

OFFICIAL LRNJB RULES

SECTION 1 - LADERA RANCH NJB OFFICIAL RULE BOOK

The National Federation High School Basketball Rule Book shall be the official rules for all NJB games. Because no shot clock is used, the “10-second backcourt rule” and “5-second closely guarded rule” shall apply in both boys and girls games. No shot clock will be used in any game. The player advantage rule is mandatory for Inter-chapter play and enforced during the Championship Series. The Five-Player and Six-Player Rules will be effective and enforced.

1.1 SAFETY FIRST - The safety and well being of our players is always NJB's main concern. **Referees may stop games at any time to investigate the condition of a player who may be hurt and shall resume play as soon as reasonable.** Coaches on the court for injuries are not required to remove the player. The player may remain in the game at the discretion of his coach and the referee. The player's safety is the determining factor.

1.1.1 Jewelry is prohibited. All body piercings must be removed and cannot be covered with tape. Religious jewelry and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

1.2 FORFEIT TIME is ten (10) minutes after scheduled game time. If requested, referees are required to remain at the game site and work an organized practice game or controlled scrimmage, allowing adequate time to start the following game on schedule.

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1.3 PRE-GAME CONFERENCE - Coaches and referees shall meet as soon as possible following the end of the previous game to discuss applicable divisional rules. Recommended one minute maximum. Blue Card discussion is required.

1.4 COACHES MUST SIT RULE – HEAD COACH ONLY MAY STAND All assistant coaches shall remain seated on their team bench during the contest. Coaches are permitted to stand temporarily to cheer a play or instruct players but must then return to their seat.

1.5 COACH CONDUCT - Each NJB coach shall be fully responsible for the conduct of their assistant coaches, players, and fans. Absolutely no abusive or vulgar language, nor taunting or criticism towards players or game officials will be tolerated. No smoking will be permitted on the playing courts. No alcoholic beverages or illegal drugs will be allowed at any NJB function. Penalty - After the official warning at the coaches/referee pre-game meeting, the NJB Blue Card shall be issued. (The Blue Card is for all Adults)

1st infraction - First technical foul charged to the Head Coach.

2nd infraction - Second technical foul charged to the Head Coach. The Head Coach is ejected from the game and must exit the gymnasium. The assistant coach will assume control of the team, parents and personnel.

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3rd infraction - Game is over and the offending team forfeits the game and is placed on immediate suspension.

If any coach or parent is ejected from a game they shall be suspended for 2 games following the ejection. If this happens twice in the same season, that coach shall be dismissed for the balance of the season and is not eligible to coach in the Championship Series Tournament or any All-Star Tournaments. Reinstatement of the offending coach to participate in the next season will be at the discretion of the local board of directors. Fighting - as defined by NJB and NFHS will result in a minimum two (2) game suspension.

1.6 SPECTATOR CONDUCT - It is imperative that proper conduct be a requirement of parents and all spectators at all times. Neither swearing nor harassment of game referees will be permitted. Spectators shall at no time use signs, gestures, noise makers, degrading comments toward opposing coaches, players, other spectators, or game referees. Fighting will not be tolerated. Fighting- as defined by NJB and NFHS will result in a minimum two (2) game suspension. Penalty - The Head Coach of the offending team shall be issued a Blue Card for the misconduct of any of the team's spectators. Any chapter official may request that the offending spectator to vacate the facility immediately and have the authority to summon law enforcement agencies for assistance. If the offending spectator refuses to leave the facility, the basketball game shall be suspended until the spectator vacate the premises. In addition, the offending spectator may not attend the following contest. A two game suspension shall be enforced. NJB encourages and demands excellent sportsmanship and respect of all participants.

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1.7 PLAYER CONDUCT - Poor sportsmanship, fighting, or disrespect for the opposing team and game referees will not be tolerated. Players will refrain at all times from arguing with the referees. The game referees are instructed to eject from the game any player for any infractions.

Penalty - If a player is ejected from a contest, that player will receive, at least, a one game suspension. If action occurs a 2nd time during the season, player will be dismissed and lose the privilege of playing National Junior Basketball. Any player that physically assaults another player or game official shall receive a mandatory two game suspension. Reinstatement of suspended player to participate for the remainder of the season shall be at the discretion of the local board of directors.

1.8 Ball sizes.

Boys: k - 2nd grade = 27.5, 3rd - 6th grade = 28.5, 7th - 8th = 29.5

Girls: k - 4th grade = 27.5, 5th - 8th = 28.5

SECTION 2 - LENGTH OF PLAYING PERIODS -

2.1 - LEAGUE DIVISIONAL games will consist of:

K - 2nd grade: Five (5) six-minute periods with a running clock.

3rd - 8th grade: Five (5) eight-minute periods with a running clock.

2.1.1 - All K-2nd grade games will be allotted a 20 minute warm-up time prior to the start of the game, beginning on the hour.

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SECTION 3 - CLOCK

3.1 - The game will be running clock except for the final two (2) minutes of the 5th period, when the point difference is nine (9) points or less. This does not apply to overtime periods.

b) Timeouts - Head coach or player on the court may request a time-out to stop the clock. Timeouts will be 45 seconds in duration. Each team will be allowed **one (1) time-out in 1st half** and **two (2) time-outs in 2nd half** and **one (1) for each overtime period**. Unused timeouts cannot be carried over to the second half or into overtime. They must be used or they will be lost.

c) Shooting Fouls - Clock will continue to run on all shooting fouls

3.1.2 - One (1) minute allowed between periods to make substitutions. This is not a time-out. Coaches may instruct players while they line up at the scorer's table.

3.2 - HALF TIME

The 1st and 2nd periods shall constitute the 1st half. The 3rd, 4th, 5th and overtime periods shall constitute the 2nd half. Half time shall be three (3) minutes in duration for all divisions.

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3.3 - OVERTIME

The first overtime period shall be two (2) minutes in duration, running clock in the first minute, and regulation clock in the second minute. Additional overtime periods shall be one (1) minute regulation clock. Teams are limited to one time-out in each overtime period. Time-outs do not accumulate. 3rd Overtime is Sudden Death (first team scores wins)

SECTION 4 - FREE THROWS

Penalty free throws will be shot on the 10th team foul in each half. Bonus free throws are 1 and 1. There are no 2-shot double bonus situations.

4.1 - A maximum of six (6) players, four (4) defensive and two (2) offensive may occupy the free throw lane. The space below the block on either side shall be occupied. The shooters feet cannot cross the free-throw line until the ball hits the rim.

SECTION 5 - PLAYER PARTICIPATION

Every player who is in attendance at the start of the game must play one full continuous period in each half. Also, each player must sit out one full continuous period before the start of the 5th period, so as not to play the entire game. All player participation must be fulfilled by the end of the 4th period. No free substitution is allowed before the 5th period. EXCEPTION:
Medical reasons, 5 and 6 Player Rules, and disqualifications.

*** THE PLAYER PARTICIPATION RULE SHALL BE STRICTLY ENFORCED ***

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5.1a 11th PLAYER RULE - For any teams with an eleventh player, the 5th period must serve as no-substitution period for the two (2) players unable to play in the first half. Coaches may freely substitute the other three (3) players during the 5th period, but must keep the aforementioned players the entirety of the period to ensure everyone has played two full periods. This will only apply to the two (2) players left out of the first half.

5.1b PENALTY - Coaches failing to comply with the player participation rule may be suspended for the following game and the offending team may forfeit the contest. All protests must be in good judgment; executed properly and submitted only after all attempts to rectify the situation fail. The protest must be entered in the official score book before the game is completed. The offended coach will notify the local chapter and the chapter will render its decision within three (3) days following the game. The local board reserves the right to discipline the coach, not excluding a suspension.

5.2 LATE PLAYERS - If a player arrives late to a game, that player's participation begins at the start of the next full period. A late player arriving during the 1st period must play the entire 2nd period. A late player arriving during the 2nd period must play the entire 3rd or 4th period. A late player arriving during the 3rd period must play the entire 4th period. A late player arriving during the 4th period is eligible to play in the 5th period. Any late player is eligible to play in the 5th period. A late player's non-participation in the 1st period satisfies the requirement to sit out one full continuous period.

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5.3 SICKNESS, INJURY OR HEALTH PROBLEMS -

A player temporarily removed from a game for injury or health reasons may re-enter at the discretion of the coach and the referee. If there is blood, the player will be removed from the game until the bleeding stops and the wound bandaged. A uniform saturated with blood must be changed for a blood-free uniform. A partial period of play by an injured player will be considered one full period of participation. The substituting player is still required to sit out one full continuous period during the game. NOTE: Teams must have five (5) players to start the game but medical reasons, participation rules, ejections or foul outs may cause a team to play with four (4) or less players. Exception: When a player is taken out of the game for sickness, injury, or health problems, but returns to the game before the SECOND DEAD BALL, the period of time played by the substitution player will be considered as "sit-out" time.

5.3.1 If a player is unable to continue playing the remainder of the game, for any reason, the coach shall enter the player's name, number and clock time in the official score book. The player shall be ineligible to participate further. No penalty will be assessed.

5.4 FOUL OUTS AND EJECTIONS - Only a player who has met all conditions of the player participation rule can replace the disqualified player. If a substitution is made before the 5th period to replace a disqualified or injured player affects the team's ability to comply with the player participation rule, the team must finish the period with less than five players on the court.

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5.5 DISCIPLINE - If a player misses consecutive practices without an excuse, the coach will notify the player's parents. If this continues, the coach may notify the Player Agent and the player may not be eligible to play the next scheduled game. The local board of directors must approve this. Notification should be given to Referee Coordinator and game site management staff.

SECTION 6 - MERCY RULE

If a team has a 20-point lead any time during the game, the scorekeeper shall notify the referee to implement the mercy rule. The team with the lead cannot employ full-court or half-court pressure and must play defense with both feet inside the 3-point area at all times until the point differential is less than 20. The clock will run at all times, except for time-outs, until the difference is 9 points or less.

6.2 - The 20-point mercy rule will NOT be in play in all Division 1 games.

If the game is one-sided, please be considerate and substitute accordingly.

SECTION 7 - ADDITIONAL RULES

7.1 "1st Pass / Back Court Rule" – NOT IN PLAY

7.2 Key Violation - An offensive player may not be in the 15-foot key area for three (3) continuous seconds. Penalty - Violation

7.3 Insufficient Action – NOT IN PLAY

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Section 8 - Divisions 4 & 5 (K-2nd Grade)

Divisions 4 and 5 basketball will emphasize the fundamentals of skills each week and conclude with a regular season contest for all teams.

8.1 FORMAT - Each session will consist of the following:

- A size 27.5" ball
- 20 minutes of fundamentals training for both teams.
Coaches will conduct the outlined skills and all players must attend.
- Full-court season game following the fundamentals training session.
- There will be Five (5) periods with 6 minutes of playing time in each period.

*NOTE-Players may sit out the entire first half during the game if they miss the fundamentals training.

8.2 FREE THROWS - Each player will shoot a free throw prior to tip-off, with all made baskets counting towards the team's score. The referee(s) will administer the free throws. Both teams will shoot an equal amount of free throws. A team with fewer players than their opponents will be awarded additional free throws to balance the total team attempts. That team's coach shall select shooters who have missed their first attempt. If all players have made their free throws, the coach may select any player to shoot the extra free throws. Both teams will shoot the free throws at the same time, but at different baskets. The free throw line will be at the 10 foot line. A shorter player may touch the line, but not cross completely over the line with their foot.

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8.2.2 - During gameplay, unless in the case of a technical foul, players will not shoot free throws. Any shooting or common foul will result in the opposing team gaining possession. In the event of a shooting foul on a made field goal attempt, the basket will count and the opposing team will be given possession.

8.3 DEFENSE - Teams may play zone or man defense at any time during the game.

8.3.1 Transition Rule - Once a team secures a rebound or inbounds the ball and is advancing in transition, defensive players may not play defense until they have retreated to the attack line. All defensive players must stay behind half court to play defense once the opposing team has crossed the attack line.

8.3.2 Half-Court Press – Allowed only in the 5th period and overtimes. Defense must allow dribbler to cross the half court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.

8.3.3 Full-Court Press- Allowed during the last two (2) minutes of the 5th period and any overtimes.

Penalty - Any illegal defense - one warning per half. Technical fouls for additional occurrences in each half.

EXCEPTION: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense out of bounds nearest the point of interruption with no penalty.

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SECTION 9 - DIVISION 3 (3rd-4th Grade)

9.1 FORMAT - Each session will consist of the following:

- A size 28.5" ball
- Five (5) periods with 8 minutes of playing time in each period.

9.2 DEFENSE - Teams may play zone or man defense at any time during the game.

9.2.1 Transition Rule - Once a team secures a rebound or inbounds the ball and is advancing in transition, defensive players may not play defense until they have retreated to half court. All defensive players must stay behind half court to play defense.

9.2.2 Half-Court Press – Allowed. Defense must allow dribbler to cross the half court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.

9.2.3 Full-Court Press - Allowed during the last two (2) minutes of the 5th period and any overtimes.

Penalty - Any illegal defense - one warning per half. Technical fouls for additional occurrences in each half.

EXCEPTION: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense out of bounds nearest the point of interruption with no penalty.

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9.3 FREE THROWS - The free throw line will be ten (10) feet from the face of the backboard. A shooter's foot may touch but not completely cross over the line.

9.3.1 - Each player will shoot a free throw prior to tip-off, with all made baskets counting towards the team's score. The referee(s) will administer the free throws. Both teams will shoot an equal amount of free throws. A team with fewer players than their opponents will be awarded additional free throws to balance the total team attempts. That team's coach shall select shooters who have missed their first attempt. If all players have made their free throws, the coach may select any player to shoot the extra free throws. Both teams will shoot the free throws at the same time, but at different baskets.

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SECTION 10 - DIVISION 2 (5th-6th Grade)

10.1 FORMAT - Each session will consist of the following:

- A size 28.5" ball
- Five (5) periods with 8 minutes of playing time in each period.

10.2 DEFENSE- Teams may play zone or man defense at any time during the game.

10.2.1 Man-to-Man Defense - A defensive player must be within a six (6) foot guarding position of an offensive player with the ball. All other defensive players may be in a help side (between his assigned player and the player with the ball) defensive position and are not required to be closely guarding an offensive player.

10.2.2 - Defensive players may double-team a player with the ball but may not double-team a player without the ball. A double-team is defined as two or more players defending an opposing player.

10.2.3 Half-Court Press - Allowed. Defense must allow dribbler to cross the half court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.

10.2.4 Full-Court Press - Any type of full-court press is allowed during the 5th period and overtime.

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Penalty - Any illegal defense - one warning per half. Technical fouls for additional occurrences in each half.

EXCEPTION: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense out of bounds nearest the point of interruption with no penalty.

10.3 FREE THROWS - The free throw line will be twelve (12) feet from the face of the backboard. A shooter's foot may touch but not completely cross over the line.

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SECTION 16 - DIVISION 1

16.1 FORMAT - Each session will consist of the following:

- A size 29.5" ball
- Five (5) periods with 8 minutes of playing time in each period.
- The 20-point mercy rule will NOT be in play

16.2 DEFENSE- Teams may play a man-to man or zone. Any type of defense is allowed.

16.2.1 Man-to-Man Defense - A defensive player must be within a six (6) foot guarding position of an offensive player with the ball. All other defensive players may be in a help side (between his assigned player and the player with the ball) defensive position and are not required to be closely guarding an offensive player.

16.2.2 - Defensive players may double-team a player with the ball but may not double-team a player without the ball. A double-team is defined as two or more players defending an opposing player.

16.2.3 Press - Teams may employ a full-court or half-court press at any time during the game.

16.3 FREE THROWS - The free throw line will be fifteen (15) feet from the face of the backboard.