

Neighborhood Sports JR NBA & JR WNBA Basketball Rules

6/14/2021

1. Playing rules are State High School Association rules for the current year except where modified below:
2. Uniforms: Teams wear league uniforms (Home Team Wears White, Visitors wear color)
3. Program is a grade-based program. Age is determined by player's age on January 1. Players may only participate in one division. Players can play up a division but cannot play down. Age Divisions are 5-6, 7-8, 9-10, 11-12, and 13-14 Yr Old .
4. Division information

Age Division	Style of play	Players/Team	Rim Height	Game Length	Basketball size
5-6 Yr Old	5v5 full court	10 players	8ft	2-20min halves	25.5
7-8 Yr Old	4v4 Full court	8 players	8ft	2-20min halves	27.5
	5v5 Full court	10 players			
9-12 Yr Old	5v5 Full court	10 players	10ft	2-20min halves	28.5
13-14 Yr Old	5v5 Full court	10 players	10ft	2-20min halves	29.5

5. Playing Rules

All Divisions

- ALL Divisions plays 5v5 Full court, 7/8 Yr Old Division plays 4V4 or 5v5 Full court or cross court (depending on location).
- Game length is two (2) twenty (20) minute halves with a running clock.
- Game starts with teams jumping for ball at mid court.
- 5-6 has a no steal rule (defender cannot steal ball when offensive player is dribbling or holding ball)

6. Clock / Scoring

- Running clock...stops for time outs and technical fouls. Clock stops for scheduled substitutions. The officials may use their discretion to stop the clock for injury, ball retrieval, etc
- Scoring- A regulation shot counts as 2 points while a shot beyond the 3-point arc counts 3 points. There are no 3-point shots in the ½ grade division (except for Summer League)

7. Defense / Point Spread Rule

- Teams in the 5/-6, 7-8, & 9-10 yr old division can only run a Man to Man defense.
- Players in 5/6 Yr Old Division cannot steal the ball while player is dribbling.
- Teams in ages 11/12 & 13/14 Yr Old can run Man to Man or Zone defense.
- Defense can't pick up offensive player until they cross mid-court (12 Yr old and under)
- Defensive player cannot chase the ball (one player covering everyone)
- Defense cannot double team the ball outside 3 point line (11 Yr Old and up). Defense cannot double team anywhere in the 5/6, 7/8, & 9/10 yr old division
- Defensive players can switch players they are guarding (i.e. When an offensive player sets a pick on a defensive player, the defensive players can switch assignments to guard ball and player setting pick)
- (Ages 9 & up) During the last two minutes each half and the overtime period, teams are allowed to play full court defense (no double teaming ball outside 3 point line).

- (Ages 9 & up) Defense can cover players' full court if they are losing by more than 10 points at any time during the game. Defense cannot double team anywhere on the court if winning by more than 10 points.
- In 13/14 Yr division a team can play full court defense, including double teams, until they are up by 10 points.

8. Fouls / Free throws

- 5 fouls and a player must leave the game
- 5-6 Yr division will not shoot free throws...they take the ball out of bounds after a foul.
- When a foul is committed that requires a free throw...the player shoots one shot for the point value designated by referee (if fouled while shooting a two pointer the free throw is worth two points if fouled while shooting a 3 point shot the free throw is worth 3 points).
- Two technical fouls: player, person, or coach is ejected from game & must leave the building
- Bonus Free throws - Teams shoot free throws when there are 7 teams fouls or more (one shot for two points)

9. Time outs:

- Each team is allowed one (1) 30 second time out per half.

10. Halftime:

- Two minute halftime. If the games are running behind schedule, the league administrator or game officials may shorten the halftime intermission.

11. Overtime: If the score is tied at the end of regulation play:

- 1st overtime – Jump ball to start. Two minute overtime, no time outs in overtime... sudden death with the next basket made wins
- 2nd overtime - Free throw shoot out (all players are placed in order chosen by coach...teams alternate shooting free throws... (Home team shoots first)...(1st player from home team and first player from visitor team...if both make or miss than you advance to 2nd player on both teams...team will win when one team's player makes a free throw and the other team's player misses. All players on home or visitors team will shoot before a player on the other team shoots twice.
- No Overtime in 5-6 Yr Division...game ends in a tie

12. Game Administration

- The visiting team provides a timekeeper.
- The home team provides a qualified scorekeeper.

13. Mandatory Substitution (This is not a time out...players must move from bench to court ASAP)

- The game clock is a running clock and stops for scheduled substitutions. Timekeeper will work with referee for substitution times every five-minutes.
- Play will stop at which time all substitutes on bench must enter the game. Players must be rotated... no player can play every period unless there are no substitutes on the bench. Every player must play a minimum of 4 periods. Players cannot play more than 6 periods unless there are no players on the bench.
- Free substitution is allowed during the last 5 minutes of the game; substitutions may be made at the discretion of the coach but only when there is a dead ball. Coaches cannot use substitution time as a time out. Substitutions must be made quickly. Failure to substitute in a timely manner could result in the referee putting the ball back into play before you are finished with your substitution. Clock does not stop for free substitution.

14. Stalling or attempts to freeze the ball is not allowed and may result in loss of ball possession.

- If a team is warned for stalling, the official will administer a 10-second count during which a shot must be attempted. If a shot is not attempted, ball possession is lost.

15. Officiating & Sportsmanship

- Our Officials try their best to facilitate the game experience. They give their time to do something that most people do not like to do. We ask that you treat our referees with respect at all times and set a good example for our kids. Unsportsmanlike conduct will not be tolerated by players, coaches, or fans and may result in immediate ejection and banishment from the playing area. The referee shall have power to make decisions on any point not specifically covered in the rules.
- No officiating from the stands. Anyone who officiate from the stands may be asked to leave
- Only the head coach can talk to the referee.
- Questions, Suggestions, or Complaints should go to Facility Director on duty, Program Director, emailed to programs@neighborhoodsports.us or phoned in to 512 918-3524.

16. Team make up/ Play Time/ Practice Time

- Only registered players assigned to your team approved roster by NS can play in NS games. NS reserves the right to add players to all teams. NS sets the approved team rosters. NS must approve a change to a team roster. Teams will forfeit the game if a player not on the NS approved team roster plays in the game.
- Coaches must play all players 50% of game. Players must be rotated in & out each sub brake.
- Coaches cannot limit players play time because a player missed practice
- Teams can practice once per week unless granted an exception by league.