

# **2016-2017**

## **JCC Rockland Basketball**

### **FINAL Game Rules:**

#### **2nd and 3rd Grade Girls**

1. The Home team is listed second on the schedule and wears white, 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 second and third grade girls will be eight feet.
4. The basketball will be youth size.
5. The clock will run continuously except for a team or official timeout and during fouls shots.
6. All games will be six, 5-minute periods and timed by one of the bench coaches or designated adult timer. The clock will stop on all whistles in the last two minutes of the sixth period. There is no overtime.
7. Each team has four timeouts/game, each one-minute in duration.
8. There is no double-teaming except for inadvertent double teaming as a player drives to the basket.
9. No stealing the ball off the dribble, only off of the pass. Defenders may not attempt to swat or grab the ball from an offensive player who is in control of the ball.
10. There is no guarding in the backcourt except for the last 30 seconds of regulation time
11. There is a five-second lane violation.

12. Ten seconds of standing still, holding the ball is a turnover.
13. Traveling violations will be called.
14. Fouls will be called, however only "in the act of shooting fouls" will be shot by the fouled player. Two foul shots will be awarded. On a foul shot, the player must start behind the modified foul line but may pass it on the shot. No team fouls or personal fouls will be tracked. If a player is excessively aggressive, the ref and/or coach will speak with the player.
15. Man-to-man only. No Zone defense. No defender should have their arms around a player when guarding them so they're unable to move.
16. A maximum of two coaches from the same team will be allowed on the team sideline during the game. One score/timekeeper may also be on the sideline.
17. All out of bounds calls will be made.
18. Except for the playoffs (see below), 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. The game can continue with four vs. four. If a fifth player arrives for both teams, then it will be five vs. five. No game can be started or played if only 3 players are available on a team. If a team with four players loses the availability of one or more players during the game, rendering that team with three or less available players, that team forfeits. If both teams have three players or less, both teams forfeit.

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.

19. Each player MUST play a minimum of three FULL (five minute) periods. The only exceptions are: absence, injury, medical issue, or other extenuating circumstance (approved by the board). If such is the case the child is not required to play the minimum.

No player can sit two consecutive periods unless injured or ill.

Free substitution is allowed by any child at any time during the game, however, cumulative partial periods DO NOT count toward the three FULL (five minute) period requirement.

If a child arrives late to a game, the "playing time requirement" is one half the

remaining time in the game unless injury, medical issue or other extenuating circumstance (approved by the board) prohibits this. 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 six 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

20. Each player must sit out at least one full period unless: five or less players are available for that game and/or the Hardship Playing Time Rule applies. If a child arrives late for a game by one period or more, this satisfies the minimum "one period sit time" obligation.
21. If the "playing time requirement" is not adhered to, the Sports Board may give written notice and if it occurs a second time, the Sports Board reserves the right to dismiss that coach.
22. The ball must be passed at least once before an attempted shot. The in-bounds pass (after a basket) does not count. A mandatory pass must be made in the front court.
23. There is no "three point shot."
24. Offensive team has 10 seconds to bring the ball up court past the half court line.
25. 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 her to come off the court until the next allowable substitution.
26. If a player is injured and removed from the game, that period counts in full, toward their minimum play time requirement.
27. After the game, both teams and coaches will line up and shake hands. SPORTSMANSHIP throughout the season is the only way to play!

27. 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

28. 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.

29. Coaches must wear their provided coaches' shirts to each game.

30. If a coach or player is ejected from a game (no matter what the reason) they are automatically suspended for the following game. Depending on the severity of the ejection they will be subject to further suspension. The sports board will meet to discuss if further action is necessary.

31. Only two coaches are allowed on the sideline.

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.