



# YOUTH BASKETBALL LEAGUE RULES AND REGULATIONS

All league games will be governed by the official basketball rules as adopted by the National Federation of State High School Associations with the exception of the special league rules adopted by JR Sports (JRS).

## Registration:

- A team must be fully registered with JR Sports to participate in any league or tournament game. **Waiver/Roster forms must be filled out by each team and turned in before their first game.** If rosters are unchanged, rosters may carry over from one session to another. **ANY TEAM PLAYING A PLAYER NOT ON ITS ROSTER WILL FORFEIT THE GAME IN WHICH THE INELIGIBLE PLAYER PARTICIPATED.**
- Players must play in their age division or play in a higher division. No player can play down to a lower age division. JR Sports reserves the right to amend this rule in special circumstances.
- Players can only play for one organization and may only play on one team per division, but they may play on multiple teams within the same organization but in different divisions.
  - The age cut-off date is **August 31st** of each year. (ex. For school year 2017-2018, a player playing in an 8U division must be 8 years old or younger on August 31, 2017.
  - If a player chooses to play on multiple teams, JR Sports may attempt to schedule games at different times when requested, but this cannot be guaranteed.

## Proof of Player Eligibility:

- **Team Responsibility.** Proof of player eligibility is the responsibility of the team manager or coach. JR Sports will check eligibility prior to the league to confirm the official rosters. Additionally, a coach must be able to document grade and age eligibility, as well as, have a current, identifiable picture of the athlete in the event of a challenge by another team or by JR Sports Officials prior to or any time during a game.
- **Documentation Required for Eligibility.** As a condition of participation, each team is required to have grade and age documentation, as well as have a current, identifiable picture of the athlete available for each player for review at any time during the league. Proof of grade and age must be available for review by JR Sports Officials at all games. Failure to have such information available at the event may result in player ineligibility, game forfeiture, and/or team removal from the league.
- **Acceptable Forms of Documentation.** Acceptable proofs of age include clean photocopies of birth certificate, adoption papers, immigration papers, school documentation which reflects DOB, current driver's license and current passport. Acceptable proofs of grade include a clean copy of any report card of the current or immediately preceding school year, progress report for current school year, or current school ID.

## Uniforms

- Teams are required to have home and away jerseys (one light/one dark) or a reversible jersey.
- The **HOME** team in each game will wear light colored jerseys and will be listed **second** on the schedule.

- Jerseys must have number on both front and back and comply with UIL rules for numbers. These numbers must be permanent (no tape or markers).

## **GAME RULES**

### **Length of Games:**

- 8-minute quarters, 2 minutes between quarters and 4-minute half time
- A regulation clock will be used. The referee, a time out or a technical foul can only stop the clock. The following exception will apply; the clock will stop on every dead ball during the last two minutes of the second and fourth quarters.
- Maximum pre-game warm-up 5 minutes (subject to change). League officials have the discretion to shorten each period in order to maintain the time schedule.

### **Time-outs:**

- Each team is given four time-outs per game (2 – 1 minute) per half. Time-outs do not carry over to overtime.  
*NOTE: Any unused timeouts from regulation time will not be carried over into overtime. A team calling a timeout when it has none left, will receive a warning on the first offense, the second offense will result in a technical foul, which is an automatic two points and the ball to opposing team.*

### **Fouls:**

- 5 Fouls will disqualify a player from the game.
- After the 10th team foul of each half the opposing team will shoot free throws.
- Technical Fouls:
  - Two free throws will be shot by a player on the court.
  - The ball will be awarded to the opponent of the offending team.
  - Technical fouls by coaches will be tracked and reported to the league director during the season. If a coach receives two technical fouls during the season they will be suspended for the next game. If this happens during the tournament they will be out for the remainder of the tournament.

### **Free throw distance:**

- 8U divisions will shoot from the “volleyball line” which is a distance of 8’. The shooter may land on the line but not completely past the line. For lane purposes, the player closest to the basket may line up below the low block.
- 10U & up will shoot from the regulated free throw line.

### **Substitutions:**

- All divisions have free substitutions the entire game.

### **Full Court Press:**

- 6u and 8u (Division 2) teams can press only in the fourth quarter and overtime. Teams up by twenty are required to be behind the half court line.
- 10u, 12u, 14u and all Division I teams can press the entire game and overtime. Teams up by twenty are required to be behind the half court line.

### **Overtime:**

- First overtime 3 minutes, second overtime will be 2 minutes.
- Each team is given 1–30 second time out for overtime. (Time outs do not carry over from regulation)
- Third overtime will consist of 5 free throws per team. Only one player from each team will be allowed to shoot the free throws. If both players make all 5 then they each will shoot three more free throws.

### **Bench Rules:**

- Only eligible players and **2** coaches (this includes statistician, ball boys/girls, and/or other staff) may be on the team's bench. Violation of this rule will result in one warning. The team will then have 1 minute to clear the bench of anyone not listed on the official roster. If the team fails to comply, the violator(s) will be ejected.
- **Only one coach should be standing at all times.** Violation of this rule will result in a warning. The 2nd warning will result in a technical foul. The 3rd warning will result in the ejection of the violator(s).

### **Score/Time Keepers:**

- Home team provides the timekeeper and the visiting team will provide the scorekeeper. Individuals who are utilized as score/time keepers will be given the option to receive a voucher for a free food item & drink or a refund of their entry fee.

### **Protests:**

Any protest must be communicated immediately to the League Commissioner. Protests must be submitted in writing and be accompanied by a \$50.00 cashier's check/money order. The League Commissioners and organization members will consider all protests within a 48-hour period based on business days. Protest pertaining to an official's judgment call will not be considered.

**Sportsmanship:** Coaches are responsible for the leadership, and thus the sportsmanship of their teams. Sportsmanship is displaying respect for opponents and officials. Coaching leadership is most effectively achieved by treating persons fairly and courteously, maintaining self-control in emotionally charged situations, teaching with encouragement and inspiring youngsters to derive satisfaction from solid team play and improving individual performance. Coaches must be concerned primarily about the long-range physical and mental well-being of all of the youth in the program.

1. Acts of disrespect or intimidation, while not directed specifically toward opposing players, coaches or officials, are still considered unsportsmanlike and could result in a technical foul or an ejection. JR Sports encourages its coaches to act professionally at all times.

**Forfeit Rule:** Our league encourages participation; therefore, we do not recognize forfeits. However, if there are circumstances which prevent your team from participating, please contact JRSR as far in advance as possible prior to the scheduled game. A fee of \$50 will be assessed to the team that does not show up for their scheduled game. That fee will be due before the next scheduled game. If the fee is not received by the second week, an additional fee of \$25 will be assessed and the team will not be allowed to participate in the next scheduled game. If the fee is not received by the third week, the team will forfeit all games for the rest of the season and will not be invited to play with JRSR the following season.

***JRSR reserves the right to modify rules and regulations as it deems appropriate and that all rules and regulations listed as a guide.***

*Please forward all questions and concerns to [info@jrjsports.org](mailto:info@jrjsports.org)*