

2016-2017

JCC Rockland Basketball

FINAL Game Rules:

4th & 5th Grade Girls

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 fourth and fifth grade girls will be ten feet.
4. The basketball will be intermediate size (28 inches).
5. The clock will run continuously except for a team or official timeout and during fouls shots. The clock will stop on ALL whistles for the last three minutes of both the fourth and overtime periods.
6. All games will be four, 8-minute periods and timed by one of the bench coaches or designated adult timer. There is one 4-minute overtime period. If the game is still tied after the overtime period, the game is then a tie.
7. Each team has four timeouts/regulation game, each one-minute in duration. There will be one full and one 30 second timeout in the overtime period.
8. There is no double-teaming except for inadvertent double teaming as a player drives to the basket.
9. Stealing off of the dribble or pass is allowed.
10. Guarding in the backcourt will be allowed for the last two minutes of the fourth period. If double teaming occurs in the backcourt the team will be issued a warning. If they get called for double teaming a second time, the offensive team will in bound the ball and the defensive team will not be able to guard a player until they have crossed mid court. Each occurrence after that will result in the same action.
11. There is a five-second lane violation.
12. Five seconds of standing still, holding the ball is a turnover.
13. Traveling violations will be called.
14. On the seventh through ninth team foul in each half, there will be a bonus 1+1. On and after the tenth team foul in each half, it will be two shots for each foul. A player may land over the foul line after shooting a free throw.
15. On the sixth 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.

16. Technical fouls are two shots and possession of the ball. A player or coach who receives two technical fouls is suspended from that and the next game. The suspended player or coach must leave the bench area.
17. 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.
18. 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.
19. Zone defense may not be played.
20. 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.
21. All out of bounds calls will be made.
22. 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.
23. Each player MUST play a minimum of 12 minutes. 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. 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 minutes 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. If a player is injured and removed from the game, the time played to that point counts toward the minimum playing time requirement. The remainder must be met if he is able to continue playing and time permits.

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

24. For the overtime period, playing time is at the coach's discretion, the rules are those of the last period of regulation time.
25. 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.
26. There is no "three point shot."
27. Offensive team has 10 seconds to bring the ball up court past the half court line.
28. 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.
29. If a player is injured and removed from the game, that period counts in full, toward their minimum play time requirement.
30. After the game, both teams and coaches will line up and shake hands. SPORTSMANSHIP throughout the season is the only way to play!
31. 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

32. Coaches must arrive to their game 15 minutes prior to the start time.
If there is continuous lateness, then the coach is subject to removal from the league.
33. Coaches must wear their provided coaches' shirts to each game.
34. 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.
35. 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.