

2016-2017

JCC Rockland Basketball FINAL Game Rules:

8th/9th/10th Grade Girls

1. The home team is listed second on the schedule and is responsible for game set up, clean up, time clock, score book.
2. The game will begin with a jump ball. The alternative possession rule will occur following the jump ball.
3. The basket height will be ten feet.
4. The basketball will be intermediate size - 28.5. Best available ball will be used if the coaches cannot agree the official will decide.
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 fourth period.
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 five timeouts/regulation game, each one-minute in duration. There will be one full and one 30 second timeout in the overtime period.
8. Double teaming is allowed.
9. Stealing the ball off the dribble or pass is allowed.
10. Guarding in the backcourt is allowed in the last four minutes of both the fourth and overtime period.
11. There is a three-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.
15. 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.
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. Pressing is allowed in the last 3 minutes of the final period.
18. 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.
19. 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.
20. Man-to-man or Zone defense may be played. No defender should have their arms around a player when guarding them so they're unable to move.
21. 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.
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 the league officials will decide what action will take place.
24. 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.

Free substitution is allowed by any child at any time during the game, however, cumulative partial periods DO NOT count toward the minimum requirement.

If a player arrives late for the 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 will count towards the minimum playing time requirement. The remainder must be met if he is able to continue playing and time permits.

25. For the overtime period, playing time is at the coach's discretion.
26. 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.
27. There are "three point shot."
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 her to come off the court until the next allowable substitution.

30. 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 she is able to continue playing and time permits.
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, a coach will be subject to removal from the league.
34. Coaches must wear their provided coaches' shirts to each game.
35. If a coach or player is ejected from a game (no matter what the reason) they are automatically suspended for the following game. Suspended coaches or players are not permitted to attend the game that they are suspended from as a spectator. 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.
36. 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.