

SJAA BASKETBALL RULES



REVIEWED AND UPDATED FOR 2023 – 2024 SEASON

ARTICLE I: League Make-Up

The basketball league shall be organized into the following divisions:

1st & 2nd Grade Girls

1st & 2nd Grade Boys

3rd Grade Girls

3rd Grade Boys

4th Grade Girls

4th Grade Boys

5th Grade Boys

5th & 6th Grade Girls

6th Grade Boys

7th & 8th Grade Girls

7th & 8th Grade Boys

ARTICLE II: Team Make-Up

Teams will be established at the school at which the player attends or resides. Players may not play for any other school unless assigned by the school director. A team will consist of no more than 10 players.

I. Player Draft & Team Formation

- a. Required when 16 or more players sign up from the same division and school
 - i. Exception: 1st & 2nd divisions can be hand selected between the coaches and director
- b. Draft Rules
 - i. Coaches will draw a card to determine who gets the first pick. High card receives first pick, followed by the next highest card, etc. Ace is the high card.
 - ii. There will be only one coach's pick who must be taken in the third round of the player's grade (the coach's child). If a coach does not have a child/relative playing, that coach must announce to the other coaches and draft supervisor the player he/she is reserving for their third round coaches pick before the draft begins.
 - iii. If a coach picks a player who has a brother/sister in the same grade or same division, the coach must pick the brother/sister in the next round. If brother/sister is in the next grade, then that player must be selected in the same round as the original sibling was drafted for that grade.
 - iv. All players of one grade must be drafted before drafting the other grade. The winner of the draw determines the grade drafted first.
 - v. If a registered player does not attend the draft, that player's name will be drawn from a hat once all the players are present for the draft have been selected. The hat draw will occur in normal draft pick order.
- c. No player may pick the team they wish to play for.
- d. Late registrations are only accepted by permission of the school director AND there is a team available in that division with less than 10 players. This player will be placed on the team that had the next pick in the original draft AND has less than 10 players.
- e. Any player playing who is not on the team roster will cause that team to forfeit games in which that player participated. This will be retroactive to any games in which the ineligible player participated.
- f. No trading is allowed.

ARTICLE III: Player Discipline

Coaches that the responsibility of enforcing the following rules. If any disciplinary action is taken toward a player for any reason below or otherwise, the parents of the player, opposing coach, and school directors must be notified that they may not participate in the next game. Ineligible player rule will be in effect for that game only.

- I. A Player may be disciplined (benched for a game) for:
 - a. Being in school area not authorized
 - b. Loitering around the gym
 - c. Not attending practice (unexcused)
 - d. Early or late for practice
 - e. Being in the gym on days when your team is not scheduled for practice
- II. A player may be dropped from a team for the following, provided school directors have been notified and the SJAA Board of Directors approves:
 - a. Three unexcused absences from practice
 - b. A gross violation of Article III, Section I
 - c. Malicious destruction of school property
 - d. Other violations deemed necessary by coaches and approved by the SJAA Board of Directors

ARTICLE IV: Playing Rules

The rules established by the National Federation of State High School Association for boy's high school basketball shall apply. The following modifications of those laws and rules will supersede any rule in conflict and have been adopted by the SJAA Board of Directors.

- I. PLAYING TIME
 - a. All players must play a full quarter start to finish and sit a full quarter start to finish
 - b. There are no substitutions in the first half
 - c. Players must play the first full quarter eligible to them
 - d. Sub freely in the 2nd half
- II. PLAYING TIME (more than 10 players)
 - a. Each player must play a full quarter start to finish
 - b. Players DO NOT have to sit a full quarter start to finish
 - c. No single player may play the entirety of all four quarters

- d. These rules apply to both teams when one team has 11 or more players
- e. All players must play in both halves

III. Substitution Rules

- a. If a player fouls out or is injured during their assigned quarter, they may be replaced by any player on the bench. That quarter will not count as a quarter played for the player picked.
- b. It is the responsibility of the coach with only six players to notify the officials before the game begins that they have only six players. In this scenario, neither team is required to the rule that all players must sit a full quarter start to finish. However, not one single player from the team with seven or more players may play the entirety of all four quarters.
- c. If additional player(s) arrive before the third quarter begins, they may be played in the third and fourth quarters
- d. All players must check-in with the official scorekeeper and shall enter and leave the court at the mid-court line
- e. If through injury or fouling out, either team has less than five players, that team may continue to play the game. However, if the team falls behind by 20+ points, the game can be terminated by the officials.
- f. A team must put on the court a minimum of five eligible players in order to commence the game. Teams may not use loaned or other non-rostered players to make up a minimum team, unless authorized by an SJAA board member or the on-site gym supervisor. Failure of a team to field a minimum number of players within 10 minutes of the starting time will result in a forfeiture of that game. If neither team can put on the floor a minimum number of players within the starting time, both teams shall receive a loss.
- g. See Addendum A for an illustration of substitution/playing time rules

IV. Timeouts

- a. There will be three timeouts allowed PER GAME. The timekeeper will sound the end of the timeout at 45 seconds and the referee will allow an additional 15 seconds for the teams to get back on the floor.
- b. Either team can call a timeout when the ball is dead
- c. When the ball is in play, only the team with possession can call timeout
- d. Each team has one, and only one, timeout during an overtime period. The do not carryover.

V. Overtime

- a. The coach may play any five players he/she chooses as long as they are still eligible. Substitutions are allowed.
- b. Team fouls are carried over from second half

- c. Overtime is three minutes running time. The clock will stop for timeouts, foul shots, and every whistle in the last minute of the overtime period.
- d. In the event of a tie after the overtime period, the first team to score two points wins the game. These points do not need to be consecutive.

VI. Defense

- a. Zone defense is strictly illegal in divisions 1st & 2nd thru 6th Grade.
- b. Defenders may “pick-up” their “man” at the free throw line extended
 - i. This is to prevent spreading the floor offensively and playing 1 v 1 against an opposing player
- c. On ball switching is permissible
- d. Players must stay within a reasonable defensive distance to their “man”
- e. Crowding/Double teaming is permissible when the ball carrier is inside the key
- f. Two warnings per half are given when illegal defense is called. Every violation thereafter is a technical foul resulting in one point for the offensive team plus retain possession of the ball.
- g. Illegal defense and illegal full court press are separate violations
- h. See Addendum B for quick reference to Pressing and Defense rules

VII. Over and Back

- a. The over and back rule is in affect for all levels. Referees use their best judgement on courts that do not have a clear half court line.

VIII. Fouls

- a. BONUS foul shots are enforced at seven team fouls and beyond per half. An offensive foul is NOT a team foul. BONUS is 1-and-1. 10 team fouls constitutes two foul shots.
- b. Flagrant fouls will be automatic two points plus retain possession of the ball. In addition, the player who committed the foul will be automatically withdrawn from the game permanently. This player also must sit out the following game.

IX. Screens

- a. No on the ball DOUBLE screens are allowed

ARTICLE V: Special Rules Governing Each Division

I. 1st & 2nd Grade

- a. Rim/hoop height is 8’
- b. All games will be six-minute quarters

- c. Full court pressing is not allowed
- d. Allowed five seconds in the key
- e. 12' free throw line
- f. Clock will stop on foul shots, timeouts, and on every whistle in the last minute of each quarter.
- g. No overtime
- h. 28.5 size basketball

II. 3rd Grade

- a. No full court pressing is allowed
- b. Stealing from the ball carrier is prohibited
 - i. Loose/uncontrolled balls are fair game
 - ii. Passes are fair game
- c. Five-seconds in the key
- d. 12' free throw line
- e. 28.5 size ball
- f. See Article VI

III. 4th Grade

- a. Full court press is prohibited
- b. Five-seconds in the key
- c. 12' free throw line
- d. 28.5 size ball
- e. See Article VI

IV. 5th & 6th Grade

- a. Full court press is allowed in second half if team is not up by 15+ points
- b. Three seconds in the key
- c. 28.5 size basketball
- d. See Article VI

V. 7th & 8th Grade

- a. Full court press allowed entire game if not up by 20+ points
- b. Three seconds in the key
- c. Zone defense is allowed
- d. Ball size

- i. 28.5 for girls
 - ii. 29.5 for boys
- e. See Article VI
- VI. Special rules governing 3rd thru 8th grade divisions
 - a. All games to be 8 minute quarters with clock stopping on foul shots, timeouts, and every whistle with one minute or less left in each quarter
 - b. When back court checking is not allowed a team will be given two warnings per half. A third violation will result in a technical foul giving one point to the offensive team AND retention of the ball. Back court pressure and illegal defense are separate violations.
 - c. Running clock if 20+ point lead
 - d. 3-minute halftime

ARTICLE VI: Special Rules for Games and Practices

- I. Street shoes worn to the gym will be allowed on the gym floors. All players must bring suitable basketball shoes that are to be worn for turnouts and games.
- II. No one other than the teams playing may be on the court. This means no one will be shooting baskets between games, at half time, timeouts, etc.
- III. Players with long hair shall wear a headband or shall have their hair tied back
- IV. Players shall not wear any dangerous equipment or adornments (rings, watches, bracelets, necklaces, earrings, ear posts, barrettes, clips, buckles, pins, medals, etc.).
- V. Items that cannot be removed (medical ID bracelets) must be safely covered with tape. No player shall be allowed to play in any regularly scheduled game with an injury which can be aggravated by playing or which constitutes a danger to others. No player wearing a hard cast or orthopedic device shall be permitted to play in any game.
- VI. For protection, players may wear kneepads or elbow pads, provided they are not being used for unfair advantage at the discretion of the referee. Protective pads shall contain no metal or brittle plastic.
- VII. No after-game team treats are allowed in the gyms. These must be done outside.

ARTICLE VII: Coaches

- I. Protests are not allowed

- II. Coaches will be responsible for their own team and actions of their fans. Each coach is allowed only one assistant coach. Each coach is required to talk to their team's parents for cooperation in keeping the games for the kids.
- III. Any coach stepping on the playing floor during game action or leaving their own team's area to protest officials' calls will be given a technical foul. All fouls on coaches will be automatic two points plus possession of the ball to the opposing team. One temper technical foul on a coach will stop the game and forfeit the game to the opposing team. If the offending team has an assistant coach, he/she can continue coaching with the head coach being removed from the gym. The offending coach will have to address and meet with the SJAA board of directors before returning to coaching his/her team.
- IV. A technical foul by a coach is a team foul
- V. A bench technical foul is a team foul
- VI. Score sheets must be filled out prior to game time
- VII. Player first & last names along with number must be on the score sheet
- VIII. No practices are allowed during tournament week
- IX. Practice times and location must be provided and/or approved by your school director

ARTICLE VIII: Officials

- I. Many of our officials will be young and inexperienced. They appreciate your cooperation and patience.
- II. A training program for the officials is conducted through the season
- III. The referee's judgement and discretionary rulings on the court in all cases will be final and no protests of any kind shall be allowed.
- IV. No coach, team, player, or other individual shall dictate to the referees or to the referees' schedule a preferred or unacceptable referee for any game
- V. Failure of a referee to appear within 10 minutes of the scheduled game will not be cause for canceling a game. If one referee is there, he/she may ask for help or officiate the game alone. If neither of the referees are there, the gym supervisor will select a person to referee. Once the game has commenced under the supervision of a selected alternate referee, the game shall continue as originally scheduled until the referees scheduled are able to take over.
- VI. Any coach, assistant coach, participant or spectator who physically assaults or verbally abuses a referee shall be barred from all SJAA activities for a minimum of one year. An assault by a spectator could result in their child or

children being barred from SJAA activities for a minimum of one year. In light of the fact that this is a game for children, we believe we will never need to put this rule into practice.

ADDENDUM A – SUBSTITUTION MATRIX

1st Quarter		2nd Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
1*	6	6*	1
2*	7	7*	2
3*	8	8*	3
4*	9	9*	4
5*	10	10*	5
3rd Quarter		4th Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
Whoever is eligible		Whoever is eligible	

9 Players - 1, 2, 3, 4, 5, 6, 7, 8, 9			
1st Quarter		2nd Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
1*	6	6*	1
2*	7	7*	2
3*	8	8*	3
4*	9	9*	4
5*		5	
3rd Quarter		4th Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
Whoever is eligible	5	Whoever is eligible	

ADDENDUM A – SUBSTITUTION MATRIX continued...

8 Players - 1, 2, 3, 4, 5, 6, 7, 8			
1st Quarter		2nd Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
1*	6	6*	1
2*	7	7*	2
3*	8	8*	3
4*		4	
5*		5	
3rd Quarter		4th Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
	4		
Whoever is eligible	5	Whoever is eligible	

7 Players - 1, 2, 3, 4, 5, 6, 7			
1st Quarter		2nd Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
1*	6	6*	1
2*	7	7*	2
3*		3	
4*		4	
5*		5	
3rd Quarter		4th Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
5	3		5
1	4		
2		Whoever is eligible	
6			
7			

ADDENDUM A – SUBSTITUTION MATRIX continued...

6 Players - 1, 2, 3, 4, 5, 6 (Opposing coach picked 1 & 2 to play whole game)			
1st Quarter		2nd Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
1*	6	1	5
2*		2	
3*		3	
4*		4	
5*		6*	
3rd Quarter		4th Quarter	
<u>In</u>	<u>Sit Out</u>	<u>In</u>	<u>Sit Out</u>
1	4	1	3
2		2	
3		4	
5		5	
6		6	