



2025 NCSAA Elementary Coed K-2 & 3-5 Recreational Basketball Rules

NATIONAL SPORTS ID

National Sports ID Requirements to be completed and approved by roster deadline. Anyone without a fully verified National Sports ID will not be permitted to play. Returning players with a National Sports ID account will just need to update their information in the system. New players will need to do the entire process. A player that is verified but NOT on the roster is considered ineligible to play. They must be fully verified AND on the roster.

1. **Headshot Photo** – Similar to a Driver's License or Student ID Photo. This should be a close-up, clearly lit photo that shows the student-athlete's entire face and hair looking directly at the camera. No hats. No sunglasses. This can be a recent school photo or one simply taken from your cell phone.
2. **Scan of Birth Certificate, State ID, or Passport**
3. **Proof of Grade** – This can be your most recent report card, most recent School ID, school schedule showing your child's grade, screenshot of Online Account (i.e. Infinite Campus) proving grade level, etc.
4. **Parents E-Sign the NCSAA Participant Waivers**
5. **Pay \$12 National Sports ID annual fee per student-athlete** – this is a one time fee per school year

PHYSICALS

Physicals are required for all student-athletes within 12 months of the start of the sport. These are not collected by NCSAA or National Sports ID. They are collected by the school's Athletic Director and to be kept on file. By allowing a student-athlete to play the school is acknowledging the student-athlete has passed a physical.

GAMEDAY CHECK-IN's & NATIONAL SPORTS ID ROSTERS

1. League officials will check every team's National Sports ID prior to each game.
2. Players who arrive after check-ins have occurred but are on the official National Sports ID roster must check-in with the NCSAA Site Director prior to checking into the game.
3. Any player not on the official National Sports ID roster will be ineligible to play for that day.
4. If a player is "verified" (green) in NSID but NOT on the official team roster, they are INELIGIBLE to play.
5. Site Directors will work from the official roster only and not look at parents or coaches phones/electronic devices to dispute whether a student-athlete should be on the roster.
6. Teams who play ineligible players will forfeit their game.
7. Players may play up an age group, but may never play down
8. Student-Athletes may only play on 1 roster in that sport for the entire season. (For instance, you can't start on a JV Roster and move up to Varsity. That is not allowed – even if your roster is short-handed that week due to players out of town.) However, a student-athlete may play multiple sports in the Same Season (for instance a student-athlete is permitted to play Basketball & Bowling at the same time).
9. No 8th Graders may play in JV
10. There are no roster size limits
11. **Roster's are locked every Wednesday at 6pm for that week's games. No roster additions may be made Thursday-Saturday**
12. No players will be added to the rosters after the Wednesday prior to Week (4) of the season.
13. Teams must start the game with a minimum of five (5) players. In the event of an injury to one (1) player, without available substitutions, that team may play with four (4) players on the court, but no fewer than four (4).

II. GAME PLAY

- The size of the playing area is full court or crosscourt. Exact size of the court may vary from school to school or facility to facility.
- **Height of the basket for K-2:** 8 Feet
- **Height of the basket for 3-5:** 10 Feet
 - Note: Height of the basket may vary from site to site between 8 feet to 10 feet depending on the capability of the site.
- **Size of the Basketball for K-2 & 3-5:** 27.5 inch or junior size
- There will be no free throws. All fouls will be sideline out of bounds.
- No forfeits! Game will be played five on five depending on team size.
 - Game will be played with less players, if less than five are in attendance.
 - There are no minimum number of girls that have to be on the court or team within those five players
 - Each child should have equal playing time.
- The game will consist of four, 8 minute quarters with a running clock except for timeouts, lining up for free throws (clock will begin to run again after players are in position), and the last 2 minutes of the 4th quarter when the clock stops for every whistle. Halftime will last 3 minutes with 1 minute between quarters. Game time will be kept by either the official or scoreboard clock. **Home Team is responsible for a volunteer to work the clock.**
- There will be two, 30-second timeouts per team, per half.
- Jump ball will start each game. Possession will alternate the rest of the game on all quarter breaks, jump balls & double fouls.

- Three coaches are allowed on the sideline. Only 1 may speak to the game official. This person needs to be designated prior to the game starting. No coaches are allowed on the court.
- No official score will be kept.
- There will be no lane violations called.
- Fouls will not be officially recorded, excessive fouling, stealing, or rough play may result in the official deciding to remove the player from the game with a warning.
- Defense can be man to man or zone.
- Backcourt defense is not allowed. The first violation will receive a warning. Second violation the opposing team will receive possession of the ball.
- Player substitutions may only occur between quarters or during timeouts unless an injury occurs.
- Clear-outs are not allowed.
- Stealing is allowed, but only by the player defending the player in possession of the ball or on an intercepted pass.
- Possession will alternate each quarter, jump ball, or double foul.
- After each basket the opposing team will then inbound the ball from their end line.
- Players may not run with the ball; dribbling must be emphasized. Traveling and double dribbling will be called at official's discretion
- Offense must bring the ball across half court within the ten second time limit.
- If a player is fouled in the act of shooting and misses the basket, the player will be awarded two points. However, if the basket was made, basket counts, and the team maintains possession.
- Each team's bench must be seated and cheering positively for their team. Trash talking will result in a technical foul.
- Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball. This includes players on the bench.
- Coaches are required to show good sportsmanship towards other Coaches, Players, Scorekeepers & Officials. First Bench Technical called by an official on a Coach requires to sit during duration of the game. Second Technical, the coach must leave the facility in a timely manner.