program by which all others are measured.

NHIBT MISSION STATEMENT:

Promote, Support, and Preserve our Hellenism through competition and fellowship.

NHIBT VISION:

Collaborate with the Hellenic community to make NHIBT the tournament of choice.

NHIBT DIVISION ELIGIBILITY:

Players must comply with eligibility requirements set forth by the NHIBT Eligibility Committee:

1. Player must be listed on the submitted Team Roster.
2. Player's legal guardian must sign the NHIBT basketball tournament waiver release form.
3. Player has at least one Greek grandparent in their heritage.
4. Player is eligible if adopted by Greek parent(s).
5. NHIBT Board will review non-Hellenic players baptized as Greek Orthodox Christians on a case-by-case basis.
6. Players must participate in their proper age category; playing down in age groups is not allowed.

NHIBT DIVISION RULES AND REGULATIONS (ALL DIVISIONS):

- Coaches, assistant coaches, and teams must follow eligibility requirements.
- Address any problems or concerns with parents/fans promptly.
- Players allowed to play for one team per division.
- Sportsmanship lines must be held at the conclusion of each game.
- Technical fouls result in automatic disqualification from the game.
- NHIBT reserves the right to rule on all controversies.
- Game time is forfeit time; teams must have four players dressed and ready to play.
- All rules governed by the Illinois High School Athletic Association (IHSAA) apply.

DIVISIONS OF PLAY:

1ST – 2ND GRADE COED DIVISION

Boys and Girls should be in 1st or 2nd and younger grades can participate.

- Games will consist of TWO 16 minutes halves with a running clock.
- Five (5) fouls and the player is out of the game.
- Two (2) Full Time outs per half - non-accumulative.
- DEFENSE can be played at half court. NO STEAL OFF THE DRIBBLE IS ALLOWED.
- THERE IS NO FULL COURT PRESS until the last two minutes of the 2nd HALF. Pressing is not allowed if the team is ahead by more than 10 points.
- A five-second rule in the lane applies (officials are encouraged to tell players to leave this area rather than call this violation on the first offense).
- Clock stops the last minute of each half, as well as time outs. Clock still runs on free throws.
- Overtime will be Two Minutes (clock to stop at free throws and 0me outs), with the clock stopping at every whistle during the LAST MINUTE.
- Youth sized 27.5-size ball should be used or no bigger than a 28.5-size ball. Division uses an 8' high rim for games.
- Free throws are shot from a line one foot in front of the regular free throw line. Foul line is flexible and can be moved even closer for younger players per Game Officials discretion.
- All players dressed must play in each half. Coaches are encouraged to match up players when substituting.
- Any technical foul called against a player result in automatic disqualification from the game and possible further disciplinary action.

3RD – 4TH GRADE COED DIVISION

Boys and Girls should be in 3rd or 4th and younger grades can participate.

- Games will consist of TWO 16 minutes halves with a running clock.
- Five (5) fouls and the player is out of the game.
- Three (3) Full and two (2) 30 second time outs per game.
- DEFENSE can be played at half court.
- If a team is winning by more than 10 points, the defense must be pulled back to the three point line or within.
- THERE IS NO FULL COURT PRESS until the last two minutes of the 2nd HALF. Pressing is not allowed if the team is ahead by more than 10 points.
- A five-second rule in the lane applies (officials are encouraged to tell players to leave this area rather than call this violation on the first offense).
- Clock stops the last minute of each half, as well as timeouts. Clock still runs on free throws.
- Overtime will be Two Minutes (clock to stop at free throws and time outs), with the clocking stopping at every whistle during the LAST MINUTE.
- Youth sized 28.5-size ball should be used. Division uses 10' high rim for games.
- Free throws are shot from a line one foot in front of the regular free throw line.
- All players dressed must play in each half. Coaches are encouraged to match up players when substituting.

3RD – 6TH GRADE GIRLS DIVISION

Girls should be in 3RD – 6TH grades. Younger grade girls can participate.

- Games will consist of TWO 16 minutes halves with a running clock.
- Five (5) fouls and the player is out of the game.
- Three (3) Full and two (2) 30 second time outs per game.
- DEFENSE can be played at half court.
- If a team is winning by more than 10 points, the defense must be pulled back to the three point line or within.
- THERE IS NO FULL COURT PRESS until the last two minutes of the 2nd HALF. Pressing is not allowed if the team is ahead by more than 10 points.
- A five-second rule in the lane applies (officials are encouraged to tell players to leave this area rather than call this violation on the first offense).
- Clock stops the last minute of each half, as well as 30 second time outs. Clock still runs on free throws.
- Overtime will be Two Minutes (clock to stop at free throws and 30 second time outs), with the clocking stopping at every whistle during the LAST MINUTE.
- Youth sized 28.5-size ball should be used. Division uses 10' high rim for games.
- Free throws are shot from a line one foot in front of the regular free throw line.
- All players dressed must play in each half. Coaches are encouraged to match up players when substituting.

5TH – 6TH GRADE COED DIVISION

Boys and Girls should be in 5th – 6th and younger grades can participate.

- Games will consist of TWO 16 minutes halves with a running clock.
- Five (5) fouls and the player is out of the game.
- Three (3) Full and two (2) 30 second time outs per game.
- DEFENSE can be played at half court.
- THERE IS NO FULL COURT PRESS until the last two minutes of each HALF. Pressing is not allowed if the team is ahead by more than 20 points.
- Clock stops the last minute of each half, as well as 30 second time outs. Clock still runs on free throws.
- Overtime will be Two Minutes (clock to stop at free throws and 30 second time outs), with the clocking stopping at every whistle during the LAST MINUTE.
- Youth sized 28.5-size ball is to be used. Division uses 10' high rim for games.

5TH – 8TH GRADE GIRLS DIVISION

Girls should be in 5th – 8th grades. Younger grade girls can participate.

- Games will consist of TWO 16 minutes halves with a running clock.
- Five (5) fouls and the player is out of the game.
- Three (3) Full and two (2) 30 second time outs per game.
- DEFENSE can be played at half court.
- THERE IS NO FULL COURT PRESS until the last two minutes of each HALF. Pressing is not allowed if the team is ahead by more than 20 points.
- If a team is winning by more than 10 points, the defense must be pulled back to the three point line or within.
- Clock stops the last minute of each half, as well as time outs. Clock still runs on free throws.
- OverTime will be Two Minutes (clock to stop at free throws and time outs), with the clocking stopping at every whistle during the LAST MINUTE.
- Youth sized 28.5-size ball is to be used. Division uses 10' high rim for games.

7 TH – 8TH GRADE BOYS DIVISION

Boys should be in 7th – 8th and younger grades can participate.

- Games will consist of TWO 16 minutes halves with a running clock.
- Five (5) fouls and the player is out of the game.
- Three (3) Full and two (2) 30 second time outs per game.
- DEFENSE can be played at half court.
- THERE IS NO FULL COURT PRESS until the last two minutes of each HALF. Pressing is not allowed if the team is ahead by more than 20 points.
- Clock stops the last minute of each half, as well as time outs. Clock still runs on free throws.
- Overtime will be Two Minutes (clock to stop at free throws and time outs), with the clock stopping at every whistle during the LAST MINUTE.
- Youth sized 29.5-size ball is to be used. Division uses 10' high rim for games.

HIGH SCHOOL BOYS AND GIRLS DIVISIONS

Participants are to be in grades 9th – 12th and younger grades can participate.

- Games will consist of TWO 18 minutes halves with a running clock.
- Six (6) fouls and the player is out of the game.
- Three (3) Full and two (2) 30-second timeouts per game.
- DEFENSE is not restricted at any time.
- Clock runs on all free throws – except the clock stops the last minute of the first half, as well as timeouts.
- Clock runs on all free throws – except the clock stops the last minute of the second half, as well as all timeouts.
- Clock will stop on all technical fouls and technical foul free-throws.
- Overtime will be Two Minutes (clock to stop at free throws and timeouts), with the clock stopping at the last minute of overtime.
- Mercy Rule- Running clock with a lead of 20 points or more during the second half only during the last two minutes - except timeouts.
- 29.5-size ball is to be used for boys and 28.5-size ball for girls. Division uses 10' high rim for games.

MENS AND WOMEN'S DIVISIONS

Participants in grades 9th and older can participate.

- Games will consist of TWO 18-minute halves with a running clock for Women's Division
- Games will consist of TWO 20-minute halves with a running clock for Men's Division
- Six (6) fouls and the player is out of the game.
- Three (3) Full and two (2) 30-second timeouts per game.
- DEFENSE is not restricted at any time.
- Clock runs on all free throws – except the clock stops the last minute of the first half, as well as timeouts.
- Clock runs on all free throws – except the clock stops the last minute of the second half, as well as all timeouts.
- Clock will stop on all technical fouls and technical foul free-throws.
- Overtime will be Two Minutes (clock to stop at free throws and timeouts), with the clock stopping at the last minute of overtime.
- Mercy Rule- Running clock with a lead of 20 points or more during the second half only during the last two minutes - except timeouts.
- 29.5-size ball is to be used for men and 28.5-size ball for women. Division uses 10' high rim for games.

OPEN 40 AND OLDER DIVISION

Participants that are the age of forty (40) or older can participate.

- Games will consist of TWO 18 minutes halves with a running clock.
- Six (6) fouls and the player is out of the game.
- Three (3) Full and two (2) 30 second time outs per game.
- DEFENSE is not restricted at any time.
- Clock runs on all free throws – except clock stops the last minute of the first half, as well as time outs.
- Clock runs on all free throws – except clock stops the last minute of the second half, as well as all time outs.
- Clock will stop on all technical fouls and technical foul free-throws.
- Overtime will be Two Minutes (clock to stop at free throws and time outs), with the clock stopping at the last minute of overtime.
- Mercy Rule- Running clock with a lead of 20 points or more during the second half only during the last two minutes - except timeouts.
- 29.5-size ball is to be used in the men's division. Division uses 10' high rim for games.

WE WISH EVERYONE SUCCESS AT THE TOURNAMENT!

CONTACT US WITH ANY QUESTIONS OR RECOMMENDATIONS: NHIBT.INC@gmail.com