

2025-2026

JCC Rockland Basketball

FINAL Game Rules:

3rd & 4th Grade Boys

1. The home team is listed second on the schedule, wears white and is responsible for game setup, 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 3rd and 4th grade boys will be ten feet.
4. The basketball will be intermediate (28 1/2 inches) size.
5. The clock will run continuously except for: a team or official time-out and during fouls shots. The clock will stop on all whistles in the last three minutes of the last period and the last three minutes of overtime during playoffs.
6. All games will be six, 5-minute periods and timed by one of the bench coaches or designated adult timer. There is no overtime.
7. All Subs must check in at the scorer's table, prior to entering the game.
7. Each team has four timeouts during a regulation game, each one-minute in duration.
8. If there is double teaming, there will be 2 warnings. The 3rd time a team is called for double teaming will result in a technical foul called with 2 shots and the ball.
9. Stealing the ball off the dribble is allowed but a player cannot engage until they reach the opposite team's foul line; stealing off the pass is allowed.
10. Guarding in the backcourt is allowed in the last three minutes 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. If a player is fouled in the act of shooting, and the basket is missed, he will be awarded two fouls shots. If the player fouled in the act of shooting makes the shot, he will be awarded one foul

shot. 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 foul shots. Players will foul out of the game on their 6th personal foul. On a foul shot, the player must start behind the modified foul line but may pass it on the shot.

15. On the sixth personal foul, the player is disqualified from the game. However, if a team only has five players, 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 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.
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 defense, no Zone. 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.

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 him or she having to sit out for any specified period.

23. Each player MUST play 3 Full periods and cannot sit two consecutive periods (unless injury, illness or other extenuating circumstances, as approved by the Basketball Committee, prohibits this. Every player must sit out at least one full period unless you ONLY have five players. No Player can sit more than 12 consecutive minutes unless injured or ill.

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.

24. Overtime is ONLY for playoffs, 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 Basketball Committee may give written notice and if it occurs a second time, the Basketball Committee reserves the right to discipline 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 him 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 at their game 15 minutes prior to the start time.
If there is continued lateness you are subject to removal from the league.
32. Coaches must wear their provided coach's shirts to each game.
33. If a coach or player is ejected from a game (no matter what the reason-HE/SHE MUST LEAVE THE GYM). They will be automatically suspended for the following game and are NOT allowed to attend that suspended game. 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.
34. If a team is up by 15 points they need to stop pressing, double teaming and play defense at the 3 point arc.
35. 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.
36. Should a team lose 2 or more players for the regular season & playoffs, it will be up to the Basketball Committee to determine on adding a player.

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.