



## Youth Sports Rulebook

# BASKETBALL



**C O S U M N E S C S D**

**JR. NBA and She's Got Game BASKETBALL LEAGUE**

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## **CSD GENERAL RULES FOR ALL LEAGUES:**

- Players must be currently registered in the current season to participate in any league activities. This includes the completion of waiver release forms and code of ethics signed by the player's parent(s) or guardian(s).
- Players are not allowed to register for a division they have aged out of. Players who would like to play in an older division must have their registration pre-approved by CSD staff.
- Players must wear their league issued uniform in order to participate in league activities.
- Participants are not allowed to wear jewelry (with the exception of medical bracelets and stud earrings that must be fully covered), casts or any other items deemed as dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least ½ inch neoprene sleeves.
- Parents are not allowed to be on the field of play with the exception of a player being injured. Parents also may not be on the team's bench/sideline unless they are a certified coach and cleared through CSD.

## **JR. NBA LEAGUE SPECIFIC RULES:**

All Jr. NBA basketball games will be governed by Cosumnes Community Services District Rules and will follow the National Federation of State High School Associations (NFHS) rule book, unless otherwise noted. All rules, changes, or exceptions to rules are subject to CSD Staff's final decision.

### **(A) GENERAL INFORMATION**

1. All players must be registered in the Jr. NBA or She's Got Game basketball programs before participating in any league activities. This includes the completion of waiver release forms and code of ethics signed by the participant's parent(s) or guardian(s).
2. Participants are only allowed to play on one (1) team per season.
3. Participants must be between the ages of five (5) and twelve (12) in order to participate in league play. The division in which a player participates in should be determined by the player's age as of player clinic day. Players must be 5 years of age by player clinic day.
4. All players will receive a reversible Jr. NBA or She's Got Game jersey. If necessary, jerseys can be replaced for a fee of \$25, if extra jerseys are available. Players may wear a t-shirt or jersey of the same team color if a replacement jersey is not available.
5. Teams are comprised of a minimum of five (5) and maximum of TEN (10) players. Five players per team play on the court in all divisions as per Jr. NBA rules.
6. Players will be assessed and placed onto teams by coaches and CSD staff during the player clinic day held prior to the start of the season. This does not apply to Jr. NBA Division 4, (5-6 year olds). They will automatically be placed on a team by the league coordinator.
7. CSD Staff may add or move players to teams as necessary.
8. Each team will be allocated a time for two practices before the season begins at the Wackford Community and Aquatic Complex. Practices will not be more than one hour long. Additional practices will be scheduled at one of the local elementary schools.
9. Parents, families, and friends must sit in designated seating areas during the game. Please refrain from entering the gym prior to your scheduled game time. This will prevent overcrowding and interference of games that are in progress.

10. Each team is allowed one head coach and one assistant coach who have fulfilled coaching requirements. These are the only two people that are allowed to be on the bench and must be in proper coaches' attire. Coaches will be allowed to add one coach upon approval of the coordinator following the player draft and team assignments.
11. **Only players and coaches are allowed on the bench. The only exception to this is if a parent is tending to their injured child.**
12. No one will be allowed to sit on the bleachers at Wackford. They will remain closed as a safety precaution.
13. Coaches who are paired together as head and assistant (any combination) may not be allowed to coach consecutive seasons. For example, if John and Joe coach the summer season together, they are not allowed to coach the fall season together. They will be allowed to coach again together for the winter/ spring season.
14. Players will be broken down into the following divisions based on their age at player clinic day:
 

<b><u>Jr. NBA</u></b>	<b><u>She's Got Game</u></b>
a. Division 3: 7-8	a. Division 2: 7-9
b. Division 2: 9-10	b. Division 1: 10-12
c. Division 1: 11-12	

**(B) ATTIRE**

1. All players must wear athletic style footwear with non-marking soles. No hard-soled shoes, socks, open-toed shoes, or bare feet are allowed on the court. Players without appropriate footwear will not be allowed to participate.
2. All players will wear and tuck in their jerseys during play, and all shorts/pants need to be worn and tied at waist level. An official may stop the game in order to have a player fix their jersey. If one particular player continues to have a "uniform issue," and has been warned at least 2 times, then the official may charge/use one of their team's time outs as an additional consequence.
3. Jewelry is not to be worn during games, unless it is for medical purposes at which point it must be appropriately covered in order to avoid injury to another player.

**(C) GAME TIME**

1. All games will be 40 minutes long, divided into eight (8), five (5) minute periods. The scorekeeper will set the clock to run for five minutes, and when the five minutes runs out, the coach will substitute/rotate their players. **SUBSTITUTION TIME IS NOT A TIME OUT.**
  - a. There will be a 2 minute break at halftime.
  - b. There is **no overtime** in any division. If at the end of regulation, the score is even, then the game ends in a tie.
2. **Time Outs:**
  - a. Each team shall be given, **two** 60 seconds long time-outs per half. A technical foul will be assessed for any additional time-outs called by a team.
  - b. The clock will stop on all time-outs.
  - c. Either the head coach or a player on the court may ask the official for a time-out.
  - d. Time-outs may only be called during a dead-ball situation or by the team in control of the ball during play.
3. **Jr NBA Divisions 1 & 2 and She's Got Game Division 1:**
  - a. if the score is within ten points or less, standard high school rules are applied during the final 2 minutes of the game:
  - b. Clock will stop on all dead ball situations during
  - c. Standard foul calls apply (players must shoot all foul shots as 1 point is no longer given)
  - d. There is **no** overtime in any division. If at the end of regulation, the score is even, then the game ends in a tie.

## (D) GAME RULES

### 1. Substitutions:

- a. All players must play an equal amount of time.
- b. A team must have four (4) players to start the game. A team can finish with as few as three (3) players if they lose players due to disqualification, injury, or some other unforeseen circumstance.
- c. Before the game starts, coaches must turn in their substitution pattern sheet to the score table. The substitution pattern for a 6 player team through an 11 player team is located at the end of the rule book as well as provided to you in your roster packet.
- d. Each player must be assigned a number on your sheet.
- e. However many players a team has to start a game then that is the numbered rotation pattern that the coach will use to substitute his players throughout the game (8 players, 8 player rotation pattern).
- f. After each 5 minute period, the players on the bench will be substituted into the game for the players who were on the court.
- g. Players will be numbered (#1 – 10) by the coach before each game (If a team has 11 players on their roster then they will be numbered 1-11).
- h. Players numbered 1 – 5 will start the game. After the first quarter (5 minutes), players numbered 6 – 10 will then enter the game. This pattern will then continue throughout the whole game with players numbered 6-10 starting the first quarter of the second half.
- i. If a team has less than 10 players then the coach will use the numbered substitution pattern that corresponds with the amount of players playing for the team in that game.
- j. Players arriving late will be the last numbered player in the rotation and the coach will go to the next higher rotation (i.e. 9 players to start the game the coach will start with the 9 player rotation pattern and when the 10<sup>th</sup> player arrives they becomes #10 in the rotation and the coach uses a 10 player rotation pattern).
- k. If a player is injured during the game they will be replaced by the next numbered player (i.e. during a 10 player rotation patter, player #6 is injured in the 2<sup>nd</sup> quarter. Therefore, player #1 would be the sub for player #6 because players 7-10 are already on the court.)
- l. Players with a foreign object, such as casts on their arm(s), etc., will be declared as ineligible to play that week's game. Any object or piece of equipment, which could cause harm to the player or players on the other team, will also be declared ineligible to play. All such cases will be assessed on a weekly basis.

2. **Jr. NBA Division 4:** Coaches will be allowed to coach on the floor, but only 1 coach per team is allowed on the court. *Please be sure to stay out of the key.* No exceptions

### 3. **Jump ball:**

#### **Jr. NBA Divisions 1-3 and She's Got Game Division 1-2:**

- a. Will determine the first possession
- b. Other jump ball/held-ball situations will be played from out-of-bounds with each team alternating possession.
- c. First possession of the 2<sup>nd</sup> half will go to the team who does not control the opening possession.

#### **Jr NBA Division 4:**

- a. The home team receives the first possession.
- b. Other jump ball/held-ball situations will be played from out-of-bounds with each team alternating possession.
- c. First possession of the 2nd half will go to the visiting team who does not control the opening possession.

4. **Officials** shall have a pre-game discussion with both teams and/or their coaches. The discussion shall include and is not limited to:
  - a. Expected player conduct, rule clarification, and confirmation of substitution sheet being turned in.
  - b. Coaches should shake hands at the end of the pre-game meeting.
  
5. **Each player in Jr. NBA Divisions 3 & 4 and She's Got Game Division 2 will wear a colored wristband indicating the player they are responsible for defending.** Wristbands will initially be distributed by the coach of each team. Each player's skill level is the primary factor in determining their wristband; size is secondary. Wristbands will be distributed as follows:
  - a. Red: Most skilled
  - b. Yellow: Second most skilled
  - c. Black/Green: Third most skilled
  - d. Blue: Fourth most skilled
  - e. White: Least skilled
    - *CSD staff may adjust match-ups to ensure that each player is competing against an opposing player of similar ability.*

6. **Defensive Rules:**

**Jr. NBA:**

- a. In **Division 1 & Division 2** teams can play man to man or zone defense.
- b. In **Division 3** there is no double teaming of a ball handler outside of the key.
- c. In **Division 4** the ball cannot be stolen directly from the ball handler. The ball can be stolen on the pass.
- d. In **Division 3 & Division 4** teams can only play man to man defense. Players will wear colored wristbands, and may only guard the opposing player who is wearing their same color. No zone defense is allowed.

**She's Got Game:**

- a. In **Division 1** teams can play man to man or zone defense.
- b. In **Division 2** teams can only play man to man defense. Players will wear colored wristbands, and may only guard the opposing player who is wearing their same color. No zone defense is allowed.
- c. In **Division 2** the ball handler cannot be double teamed outside of the key.

7. Full court pressing is **only** allowed:

**Jr. NBA: Divisions 1 & 2 and She's Got Game: Division 1:**

- a. Teams can only press in the **last five-minute** period of each game.
  - Teams that have a **lead of 11 or more points** will not be allowed to press.
- b. A delay of game warning will be given once (1) before a technical foul is assessed for full court pressure prior to the last five-minute period.

8. **Free Throws:**

**Jr NBA Divisions 1 & 2 and She's Got Game Division 1:**

- a. **On all shooting fouls**, the player will receive 1 point and shoot one free throw (2 points for the made free throw on 3 point shots).
- b. **If the player is fouled in the act of shooting and the basket goes in**, the team will receive 3 points (4 points on a 3-point attempt) and no free throws will be taken.
- c. All common fouls will be taken out of bounds until you reach the 8<sup>th</sup> foul.
  - **On the 8<sup>th</sup> team foul, the offensive team will be in the bonus and will get 1 point and then shoot 1 free throw.**
  - There is NO DOUBLE BONUS

NEW

- d. If the player is fouled in the act of shooting and the basket goes in, the team will receive 3 points (4 points on a 3-point attempt) and no free throws will be taken. There is no double bonus.

**NEW**

**Players in marked lane spaces may move into the key when the ball is released by the free throw shooter.**

**Jr. NBA Divisions 3 & 4 and She's Got Game Division 2:**

- a. When a foul is called the result will be possession awarded to the team that was fouled.
- b. **No points or free throws** will be awarded.

**9. Technical Fouls:**

- a. At any time a technical foul is called during a game, two points will be automatically awarded to the opposing team and they will also get possession.
- b. If at any time a player or coach receives two (2) technical fouls, they are ejected for the remainder of that game and will need to meet with CSD staff before they can participate in the next game.

**(E) SPORTSMANSHIP AND ROUGHING**

1. If CSD staff witnesses any acts of elbowing, cheap shots, trash talking, or any unsportsmanlike act, the game will be stopped. The official will assess a technical foul for unsportsmanlike conduct and the player will be sat out or ejected from the game at the officials' discretion.
2. If a player or coach is ejected from the game, they must leave the building/parking lot. Cosumnes CSD Parks and Recreation will not tolerate irate parents, coaches, or fans; they will be directed to leave if an official or staff member believes their conduct is unsportsmanlike.
3. Any coaches, players, or fans ejected from the game are also suspended from the game the following week. CSD staff will deal with all suspensions on an individual basis. All decisions are final.
4. Coaches are responsible for the actions of their players and fans. Officials may ask the coach to address unsportsmanlike conduct by parents and spectators.

**(F) BLEEDING AND EXPOSED BLOOD**

1. Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds properly covered, and all blood and blood stained clothing is removed.
2. Any coaches or players failing to comply with the officials decision concerning the clean up of a bleeding wound or blood stained clothing shall be ejected from the game. Any ejection will follow with a one (1) game suspension from the following week's game. A second such ejection will result in suspension for the remainder of the season.

**(H) EQUIPMENT**

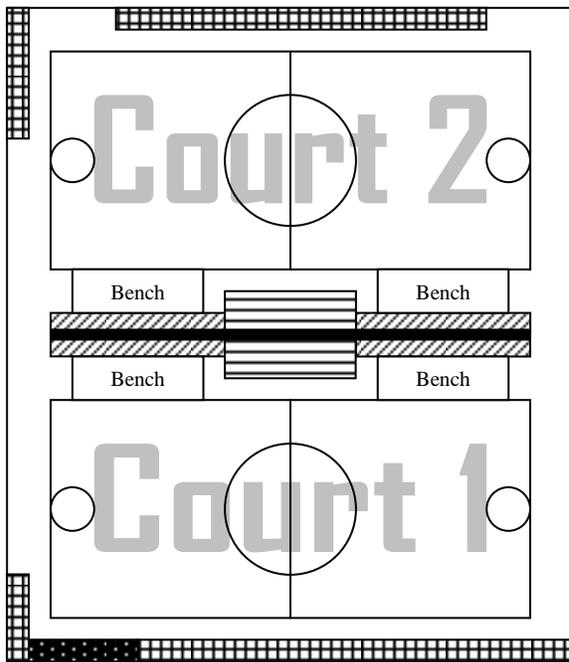
Equipment is chosen to be developmentally appropriate for the children registered in each division. Using smaller balls and lower hoops ensures that players are able to learn proper fundamentals.

**Jr. NBA:**

- 1. Division 4
  - a. Ball Size: Rookie (25.5")
  - b. Rim Height: 7ft.
- 2. Division 3
  - a. Ball Size: Junior (27.5")
  - b. Rim Height: 9ft.
- 3. Division 2
  - a. Ball Size: Women's (28.5")
  - b. Rim Height: 10ft.
- 4. Division 1
  - a. Ball Size: Regulation (29.5")
  - b. Rim Height: 10ft.

**She's Got Game**

- 1. Division 2
  - a. Ball Size: Junior (27.5")
  - b. Rim Height: 9ft.
- 2. Division 1
  - a. Ball Size: Women's (28.5")
  - b. Rim Height: 10ft.



**Wackford Gymnasium  
Jr. NBA Gym Set-Up**

- Gym Entrance 
- CSD Staff Table 
- Team Bench (Coaches and Players Only) 
- Spectator Seating 

**Lobby**