

# **New Berlin Youth Athletics**

**BASKETBALL RULES AND  
PROGRAM ADMINISTRATION**

**2025-2026**

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## 1. INTRODUCTION

This handbook was developed to set standard guidelines for the New Berlin Youth Athletics Recreational Basketball program.

## 2. RULES

The rules of the National Federation of High Schools (N.F.H.S.) will govern play except where the Rules of the New Berlin Youth Athletics supersede as specified in the following sections.

### 1.3 ELIGIBILITY

1. Registration is limited to children who are currently in the K5 through 8<sup>th</sup> grade.
2. Any player found to be ineligible will be suspended from the league for the remainder of the season and all games in which he/she played will be forfeited.
3. Coaches will be responsible for verifying the eligibility of their players.
4. New Berlin Youth Athletics and/or the coach may request a player's school records to verify eligibility if deemed necessary.
5. Any coach willfully violating this rule, by using an ineligible player will be suspended for the remainder of the season and all games in which the ineligible player participated will be forfeited.
6. **Exception:** If New Berlin Youth Athletics assigns an ineligible player to a team, rights to forfeit and suspensions will be waived, and the player reassigned.
7. A player's eligibility may be questioned by presenting a written request to New Berlin Youth Athletics. All requests must be made before the end of the regular season.

### 2.3 COACHES

1. A coach must be eighteen (18) years of age or older.
2. The coach or an adult supervisor must be present at all practices, games and team activities.

### 3.3 EQUIPMENT

1. Each team will be furnished with numbered uniforms, basketballs, and an equipment bag.
2. Basketballs and equipment bags must be returned in the same condition as it was issued. Coaches and players are responsible for the care of all equipment. It will be their responsibility to reimburse New Berlin Youth Athletics for all costs resulting from any loss or damage.
3. Each coach shall return the player uniform assignment sheet to the recreation department via email or in-person prior to the first game. Failure to do so will result in game forfeiture of all games until the assignment sheet is turned in. (Minors, Juniors, Majors Only)
4. **Coaches will return equipment on the Saturday of their final game.**

### 4.3 UNIFORM RESTRICTIONS

The following uniform guidelines will apply to New Berlin Youth Athletics Basketball:

1. T-shirts worn under uniform tops must be plain white with no writing.
2. The wearing of jewelry during a New Berlin Youth Athletics game is strictly prohibited, except were allowed by N.F.H.S. rules for medical and/or other limited conditions.

### 5.3 LENGTH OF GAME AND PLAYING TIME (NON-TOTS AND MINIS)

1. Games will consist of eight (8) five-minute periods.
2. Substitutions are made only between periods, except for injury. All substitutes must report into the official scorer.
3. Substitution "Min+1" rules are in effect:

Number of Players		Minimum Periods	Maximum Periods
11		3	4
10		4	4
9		4	5
8		5	5
7		5	6
6		6	7
5		8	8

The number of players is defined as the number of eligible players that are present for the game. No player may play more than one more period than any other player.

4. The possession arrow will be used to award possession of the ball at the start of substitution periods 2-8. Think of the end of periods 1-7 as a held ball situation.
5. In the event of injury coaches are asked to select a player of similar ability to fill in for the injured player. Any time played will not count toward the substitute player's minimum playing requirements but will count toward the injured player's minimum playing time requirement. A player who recovers from an injury will be allowed to return to the line up and play at any time.
6. Any coach willfully violating the "Min+1" substitution rule will be subject to suspension. All games in which such violation occurred will be forfeited.
7. If a team does not have five (5) eligible players at the beginning of a game, the team that does have five (5) eligible players shall claim a forfeit. In the event a team should have less than five (5) eligible players during the game, that team may continue play with the remaining players.
8. In the event of a tie game at the end of regulation play, there will be a 3-minute overtime period. If the game remains a tie the first team to score will be the winner.
9. Overtime periods receive equal weighting as that of a regulation period toward the min+1 rule
- 10. The official time clock will be stopped only for time-outs and free throws, except for the last two (2) minutes of each half when the clock will be stopped at the sound of the referee's whistle. In any overtime, the clock will stop at the sound of the referee's whistle.**
11. All games must be played as scheduled. Changes in the schedule, postponements, or cancellations can only be made by New Berlin Youth Athletics. All games must be played in their entirety. Failure to complete a game will result in a forfeit of the game.

6.3 GENERAL RULES

1. Participation in these recreational leagues is a privilege that may be denied or suspended for just cause. By participating, all sponsors, players, and coaches acknowledge that they are acquainted with and will abide by league rules as a condition of this privilege.
2. At the referee’s discretion, he may eject participants and/or spectators from a game for profanity, drinking alcoholic beverages, for disorderly or un-sportsmanlike conduct, harassment of any team member, for violation of league rules or the deliberate physical contact with the referee or NBYA director/coordinator. Failure to leave the premises immediately is forfeiture of the game and the referee shall note on the game report any such ejection.
3. Players must make every effort to attend practices. If a player misses a minimum of two practices in a row, coaches have the option of not having the player suit up for the game immediately following the missed practices. Any practice attended will reset the missed practice “counter.” Parents must be notified of the coach’s intention either at the beginning of the year or prior to the game in question. Each coach must be consistent with this rule (applies to all players on the team).
4. **Timeouts:** each team will receive **two timeouts per game**. No carry-overs. Each team will get one timeout if the game goes into overtime.
5. Halftime will be 3 minutes in duration.

7.3 SPECIAL RULES – TOTS AND MINIS (5 K AND 1<sup>ST</sup>/2<sup>ND</sup> GRADE)

1. Saturday sessions will consist of a thirty-minute(1<sup>st</sup>/2ndgrade) or twenty-minute(5K) practice in one-half of the gym followed immediately by a scrimmage against the team practicing in the other half of the gym.
2. Scrimmages will consist of four (4) five-minute quarters. Substitutions will be made at the beginning of each quarter. Min+1 substitution rules are in effect:

Number of Players	Minimum Periods	Maximum Periods
10	2	2
9	2	3
8	2	3
7	2	3
6	3	4
5	4	4

3. **The coach of the team listed first on the schedule will act as the timekeeper. The five-minute “clock” will not stop, except for injury.**
4. Defenders must stay behind the “free pass” line, which is defined as the free throw line extended.
5. Double-teaming is not allowed.
6. The basketball goal will be set at eight feet (1<sup>st</sup>/2ndgrade) or six feet(5K)
7. Boys and girls will use a junior size basketball.
8. No scoring or standings will be kept or maintained by New Berlin Youth Athletics.

### 8.3 SPECIAL RULES – MINORS (3<sup>RD</sup> AND 4<sup>TH</sup> GRADE)

1. Pressing is not allowed.
2. Zone defense is not allowed. Players should be within five (5) feet of their defensive assignment.
3. Double-teaming is not allowed between the free throw lines.
4. There is no three-point line/shot.
5. A twelve (12) feet free-throw line will be used.
6. Three-second violations will be determined using the regulation (15-foot) free throw line.
7. Boys and girls will use an intermediate (28.5) size basketball.

### 9.3 SPECIAL RULES – JUNIORS (5<sup>TH</sup> AND 6<sup>TH</sup> GRADE)

1. Pressing is allowed only in the last 5 minutes of each half, unless a team is leading by 15 or more points (no pressing allowed by team in the lead).
2. Three-point shots are allowed in gyms that have a three-point line.
3. A fifteen (15) feet free-throw line will be used.
4. Three-second violations will be determined using the regulation (15-foot) free throw line.
5. Boys and girls will use an intermediate (28.5) size basketball.
6. Zone defense is not allowed. Players should be within five feet of their defensive assignment.

### 10.3 SPECIAL RULES – MAJORS (7<sup>TH</sup> AND 8<sup>TH</sup> GRADE)

1. Pressing is allowed, unless a team is leading by 15 or more points (no pressing allowed by team in the lead).
2. Three-point shots are allowed in gyms that have a three-point line.
3. A regulation fifteen (15) feet free-throw line will be used.
4. Three-second violations will be determined using the regulation (15-foot) free throw line.
5. Girls will use an intermediate (28.5) size basketball. Boys will use a regulation size basketball.
6. Zone defense is not allowed. Players should be within five feet of their defensive assignment.
7. We WILL be tracking fouls. Players will have 6 fouls before being disqualified. Score sheets will be provided to keep track of fouls.

### 11.3 OFFICIATING/SCORE KEEPING/RESULT NOTIFICATION/COMMENT REPORTS

1. The New Berlin Youth Athletics will assign two officials for each game in Minors, Juniors, and Majors. In the Minis division, coaches will “officiate.”
2. **In Minors, Juniors, and Majors each coach is required to assign one person to work at the score table per game.** One individual will operate the scoreboard and the other will mark the score and keep track of playing time and team/individual fouls.
3. The winning coach must report the score to the league coordinator by noon Monday each week or within 24 hours of game completion if game does not occur on Saturday. Email is the preferred method of notification. (kstouffer@newberlinwi.gov)

## 3. TEAMS

Upon completion of registration, the number of teams is determined based on practice and game day facilities made available to the New Berlin Recreation Department and New Berlin Public Schools. The goal of the New Berlin Recreation Department is to keep the number of players per team at about 10. The range for team sizes however will be 8 to 12.

#### 4. ROSTERS

Upon determining the number of teams, players will be sorted based on:

- Age/grade
- Location within New Berlin Public School District
- Address
- Private School Affiliation
- Availability of coaches

It is the intention of the New Berlin Youth Athletics to make rosters as fair as possible for all players and teams. Therefore, rosters will **not** be sorted by **coaches', players' or parents' requests**.

#### 5. SCHEDULES

Game schedules will be coordinated based on availability of facilities allotted from the New Berlin School District and arranged for by New Berlin Youth Athletics.

#### 6. PRACTICES

Practices will be coordinated based on the availability of facilities allotted from the New Berlin School District and arranged for by New Berlin Youth Athletics. One practice slot will be allotted per team per week. This time slot will be 45-minutes long. It may be necessary to schedule two teams to one time slot based on gym availability. Additional practice slots can be arranged for New Berlin Youth Athletics. This time slot can be used if your weekly time slot is not available.

The Minis and Tots program will not be allowed to schedule additional practice slots during the week.

#### 7. DIVISIONS

Divisions will be setup with even number of teams to avoid bye weeks whenever possible. Third and fourth grade will be separated into their own leagues if there are enough players to warrant it.

#### 8. STANDINGS

New Berlin Youth Athletics will attempt to list standings for Minors, Juniors, and Majors weekly on the New Berlin Recreation Department website and on the Sport Connect Page:

<https://www.newberlinwi.gov/1242/Recreation-Division>

#### 9. DIVISION TIE BREAKER RULES

Division standings are determined (and tie breaker rules applied) in the following order:

1. Overall Record
2. Division Record
3. Head-to-Head Record Between Tied Teams
4. Point differential

#### 10. CHAMPIONSHIP GAMES

Championship games will be held for leagues 3<sup>rd</sup> grade and up. The top two teams from each division will play to determine the City Champion.

There will be no Championship game(s) for Tots and Minis.

## 11. AWARDS

Leagues will be awarded City Champion and City Runner-Up awards.

All Tots and Minis participants will receive participation medals.

## 12. SPORTSMANSHIP

In an effort to promote good sportsmanship both on the court and on the sidelines, the following information is provided. It is intended to serve as a guideline for the overall tone and demeanor that is expected of New Berlin Youth Athletics coaches.

### 1.3 PROGRAM OBJECTIVES

- Equal Participation – All kids should get approximately the same amount of playing time. This may not be possible for each individual game, but over the course of the season it is attainable.
- Develop Fundamental Basketball Skills – The same level of energy and coaching is to be provided to all players regardless of ability level.
- Promote Good Sportsmanship – Teamwork and fair play are to be emphasized. Respectful language and behavior with regard to opponents, officials, parents, and players is expected.
- Have Fun – This is most likely to occur when the goal is improvement rather than winning. Over-emphasizing winning will take the fun out of the game.

### 2.3 POSITIVE REINFORCEMENT

A general rule-of-thumb is that kids need to hear four or five specific compliments with regard to their play for each piece of constructive criticism they are able to accept.

### 3.3 OFFICIATING

There is no place in youth athletics for negative comments directed toward the officials. In general, the quality of officiating tends to be about equal to the quality of play. This is true for New Berlin Youth Athletics which operates at an introductory/recreational level. Many of the players are experiencing full court five-on-five basketball for the first time. Similarly, several of the officials are doing their job for the first time. Most of the officials are quite young (teenagers), and they are learning how difficult this job can be. It may look like an easy job from the sidelines, but officiating is not easy.

If a coach chooses to argue with an official over a missed call, the kids get the message that such behavior is acceptable. It is not. Complaining about officiating is the definition of poor sportsmanship. If, instead, the coach encourages the players to "Do your best" or "Just keep working", etc..., the kids get a much healthier message. While it is entirely normal to want every close call to go our way, the fact of the matter is that not all of them will. Coaches should demonstrate to the kids that it is okay if the call doesn't go their way. We just do our best and carry on.

### 4.3 ROLE MODELING

With regard to sportsmanship, both players and parents will follow the lead of the coach. The first time an official misses a call, all of the players and parents will look to see how the coach reacts. If the coach complains, questions or derogatorily gestures toward the officials, it sends the signal that when things don't go well, we complain. If this behavior continues, over time the kids

and parents will begin to follow the coach's lead. However, if the coach remains positive and encouraging — and this behavior is consistent, the team and their parents will also remain positive during difficult stretches in the game/season.

### 5.3 BLOW-OUT SITUATIONS

#### Winning Coach

- Take steps to manage the score. This may include rotating positions, putting kids that normally don't handle the ball at point guard, stop fast breaking, working on more difficult plays in the half court offense, defensively assigning slower kids to the opposition's faster kids, etc...
- Don't tell your kids to play easy or to let the other team score on purpose. It is bad enough to be outclassed on the playing floor. Don't add insult to injury by being condescending, too.
- Be quiet. It's an ugly scene when a coach screams at players for more effort when they are already up by 50 points. Do not engage in conversation with the other team or their coach during the game. Let them manage the best they can.
- Be very strict with your players if they begin to ridicule the other team in any way. If they start talking trash or clowning around, the coach will be seen as weak and unprincipled, the players as arrogant.

#### Losing Coach

- Stay calm. Concentrate on your team and help them succeed where they can. Praise them for everything they try to do right. If you start getting upset and frustrated, the kids will feel even more pressure than before.
- Emphasize small victories. Help the players get something out of the game and maintain their sense of dignity. Try to solve one little problem at a time. Your team's whole objective in the game may become to successfully get the ball across mid-court. Or if you can do that, work on getting a second pass completed. Each pass is a victory in itself. Eventually, you may set the bar higher and aim to get shot attempts. The kids will understand that kind of progression.
- Don't whine about the mismatch.
- Don't whine at the referees.
- After the game, keep your composure. The only thing that can make a blowout memorable is if you do or say something regrettable.
- Don't make any excuses, like a certain player wasn't there or your team had the flu. This teaches your team to accept responsibility.
- Remind your players of what went well, but don't try to convince them they played a good game. They know better. If they have a sense of hope and realize that they can improve and do better, their interest will be maintained.

### 6.3 TAUNTING

Derogatory comments and/or gestures that are intended to demean, belittle, or put-down any player, coach or spectator are unacceptable. This is a very serious form of unsportsmanlike behavior and it will not be tolerated.

### 7.3 PHYSICAL PLAY

Please do not teach players to swing their elbows to fight for held balls. This is not a basketball skill. Similarly, do not teach any questionable tactics such as push-offs, hooking, holding, etc... Emphasize fair play.

## 13. SAFETY

The single most important job of any New Berlin Youth Athletics coach is to provide a safe environment for the kids.

### 1.3 SUPERVISION

Coaches should never leave the gym (practice or game) until they are sure that each player has a ride home.

### 2.3 INJURIES

Each site will be provided a first aid kit consisting of cold packs, scissors, antiseptic towelettes, gauze, athletic tape, band aids, and latex gloves. The first aid kit should be available to all practices and games. Please bring a cell phone so that parents can be notified if necessary. In the event of player sustaining a serious injury (one that requires medical attention) please contact your league coordinator who will supply an injury report for you to complete.

### 3.3 BLOOD

The National Federation of High School (N.F.H.S) rules which govern New Berlin Youth Athletics play dictate that a bleeding player must leave the game immediately and may not return until the bleeding has stopped. Please be aware that a janitor is working in each school building during practices and games. If blood needs to be cleaned from the floor the janitors are to be summoned.

## 14. CONTACTS

1. Kelsey Stouffer, Recreation Specialist: [kstouffer@newberlinwi.gov](mailto:kstouffer@newberlinwi.gov)
2. Carson Duerkop, Recreation Coordinator: [cduerkop@newberlinwi.gov](mailto:cduerkop@newberlinwi.gov)
3. Email for youth sports: [youthsports@newberlinwi.gov](mailto:youthsports@newberlinwi.gov)