

JR. NBA BASKETBALL LEAGUE

GAME RULES

Recreational League:

This is a recreational league where the focus is on the kids! We are striving to teach the kids how to dribble, pass, shoot, and play defense in an organized, game situation. The aim is to have the kids improve their skills while enjoying the sport of basketball and to use these skills for years to come!

- Coaches will ref the (5-7), and (7-9) age groups.
- Score will be kept for 7-9 age group. If one team leads by 20 points, then the score keeping will suspend until the end of the game.
- The 5-7 & 7-9 age groups will use half of the court to play.
- 7-9 teams may use either a “zone” or “man-to-man” defense. 5-7 can only use man to man defense to teach defending one player.
- To start the game the home team will throw the ball in from their base line. The away team will throw the ball in at the start of the second quarter and it'll alternate every quarter. There will not be a jump ball. After every score and possession change the correct team will need to throw the ball in.
- No full court press on defense for any age group. Games are not about winning, they are about learning proper defense and the fundamentals. For the youngest age group, coaches, please discourage stealing the ball.
- Traveling/Double Dribble Rule: Coaches/Refs should use this at their discretion. If a child starts out traveling with the ball the coach should blow the whistle and have the child start over with a throw in. If the child travels/double dribbles again, it should result in a turnover. Coaches are encouraged to continue to positively instruct during the games.
- All age groups will play 5 vs 5.
- (5-7), (7-9) will use a 27.5 size basketball.
- **Rim Height:**
 - 5-7 and 7-9 Age Groups: 8 feet

- **Game Duration:**
 - 5-7 and 7-9 age group: (4) 8 minute quarters. 5 minute half-time break.
 - All games will have a running clock, only stops for timeouts. Each team has (1) 30 second timeout per half (will not carry over). The clock will run during substitutions as well.
- 1 Coach per team is required to be on the court to help ref & coach during games. No shooting fouls. Fouls will not be recorded, so a player cannot foul out.
- Coaches: We depend on you to do what is right. Players look up to you more than you can imagine. You are a role model for them and for county Parks and Recreation Department. Teach them not only how to play basketball but also how to be a good teammate and person. Teaching good sportsmanship is crucial for this league. If you use that as your guiding principle, you and the players will have a quality experience. Thank you!!

