



**NHIBT TOURNAMENT  
RULES AND REGULATIONS**

(updated 3/22/2026)

## **GOALS AND OBJECTIVES OF THE NHIBT:**

In its nearly 100 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 with 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 leads 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 with a chance to give back to the community.
- Connects Hellenic generations through the tournament and events.
- Leaves a 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:
- Players must be listed on the submitted Team Roster.
- Players' legal guardian must sign the NHIBT basketball tournament waiver release form.
- Player has at least one Greek grandparent in their heritage.
- Player is eligible if adopted by Greek parent(s).
- NHIBT Board will review non-Hellenic players baptized as Greek Orthodox Christians on a case-by-case basis.
- 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 are 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.

## **NHIBT DISPUTE PROCESS AND RESOLUTION:**

- **In-Game:** The head coach only must bring disputes to the scorekeeper's table. Additional concerns may be directed at the registration desk.
- **Formal Review:** Email [NHIBT.INC@gmail.com](mailto:NHIBT.INC@gmail.com) with team name, contact info, and a brief description of the issue.
- **Resolution:** The Dispute Committee will respond within ~1 hour. All decisions are final.

## 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 14 minutes halves with the following timekeeping procedures.
- Running clock except for the following instances:
  - Clock stops at every whistle during last minute of each half, as well as time outs.
- Free Throw Clock Procedure:
  - To support player development and game flow at this grade level, the game clock will not run during the first free throw attempt. This pause allows coaches and officials time to properly direct players to their correct lineup positions along the lane.
  - The game clock will resume immediately after the first free throw attempt, whether the shot is made or missed, and will continue running for subsequent live play.
- Overtime will be Two Minutes (clock will not stop at free throws – only time outs), with the clock stopping at every whistle during the LAST MINUTE. Each team will receive one time out during overtime and any time outs from regulation do not carry over.
- 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 and any overtime period. 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).
- 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 by the 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.
- **To help ensure the scorer's table runs smoothly for this division, we kindly ask that each team provide one parent volunteer to assist with the scoreboard and scorebook during games. Every effort will be made to have an NHIBT Committee Member at the table as a lead to assisting and address any questions that may arise. Your support is greatly appreciated.**

### 3RD – 4TH GRADE COED DIVISION

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

- Games will consist of TWO 14 minutes halves with the following timekeeping procedures.
- Running clock except for the following instances:
  - Clock stops at every whistle during last minute of each half, as well as time outs.
- Free Throw Clock Procedure:
  - To support player development and game flow at this level, the game clock will not run during the first free throw attempt. This pause allows coaches and officials time to properly direct players to their correct lineup positions along the lane.
  - The game clock will resume immediately after the first free throw attempt, whether the shot is made or missed, and will continue running for subsequent live play.
- Overtime will be Two Minutes (clock will not stop at free throws – only time outs), with the clock stopping at every whistle during the LAST MINUTE. Each team will receive one time out during overtime and any time outs from regulation do not carry over.
- 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.
- THERE IS NO FULL COURT PRESS until the last two minutes of the 2nd HALF and any overtime period. 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).
- 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. Foul line is flexible and can be moved even closer for younger players by the 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.
- **To help ensure the scorer's table runs smoothly for this division, we kindly ask that each team provide one parent volunteer to assist with the scoreboard and scorebook during games. Every effort will be made to have an NHIBT Committee Member at the table as a lead to assisting and address any questions that may arise. Your support is greatly appreciated.**

### 3RD – 6TH GRADE GIRLS DIVISION

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

- Games will consist of TWO 14 minutes halves with the following timekeeping procedures.
- Running clock except for the following instances:
  - Clock stops at every whistle during last minute of each half, as well as time outs.
- Free Throw Clock Procedure:
  - To support player development and game flow at this grade level, the game clock will not run during the first free throw attempt. This pause allows coaches and officials time to properly direct players to their correct lineup positions along the lane.
  - The game clock will resume immediately after the first free throw attempt, whether the shot is made or missed, and will continue running for subsequent live play.
- Overtime will be Two Minutes (clock will not stop at free throws – only time outs), with the clock stopping at every whistle during the LAST MINUTE. Each team will receive one time out during overtime and any time outs from regulation do not carry over.
- 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.
- THERE IS NO FULL COURT PRESS until the last two minutes of the 2nd HALF and any overtime period. 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).
- 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. Foul line is flexible and can be moved even closer for younger players by the 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.
- **To help ensure the scorer's table runs smoothly for this division, we kindly ask that each team provide one parent volunteer to assist with the scoreboard and scorebook during games. Every effort will be made to have an NHIBT Committee Member at the table as a lead to assisting and address any questions that may arise. Your support is greatly appreciated.**

## 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 Time outs. Clock still runs on free throws.
- Overtime will be Two Minutes (clock will not stop at free throws – only time outs), with the clock stopping at every whistle during the LAST MINUTE. Each team will receive one time out during overtime and any time outs from regulation do not carry over.
- Youth sized 28.5-size ball is to be used if there are girls rostered on either team. Division uses 10' high rim for games.
- **To help ensure the scorer's table runs smoothly for this division, we kindly ask that each team provide one parent volunteer to assist with the scoreboard and scorebook during games. Every effort will be made to have an NHIBT Committee Member at the table as a lead to assisting and address any questions that may arise. Your support is greatly appreciated.**

## 7 TH – 8TH GRADE BOYS AND GIRLS DIVISIONS

Participants 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 will not stop at free throws – only time outs), with the clock stopping at every whistle during the LAST MINUTE. Each team will receive one time out during overtime and any time outs from regulation do not carry over.
- 29.5-size ball is to be used for boys and 28.5-size ball for girls. Division uses 10' high rim for games.
- **To help ensure the scorer's table runs smoothly for this division, we kindly ask that each team provide one parent volunteer to assist with the scoreboard and scorebook during games. Every effort will be made to have an NHIBT Committee Member at the table as a lead to assisting and address any questions that may arise. Your support is greatly appreciated.**

## **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 will not stop at free throws – only time outs), with the clock stopping at every whistle during the LAST MINUTE. Each team will receive one time out during overtime and any time outs from regulation do not carry over.
- 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 will not stop at free throws – only time outs), with the clock stopping at every whistle during the LAST MINUTE. Each team will receive one time out during overtime and any time outs from regulation do not carry over.
- 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 will not stop at free throws – only time outs), with the clock stopping at every whistle during the LAST MINUTE. Each team will receive one time out during overtime and any time outs from regulation do not carry over.
- 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](mailto:NHIBT.INC@gmail.com)**