

2018-2019

JCC Rockland Basketball FINAL Game Rules:

7th, 8th & 9th 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 sixth, seventh and eighth grade girls will be ten feet.
4. The basketball will be intermediate size (28 ½ inches).
5. The game will stop on all whistles, official time out and foul shots.
6. All games will be two, 12-minute halves and timed by one of the bench coaches or designated adult timer. There will be a 4-minute half time and one 3-minute overtime period should the game be tied after regulation. 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 in the overtime period. Unused time outs will not carry over to the OT period.
8. Double-teaming is allowed.
9. Stealing off of the dribble or pass is allowed.
10. Guarding in the backcourt will be allowed for the last two minutes of each half and in OT. 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. After the 10th foul in each half, there will be a bonus 1+1. On and after the 13th 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 fifth personal foul may continue to play, however, beginning with the sixth 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. 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.
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 4 minutes per half. 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. The 4 minute minimum can be satisfied via any combination of minutes and do not need to be consecutive.

Free substitution is allowed by any child at any time during the game, however, the 4 minute per player minimum must be satisfied.

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. 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. Offensive team has 10 seconds to bring the ball up court past the half court line.

27. 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.
28. If a player is injured and removed from the game, that period counts in full, toward their minimum play time requirement.
29. After the game, both teams and coaches will line up and shake hands. SPORTSMANSHIP throughout the season is the only way to play!
30. 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.

31. Coaches must arrive to their game 15 minutes prior to the start time. If their is continued lateness you are subject to removal from the league.
32. Coaches must wear their provided coaches' shirts to each game.
33. If a coach or player is ejected from a game (no matter what the reason) they are automatically suspended for the following two games. Suspended coaches or players are not permitted to attend the games 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.
34. 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.