

# Junior Division League Rules (5<sup>th</sup>/6<sup>th</sup> Grade Levels)

Rules are based upon the Official National Federation of High School Athletic Association Rules, except for the following.

1. Games consist of four eight-minute quarters. If necessary, overtime will be 2-minute periods. Recreation Referees will be used in this league
2. Each player must play 16 minutes per game. It is the coach's responsibility to keep track of the playing time.
3. The league has instituted the following rule. Players will rotate as close to the four-minute mark of an eight-minute quarter. This helps the league insure all players get 16 minutes of play time.
4. Full court is allowed the last two minutes of the 4<sup>th</sup> quarter except when the defensive team has a lead of 10 or more points. If a team presses and is ahead by more than 10pts a warning will be issued, every time additional to that a technical will ensue with foul shots and possession being retained by the offensive team.
5. Man to Man defense is optional during the game. This should be discussed between coaches prior to the game. If Man to Man is chosen by either team at each 4 minute break the teams will line up so players can determine who to cover.
6. Three full time outs per game and two 20 second time outs per game. If overtime occurs, and additional timeout will be given to each team per overtime.
7. Once a team establishes possession of the ball after a shot attempt is made the other team must retreat beyond the half court line to the hash marks to play defense. The only exception is noted above in rule number 4.
8. All games will be played on a 10 foot basket. The league will use a 28.5 inch basketball for girls and a regulation size for boys.
9. If a team is up by 20 or more points, it is suggested that they attempt to use the following as a way to not increase the score.
  - A. Try to allow players that don't usually score more chances to shoot.
  - B. Have a certain number of passes that must be met prior to shooting.
  - C. Additional points will not be added if scored past the 20 mark.
10. All issues and complaints must be brought to the league coordinators to ensure a positive sportsmanlike atmosphere for everyone involved.