2021-2022

JCC Rockland Basketball
FINAL Game Rules:

5th & 6th Grade Boys

1. The home team is listed second on the schedule and is responsible for game set up, clean up, time clock, scorebook, and game ball.
2. The game will begin with a jump ball. The alternative possession rule will occur following the jump ball.
3. The basket height for 5th and 6th grade boys will be <u>ten</u> feet.
4. The basketball will be regulation (29 1/2 inches) size.
5. The clock will run continuously except for: a team or official time-out and during fouls shots. The clock will stop on all whistles in the last 4 minutes and the last three minutes of overtime.
6. All games will be 32 minutes in length broken down into four 8-minute periods time by one of the bench coaches or designated adult timer. The clock will be stopped at approximately the four minute mark of each period for SUBS ONLY. This isn't a timeout to talk with your teams (the coach should have the subs at the scorer's table by 4:30 mark so the substitutions can be done quickly). Possession will remain with the team that has the ball at the stoppage. There is one 4-minute overtime period. If the game is still tied after the overtime period, the game is then a tie.
7. All Subs must check in at the scorer's table, prior to entering the game.
8. Each team has four timeouts during a regulation game, each one-minute in duration. There will be one timeout in the overtime period with no carry over.
9. Stealing the ball off the dribble or pass is allowed.
10. There is a three-second lane violation.
11. Five seconds of standing still, holding the ball is a turnover.
12. Traveling violations will be called.

13. On the tenth through twelfth team foul in each half, there will be a bonus 1+1. On and after the thirteenth team foul in each half, it will be two shots for each foul. A player may land over the designated foul line after shooting a free throw.

13 (a). If a team is not already in the bonus with one minute left in the game they will be put in the bonus on the second team foul. Fouls will continue to be counted and teams will go into the double bonus on and after the thirteenth foul.

14. On the fifth personal foul, the player is disqualified from the game. However, if a team only has five player's, the player who committed the sixth personal foul may continue to play, however, beginning with the seventh personal foul, each time that player commits another personal foul, it is a technical foul (*but there is no retained ball possession) in addition to the foul called.

15. Technical fouls are two shots and possession of the ball. Any player that receives a technical foul must come out of the came for at least one possession for a cooling off period. A player or coach who receives two technical fouls is suspended from that and the next played game. The suspended player or coach must leave the bench area and gym. Failure to leave the gym could result in further suspensions by the Basketball Committee.

16. All flagrant fouls with the intention of hurting someone will be two shots (whether or not a basket was made by the fouled player) plus ball possession.

17. If a fight occurs, those players and all those involved will be ejected from the game and will leave the bench area. There will be a suspension for the next game played by that player.

18. Man-to-man or Zone defense may be played.

19. Pressing is only allowed during the last four minutes of the game.

20. The clock stops on all whistles in the last four minutes of the game.

21. A maximum of two coaches from the same team will be allowed on the team sideline during the game. Only One Coach is allowed to Stand and Coach the team. The second Coach is only allowed to sit on the Team Bench. One score/timekeeper may also be on the sideline.

22. All out of bounds calls will be made.

23. Each team should start with a minimum of five players available. However, if one team only has four players available, then each team should start the game with four versus four. If a fifth player arrives for both teams, then it will be five vs. five. No game can be played with only 3 players available on a team. During the playoffs, each team must have five players available. If one team has less than five players available, that team forfeits. If both teams have less than five players available, the league officials will decide what action will take place.

24. Each player MUST play at least 12 minutes/game (unless injury, illness or other extenuating circumstances, as approved by the Basketball Committee,, prohibits this). This can be done one of two ways, either one full period (eight minutes) and one half period (four minutes) or three half periods (four minutes each).

No player can sit more than 12 consecutive minute unless injured or ill.

If a child arrives late to a game but arrives during the first half, and time allows, the minimum play time is six minutes. If a player arrives late for a game but arrives during the second half, and time allows, the minimum play time is four minutes. If a child is missing an excessive number of practices and/or games, the sports board should be notified and it will determine whether a change in minimal playing time will be instituted.

Hardship Playing Time Rule (HPTR)

For games scheduled for four periods, if there is an available player Discrepancy between opposing teams of TWO or more for at least half of a particular game (i.e. one team has six players available and the other team has eight players available), the playing time rule will be modified as follows: Each player must play at least the minimum time required as specified in the rules for that division, however, the team with two or more players available (than the opposing team) for a particular game may now play ONE player as much as desired without he or she having to sit out for any specified period

25. For the overtime period, playing time is at the coach's discretion, the rules are those of the last period of regulation time.
26. If the "playing time requirement" is not adhered to, the Basketball Committee may give written notice and if it occurs a second time, the Basketball Committee reserves the right to discipline that coach.
27. There are no 3 pointers.
28. Offensive team has 10 seconds to bring the ball up court past the half court line.
29. If a player is injured and a coach or assistant comes onto the court to help... the player MAY stay in the game without requiring him to come off the court until the next allowable substitution.
30. If a player is injured and removed from the game, that period counts in full, toward their minimum play time requirement.
31. After the game, both teams and coaches will line up and shake hands. SPORTSMANSHIP throughout the season is the only way to play!
32. Coaches may not cancel games without approval from the league.

- ALL PLAYERS MUST REMAIN ON THE SIDELINE DURING THE GAME (EXCEPT FOR EMERGENCIES AND THE BATHROOM)
- ABSOLUTELY NO FOOD IS TO BE BROUGHT INTO THE GYM
- ALL T-SHIRTS WORN UNDER A UNIFORM MUST BE ABOUT THE "SAME" COLOR AS THE UNIFORM
- NO JEWELRY OR HARD HAIR ORNAMENTS MAY BE WORN DURING THE GAME

No coach has the authority to add a player to their roster without the approval of the Athletic Director AND the Basketball Commissioner. In addition, no player may appear in a league game who is not a registered, paid player. Any coach

who violates this policy will be immediately removed as coach, without warning or suspension, and shall not coach again for JCC unless reinstated by the Sports Committee.

No two coaches can execute a trade once they have left the draft room. In the draft room, the trade ONLY becomes official if approved by the Basketball Commissioner or the Athletic Director.

Anyone who performs a trade post draft, or without league approval will be subject To suspension or removal as coach. If removed, they shall not coach again for JCC unless reinstated by the Sports Committee.

33. Coaches must arrive to their game 15 minutes prior to the start time. If there is continued lateness you are subject to removal from the league.

34. Coaches must wear their provided coach's shirts to each game.

35. If a coach, player or spectator is ejected from a game (no matter what the reason - THEY MUST LEAVE THE GYM) they are automatically suspended for the following game and are NOT allowed to attend that suspended game. Depending on the severity of the ejection they will be subject to further suspension. The Basketball Committee will meet to discuss if further action is necessary.

36. If a team is up by 15 points they need to stop pressing, double teaming and play defense at the 3 point arc.

37. If a player quits your team or gets hurt after the start of the season and cannot come back to play during the regular season or playoffs, THERE WILL BE NO REPLACEMENT PLAYERS.

38. Should a team lose 2 or more players for the regular season & playoffs, it will be up to the Basketball Committee to determine on adding a player.

39. All Players must attend at least one tryout prior to the draft or at least be seen by the Basketball Committee or their playtime in the playoffs may be limited.

Coaches are expected to conduct themselves in an appropriate manner towards, parents, officials, players, other coaches, volunteers and representatives of JCC Rockland. Coaches are expected to exercise good sportsmanship at all times and must adhere to the game rules and the policies set forth by the league. JCC Rockland reserves the right to suspend or remove a coach for any action that they deem to be improper or unsuitable for the JCC Rockland Youth Winter Basketball League. This includes situations that take place before, during and after a practice or a game. Coaches do not necessarily have to be ejected from a game to suffer suspension or removal.