

2019-2020

JCC Rockland Basketball

FINAL Game Rules:

7th and 8th, 9th and 10th, 11th and 12th 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 7th-12th grade boys will be ten feet.
4. The basketball will be regulation size.
5. All games will be 30 minutes in length broken down into 2 fifteen minute stop timed periods timed by one of the bench coaches or designated adult timer.
6. The clock will be stopped at approximately the ten & five minute mark of each period for SUBS ONLY. This isn't a timeout to talk with your teams. Possession will remain with the team that has the ball at the stoppage.
7. There is one 4-minute overtime period. If the game is still tied after the overtime period, the game is then a tie. If this is a playoff game there will be a second 4-minute overtime and so on until we have a winner.
8. All Subs must check in at the scorer's table, prior to entering the game.
9. Each team has four timeouts per regulation game; each one-minute in duration. There will be one timeout for each team in the overtime period, with no carryover.
10. Double Teaming is allowed
11. Stealing the ball off the dribble or pass is allowed.
12. Guarding in the backcourt is allowed.
13. There is a three-second lane violation.
14. Five seconds of standing still, holding the ball is a turnover.
15. Traveling violations will be called.
16. On the 10th through 12th team 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. If a team is not yet in the bonus come the last minute of the game, they will have one foul to give and be in 1+1 on the second team foul. Fouls will continue to be counted and teams will shoot
17. 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 – two shots and the ball possession. The maximum number of foul shot will be two (except if the player is fouled during a three point shot then the maximum would be three).

18. Technical fouls are two shots and possession of the ball. A player who receives a technical foul must come out of the game for 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.

If a player receives three technical fouls during the season, a one game suspension will be served when the third technical is issued.

Note-11/12 division players will serve a two game suspension after the 2nd technical foul has been issued.

If a coach is ejected from a game, he/she will serve a two game suspension.

19. 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.

20. If a fight occurs, those players and all those involved will be ejected from the game and will leave the bench area and gym. There will be an immediate suspension for the player(s) involved. The length of the suspension will be determined by the Basketball Committee within 24 hours.

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

22. 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.

23. Each team should start with a minimum of five players available. No game can be started with less than 5 players from a team. If a player gets hurt and is not available to continue, then each team can play with 4 players. During the playoffs, each team must have five players available. If only 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.

Note: If a team calls up a player from another division, the player cannot be more than one grade behind the division they are being asked to play for.

24. Each player must play at least 10 minutes during the game:

* Free substitution is allowed during each half, but a player needs to play at least 5 minutes during each half. **(THIS RULE IS FOR 11/12 division ONLY)**

(Unless injury, illness or other extenuating circumstance (as approved by the Basketball Committee) prohibits this. If a player arrives late for the game but arrives during the first half, and time allows, the coach should play the player the five minute minimum play time. If a player arrives late for a game but arrives during the second half, and time allows, the minimum play time is five minutes. If a child is missing an excessive number of practices and/or games, the Basketball Committee 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. No player can sit more than 10 consecutive minutes each half unless injured or ill (not including overtime).

25. All substitutions must be announced at the scorer's table.

26. Playing time during the overtime period is at the coach's discretion.
 27. If the "playing time requirement" is not adhered to, the Basketball Committee may give the coach written notice and if it occurs a second time, the Basketball Committee reserves the right to discipline that coach.
 28. There are "three point shots."
 29. If a team is leading by 15 points, the defense must not guard until the ball crosses the half court line.
 30. Offensive team has 10 seconds to bring the ball up court past the half court line.
 31. If a player is injured and a coach or assistant comes onto the court to help the player...the player must sit out at least until the next allowable substitution.
 32. After the game, both teams and coaches will line up and shake hands. SPORTSMANSHIP throughout the season is the only way to play!
 33. 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.

All requests by a coach to add a player, will be reviewed and given a one week grace period. Note-adding players will only be considered if two players from a roster will be out for the season and play offs. The parents of the player who will be out must contact the Director of Sports and Recreation to confirm that they will be out for the season and playoffs.

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

34. 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.
35. Coaches must wear their provided coach's shirts to each game.
36. 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 two played games and are NOT allowed to attend that suspended games. 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.

- If a player receives four technical fouls during the season, a one game suspension will be served, two games for 11/12 boys. A written warning will be sent after the third technical.
- If a coach is ejected from a game, he/she will serve a two game suspension.

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 during the regular season, it will be up to the Basketball Committee to determine on adding a player. If a player is added, that player may only play in regular season games. They are not eligible to play in the playoffs or championship game.

39. All Players must attend at least one tryout prior to the draft or at least be seen by the Basketball committee or their time 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.