

JUNIOR VARSITY BASKETBALL RULES (*Updated 3/10*)

I Participants

1. All participants must be in 4th-6th Grade or 7th-9th Grade of the current season.
2. Each player will receive a team jersey.
3. The season will consist of 7 games + an end of season tournament.

II. Playing Time

1. All players must play at least a half of each game (mandatory substitution every 10 minutes) **except for the last 5 minutes of the 2nd half when free substitutions may be made on dead ball situations.** Players will check-in with scorer's table and wait to be buzzed in.
2. Injuries or fouling out may alter those requirements stated above.
3. Players must sub in the game based on the leagues rotating substitution schedule; again with the **exception of the last 5 minutes of the game.**

III. Games – Timing

1. Games will consist of 2, 20 minute halves.
2. The clock will be stopped at the 10 minute mark of each half to make mandatory substitutions.
3. The clock will stop the last 5 minutes of the 2nd half on all whistles unless there is a difference of 10 points or more in the score.
4. The clock will stop on all free throws until the final attempt is either rebounded or put in play.
5. If the game is tied at the end of the 2nd half of the game a 3 minute overtime will be played with free substitutions available on all dead ball situations. Each team will be awarded 1 time out. Clock will be stopped on all whistles. **If the game is still tied at the end of 3 minutes a sudden death, no clock, playoff will occur with the first team to score awarded the game.**
6. 3 minute halftime and 3 minute warm up prior to each game.
7. Each team gets 2 time-outs per half of 1 minute in duration.
8. Scoreboard will keep running (not roll back to zero) despite the score difference
***(Good sportsmanship is expected & enforced in these situations)**

IV. Defense

1. Zone, Man-to-Man & Press Defenses are allowed.
2. Defenders may full court press the offensive team only in the final 5 minutes of the second half. ***(Teams winning by 20 or more points will not press)***
3. Teams may double team at any time during the game except in the back court unless there are 5 minutes or less left in the game. ***(Teams winning by 20 points or more will avoid double teaming).***
4. The 10 second mid-court time line is in effect.

VIOLATIONS OF ABOVE – 2 or 3 or any combination:

- 1st time – warning then ball is awarded out-of-bounds.
- 2nd time – warning then ball is awarded out-of-bounds.
- 3rd time – 1 point awarded to team with ball and the ball will be awarded out-of-bounds.

V. Free Throws/Fouls (High School Rules)

- **Free Throw Attempts: 6 players are allowed in the box (2 offensive and 4 defensive players). Players outside of the box must be positioned behind the 3-point line and behind the shooter. The ball will be played on the release.**

- **3 Second Lane Violation: Offensive players may position themselves in the free throw lane and move out before the ref counts to three seconds. As soon as the offensive team moves the ball into the offensive end of the court, the referee will be able to call a 3 second violation. When a shot is taken, the 3 second count for someone in the lane stops. During a shot, during the rebounding of a shot, and during an immediate put back off of the rebound, no 3 second violation can be called.**

A. Player fouls out on 6th foul.

B. Ball is awarded out of bounds on all fouls except when a player is fouled in the act of shooting or when bonus free throw attempts are permitted. 2 free throws will be awarded (if shot missed) and the clock will be stopped until the ball is put in play. **A 1-1 is awarded on teams 7th foul; 2 shots on teams 10th foul.**

C. If a player receives a technical foul (poor sportsmanship type), then that player will be removed from the game for the remainder of that half. If it occurs in the 2nd half, then the player will miss the first half of the next game. A 2nd technical foul will result in suspension of the player for the remainder of the game in progress plus the next game of the season.

E. A poor sportsmanship type technical foul on the coach will result in a reprimand of the coach. A 2nd technical may result in the coach's dismissal from the league.

F. On technical fouls – 2 points will be awarded to the offended team and the ball will be awarded out of bounds.

G. Parent Technical Fouls – an official may provide a technical foul on a parent/spectator which will act as a team technical, 2 points will be awarded to the offended team and the ball out-of-bounds. If the same parent/spectator receives another technical foul, he/she must leave the gym immediately and meet with the league coordinator prior to their next scheduled game.

VI. Equipment

1. Each participant must wear gym/basketball shoes.
2. 4th-6th Grade & 7th-9th Grade Girls: An official women's size basketball (28.5) will be provided.
3. 7th-9th Grade Boys: An official men's size basketball (29.5) will be provided.

VII. Awards

1. Top 2 team in each division will receive end of season awards.

VIII. Volunteers

1. Each team will designate 1 volunteer for their game to either score or keep time.

IX. Team selection

- A. All players are registered by practice site and time at the time of registration.
- C. A 2 coach maximum per team will be enforced.

Elastic Clause

Any rules not covered will be decided by the League Coordinator.

UNATTENDED CHILDREN POLICY

Should you bring your children to the facility (Schools or Recreation Center), please keep them seated and in close supervision. It is often distracting and or hazardous if they are left unsupervised or unattended. The first time an incident occurs, of this nature, the parent will be advised of the situation. A subsequent occurrence will require our staff to request that the parent does not bring the child back.



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