



## **Jr. Basketball Game Rules**

### **Game Play:**

- Games will be 4 players on 4 players (**not 5 on 5**)
- Games are 5 periods of 5 minutes each
- Teams will alternate possession at the start of each period
- There will be a running clock - No time outs - Clock will not stop
- 1-minute intermission between periods. *During that one minute get your players checked in at the scorers table, check them in first, then talk to them on the court.*
- Scorers tables jobs include keeping track of players participation and setting the 5 minute clock each period.
- No Score is kept (Officially or Unofficially)
- Basket height is approximately 8 feet and a junior size ball will be used (27.5)
- No players will foul out - *call a personal foul if a player is out of control and especially if they are a danger to other players.*

### **All players must:**

- Be on an official Boys & Girls Clubs of Sonoma Valley team roster.
- Play a minimum of 2 full periods
- Players can not play 3 periods until all other players have played in at least 2 periods

### **Substitutions:**

- Older players/advanced players will play Periods 1, 3 and 5
- Younger players/more developing players will play Periods 2, 4, and 5. *This is not always possible, but try to avoid playing your best players in period 2 and 4.*
- Players may not be substituted mid period, with the exception of injury

### **Coaches:**

- Coaches will referee games in an instructional manner (**blow the whistle!**), *don't wait for someone else to call what you see. Stop the play, explain why you blew the whistle so all can hear, let the players know what's happening. We know you want to let the kids play but we also need to instruct them. We need them to learn to stop on hearing the whistle! (referee coaches will be calling fouls very loosely):*

Example 1: A player stops dribbling and runs with the ball towards the basket.

Coach Blows whistle - **Take the ball and instruct** the player that he must dribble, pass or shoot. Give the ball back and make sure he follows the instructions.

Example 2: A player hits or runs into an opponent

Coach Blows whistle - **Take the ball and instruct** the player that it is a foul to hit or run into an opponent. Then hand the opponent the ball, the opponent inbounds.



## **Jr. Co-Ed Basketball General Information for Parents and Players**

**Key Skills:** Triple threat position, pivot, jump stop, dribble, passing/ready hands for receiving, shooting, defense.

### **Rules for Both:**

1. White sidelines and White baselines are considered out of bounds. The ball must stay in bounds. Whatever team was the last to touch the ball, the other team gets control of the basketball.
2. Although physical fouls are mostly defensive, it applies exactly the same to all players on the court.
3. Players cannot kick the ball or hit the ball with their fist

**Offense Rules:** The team on offense is the team with the basketball.

1. The player must dribble the ball with one hand while moving both feet. If, at any time, both hands touch the ball or the player stops dribbling, the player must only move one foot. The foot that is stationary is called the **pivot foot**.
2. Once a player has stopped dribbling, they cannot start another dribble. Doing this is called a **double-dribble violation** and the opponent takes possession of the ball. *(A player can only start another dribble after another player from either team touches or gains control of the ball.)*
3. The players hand must be on top of the ball while dribbling. If they touch the bottom of the ball while dribbling, this is called **carrying**, and the player will lose the ball to the other team.
4. All inbound plays on the sideline will be from halfcourt, all inbounds on the baseline will be from the right or left of the basket.
5. There are **no fast-breaks until the 5th period**. Once your team takes offensive possession, the player holding the ball must wait for the defense to transition.
6. Once the offensive team crosses half court, they may not go back into the backcourt. This is called a **backcourt violation**. If the defensive team knocks the ball into the backcourt, then the offensive team can recover the ball legally.
7. **All teams will teach a form of a diamond offense**. With the player bringing up the ball at the top of the key, one wing player on each side of the ball and one player in the middle of the key.

**Defensive Rules:** The team on defense is the team without the basketball.

1. No defense will be permitted until the ball is advanced past the **halfcourt** line
2. The team on defense is trying to keep the opponent from scoring.
3. Players must learn a **Defensive Stance**, which is an athletic stance with their hands up. Defense can move in order to defend their basket.
4. A defensive player's goal is to not **FOUL**. A FOUL is gaining an unfair advantage through physical contact. Including but not limited to:
  1. Running into, pushing or tripping offensive players,
  2. Reaching arms across offensive players to try and grab the ball
  3. Hitting the arm or body of the offensive player while shooting
  4. Holding onto offensive player

There is some interpretation that has to be made by the referee. *(Generally defensive players may not touch the offensive player in a way that causes the offensive player to lose the ball or miss a shot)*

5. **All teams will teach a 2-2 (box) ZONE defense. No man to man.** *(Put your taller/more advanced players closer to the basket. This allows players on both teams who are not as comfortable on the court to participate.*