

Kenny Goldman Jr. NBA/WNBA Basketball League

Rules of the Game Update Fall 2009

General Rules

****League Director**

The League Director reserves the right to interpret, update and change the league rules for the best interest of the JCC Kenny Goldman Basketball League and its players.

All players, coaches and parents are required to adhere to the Rules of the Game. Appropriate behavior is necessary at all times.

1. All rosters must be submitted prior to the registration deadline. Changes may be made before the second game. Any and all changes must be submitted in writing to the league directors.
2. After the second game, rosters are **final**. Exception to Rule # 1. Special circumstances may arise for a team. If necessary a player may be added at the discretion of the league directors. Example: season ending injury.
3. A player must have played in a minimum of four (4) regular season games to be eligible for playoffs and Championship games.

If a coach feels that he/she has an Exception to Rule # 3 it must be submitted in writing at least 3 days prior to the playoff games.

Example: a player has played in three (3) Games and got injured and was out for the remainder of the regular season, if that "rostered" player's injury is healed and has a doctor's note the coach may request the return of the player.

4. A Player may not play on two teams within the same age group/division.
5. A player may play in his/her age group/division and play **one** division up. If the players games are scheduled at the same time they must chose one game to play in and may not run back and forth between games.
6. A Player must arrive to a game by half time to play in the game
7. No street shoes allowed. High tops/Basketball shoes are recommended.
8. Each player must wear the league issued jersey. They are blue and white reversible jerseys. Home team will wear white. The away team will wear blue. If a player forgets to bring his or her jersey they must either purchase a new one or if they have a shirt similar in color they may play in that shirt with a technical foul (Two Points to the opposing team) and the game will start with the ball going to the opposing team.
9. Each player must wear shorts or athletic pants. No jeans or slacks are allowed.
10. Coaches must bring their own warm up balls on game day. (The league will provide game balls)
11. A player that is injured or bleeding must come out of the game and the bleeding must be controlled before the player re-enters the game. If there is blood on the clothing, it must be changed before re-entering the game.

12. No player may wear any jewelry during the game. (Rings, Necklaces, Earrings)
13. It is recommended that all players have straps on their eyewear.
14. It is strongly recommended that all players wear a mouth guard and eye protection.
15. All games will start with a jump ball. Direction of basket is determined by bench location. Teams will shoot at the opposite basket of their bench in the first half.
16. Only two coaches per team are allowed on the bench Only one of them will be allowed to Stand. The other must sit on the bench.. There will be no coaching outside the bench.
17. At the conclusion of each game, players will line up and shake hands. Teams will then remove any towels, water bottles or other trash from their area. Team meetings must be held outside the gym.
18. Player benches are for players and coaches only. Parents will be in the bleachers or the folding chairs in the section provided. Chairs shall remain in their original locations. Parents are not allowed against the curtain.

TIME

1. We will play four eight-minute quarters.
2. There will be running time until the last two minutes of each half. (Quarters 2 and 4) The clock shall stop in the last two minutes of each half for all timeouts and dead balls.
3. The clock will stop for free throws. it will start back up when the ball hits the rim after the second attempt..
4. Exception to Rule # 2. A. The 6&U division will only use running time.
B. If the score in a 8 & U – 16 &U game is more then 15 points the clock will continue to run on free throws.
5. Overtime will be three minutes.
6. Each team shall receive Two 30-second timeouts per half.
7. Teams may call timeout if they have possession of the basketball or on any dead ball.
8. There will be one minute between quarters. There will be three minutes for halftime.
9. The clock will stop for injuries, and timeouts.
10. A 10-minute grace period will be given for teams to have at least 4 players show to a game. After the 10 minutes the team will forfeit the game. (Inclement weather conditions we may extend the grace period at the League Directors Discretion)

OVERTIME

1. Overtime shall be three minutes. The first two minutes shall be running time. The last minute shall be stop clock.
2. Overtime is for ages 8&U through 16&U.
3. Only one overtime period during the regular season
4. Playoffs will go until a winner is determined.
5. Overtime will start with a jump ball.
6. Ages 10&U through 12&U can press the last two minutes of overtime
7. 12 East, 14 and 16 can press the entire game.
8. Only one 30 second timeout per overtime

POINTS

1. Baskets shall be 2 points.
2. Baskets beyond the 3-point line shall be 3 points.
3. Free throws shall be 1 point.
4. 6&U division will not keep score.

TURNOVERS / VIOLATIONS

1. **Double Dribbling**--dribbling, stopping and dribbling again or dribbling with two hands.
2. **Traveling**--Movement with the ball without dribbling
3. **Out of Bounds** – Black line on old courts; Blue line on new courts.
4. **Time Line Violation** – If the offensive team does not advance the ball into the frontcourt within ten seconds.
5. **Back Court Violation** – Advancing the ball past half court, and then going back into the backcourt. (6&U will not be called for this turnover)
6. **3 seconds** – The offense player is in the key for more than 3 seconds without the ball. (Ages 10&U through 14&U)
7. **Delay of Game** – Player prevents the game from continuing by holding the ball or not returning the ball to an official.
8. **Held Ball** – The ball is pinned between offensive and defensive players during a shot. Possession. Follows the possession arrow.
9. **Lane Violation** – Players attempt to rebound a free throw before the ball hits the rim.
10. **Offensive Free Throw Violation** – Player does not shoot within ten seconds of receiving the ball or the ball does not hit the rim.
11. **Stealing** — the ball is stolen from the offense. This only applies to age 6&U. The ball will be returned to the offense and the ball will be taken from out of bounds.

Full Court Press

1. Defense does not allow the offense to advance the ball into the frontcourt.
 - a. Age 10&U may use the full court press during the last two minutes of the each half. Age 12&U* may use the full court press during the last Four minutes of each half.
 - b. Age 14&U-16&U may use the full court press the entire game.
 - c. 12 Open A (East) may use the full court press the entire game.
 - d. Violations will result in the opposing team in bounding the ball.
 - e. A referee may assess a technical foul to the coach if the referee thinks the team is using the no press rule purposely to stop play and force the opposing team to take the ball out. *

Double Team

1. The defense uses two players to defend one offensive player.
 - a. 6 & Under may not Double Team.
 - b. 6&U will be called without penalty to the defense. The offense will have the opportunity to inbound the ball.
 - c. 8&U must start defense at the arc (3 point line).

FOULS

1. **Personal Foul** – Locking, charging, elbowing, face guarding, (frontal) hand check, slapping, etc. (five personal fouls per game)
2. **Intentional Fouls** – An Intentional foul occurs when a player commits a personal foul without attempting to directly play the opposing player or the ball. (Two free throws and retain possession) (Charged as a personal foul)
3. **Technical Foul** – Player or coach with non-sportsmanlike conduct. Points will be automatic, free throws are not shot players and or coaches receiving a technical foul will result in a automatic 2 points for the opposing team and the ball. (**2 technical fouls** per game and coach will be asked to leave the gym, players will be removed from the game.) **Ex.** Arguing with official, taunting opposing players, throwing items on the court.
4. If a fan/parent receives one reprimand from an official, he/she will be asked to leave the gym. The coach will be assessed a technical foul.
5. **Flagrant Foul** – Intent to injure while ball is in play. (Assessed as a technical foul) A player can be ejected on the first flagrant; referee discretion will be used.
6. **Double Personal Foul (Double Technical)** – Each player is given a foul and ball follows the possession arrow.
7. **Bonus Situation** – Team receives more than six (on the 7th) fouls in one Half. One free throw will be assessed, if made; additional free throw will be given. (One and one)
8. **Double Bonus Situation**—Team receives more than 9fouls (on the 10th) in one Half. Two free throws will be assessed.

SUBSTITUTION

1. Substitutions may be made at any dead ball or time out.
2. Substitutions may **not** be made during a live ball.
3. Players must check in at the scorer's table.
4. Each player must play at least 12 minutes per game.
5. No One Player May Play an entire game (The exception to this Rule is if a team has 6 or less players at a game)
6. Coaches **MUST** make substitutions halfway between each quarter (four-minute mark). The referee will blow the whistle and stop the game for mandatory substitutions.

Playoffs

1. Playoff seeds will be determined by regular season standings.
2. The highest seed will play the lowest seed. The second highest seed will play the second lowest seed. ETC.
3. In the event of a tie in the standings, the following methods will be used to determine the higher seed.
 - A. Best win-loss percentage between teams.
 - B. 3-person shootout per team.
4. Each team will submit three players. A coin toss will determine shooting order (shooting first or second). Teams will alternate shooting free throws. All three players will shoot. The team with the most free throws made will be declared the higher seed. In the event of a tie, the process will be repeated until a higher seed is determined.
5. Teams will be alerted if a shootout might occur. Those teams must wait for the deciding game to finish. If they are not present for the shootout, they will forfeit the shootout.
6. If a playoff game is tied after three overtimes, the shootout process will go into affect.
7. The rules from the preceding sections are in affect for the playoffs as well.