

JR. NBA LEAGUE RULES

These Rules are modifications from high school rules to help young players grow with the game.

1st - 3rd Grade

General

- 5 on 5 Games
- Goal Height: 8 Foot.
- Junior ball
- Head coach is allowed on the court.
- 10 min. required playing time.
- Home team is listed first on the schedule.
- Home team provides a scorekeeper.

Time /Fouls

- Four 7-minute quarters
Running clock, including during timeouts unless there is a player injury, at which time the clock may stop at the coach's discretion.
- Each player must play
- Clock stops for subs halfway through the quarter.
- No overtime.
- A player cannot foul out however, rough play is not allowed.
- No official referees

Offense

- Free throw = 2 pts.
- Halftime free throw = 2 pts.
- Shooting foul on made shot = count the shot
- 5-second lane violation
- Traveling is called loosely when the ballhandler comes to a stop.
- Timeout
 - One 30-second timeout per half.
 - Not allowed in last 2 minutes of each half.
- If lead is 20 pts. or greater at halftime, clear the score before Halftime Free Throws.

Defense

- 1st quarter: half-court 2-3 zone
- 2nd quarter: Optional man-to-man
- No double teaming!
- No pressing.

4th – 11th Grade

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GAME TIME AND FORFEIT: Teams must have at least four (4) suited players to start a game. If the team does not have their 5th player by the start of the 3rd quarter, that team must forfeit the game. If a team only has three (3) players by game time, they will be allowed ten (10) minutes to produce a 4th player. If team cannot do so, then they must forfeit that game.

General

- 5 on 5 Games
- Goal Height: 10 Foot.
- Regulation 29.5" ball
- Home team is listed first on the schedule.
- Home team provides a scorekeeper.

Game Length, Game Clock and Fouls

- 3rd-9th play 4 - 7 minute quarters.
 - All HS/Upper Division play 4 – 8 minute quarters
 - All divisions will have a running clock with the exception of the final two minutes of each half. If one team is ahead by fifteen (15) or more points, the clock will remain running, except for time-outs and technical fouls.
 - The clock will stop for all technical fouls.
 - The clock will stop for free throws ONLY in the Upper Division (10th -12th).
1. All divisions will have a running clock with the exception of the final minute of each half.

TIME OUTS:

1. Each team will be allowed four (4) time outs during the entire game and may be used at any time during the game. Coaches & players are allowed to call time out for their team.

OVERTIME: If the score is tied at the end of regulation, there will be a (2) Two -minute overtime period. The clock will stop the last two (30) Thirty seconds of the overtime period. If the score remains tied at the end of the 1st overtime, a (1) One-minute overtime period will be played. If the score remains tied at the end of the 2nd overtime, a (1) minute overtime will be played until a team wins. Each team will be allowed only one time out during each overtime period. A team may not carry over the time-outs from the previous (4) four quarters.

Playoff Rules provided during playoffs.

Offense

PARTICIPATION RULE: Players in the 4th- 8th grade divisions MUST play at least two (2) quarters except during the playoffs. During playoffs a player is required to only play one (1) quarter in the 4th - 8th grade divisions. Upper Division - all players required to play at least one (1) quarter.

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Defense

ZONE DEFENSE

- Zone Defense will be allowed in all divisions except 3rd & 4th grade.

FULL COURT/HALF COURT PRESS: All divisions except 3rd & 4th may press throughout the game unless a team is ahead by (15) fifteen or more points.

- The following are special rules ONLY for the 3rd & 4th grade division:

Zone defense will not be permitted. Double-teaming, trapping and sagging defense will not be allowed. All players on the court are expected to play man-to-man defense once the ball crosses the red volleyball line on the offensive team's frontcourt.

Players may switch to protect the basket area only.

PENALTY: First Violation Warning, Other Violation Technical Shot (This is a violation rule, so the technical will not be counted as a personal foul or assessed against the coach.)

FULL-COURT PRESS: Teams may not full-court press during the entire game but may press half-court.

FIVE SECOND RULE: A five second in the key rule will be in effect.

Other Rules

PARTICIPATION RULE: Each player must participate in at least two (2) quarters of play.

COACHING BOX & OTHER RESPONSIBILITIES: The intent of the coaching box is to define the area whereby only ONE coach may sit, kneel or stand during play. Only ONE coach may approach the scoring table during time-outs or at the end of any quarter. ONLY PLAYERS of the team and adult coaches will be allowed on the bench during the game. At least ten (10) minutes before scheduled game time, the coach shall supply the scorer's table with the first & last names of each player on his/her roster.

If this information is not provided within the designated time, a team may be charged a maximum of one technical.

TECHNICAL:

1. The coach must remain seated during the entire game after he/she has received a technical foul.
2. Two bench technical fouls will result in the head coach being removed from the game and be suspended for the next game. The coach must leave the gym as well as the premises. 3. A severe enough infraction can result in an automatic removal from the game, and the rest of the season.

Code of Conduct

No coach, player or spectator may approach the referee or gym staff before, during or after the game

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in an aggressive or abusive manner, verbally or physically. The first violation will result in a written warning and possible suspension from the next scheduled game. The second violation will result in dismissal from his/her coaching/player duties.

1. If a player/coach is ejected from the game, he/she will be suspended for the next game and may be subject to further disciplinary action.
2. The player must serve his/her one game suspension by sitting on the bench with teammates for the entire game.
3. In the event that a coach's behavior contradicts the purpose of the league, (to teach basics of basketball as well as exemplify a positive role model) the coach will be dismissed from his/her coach's duties.
4. No coach, player or spectator shall:
 - a. Disrespectfully address or physically confront an official or Club Staff.
 - b. Attempt to influence an official's decision
 - c. Use profanity
 - d. Disrespectfully address or bait an opponent, coach, player or staff
 - e. Object to an official's decision by rising from the bench or using gestures
 - f. Incite undesirable crowd reactions
 - g. Yell at or mistreat a player, referee, another coach, parent or staff
5. Coaches will always wear their Coach shirt while coaching.