

# RULES

## JTAA Recreational Basketball

### Revised 12/1/2006

#### **Age Groups**

Boys Leagues: 7 boys, 8 boys, 9 boys, 10 boys, 11 boys, 12 boys, 13 boys, 14 boys, 15-17 boys

Girls Leagues: 7-8 girls, 9-10 girls, 11-13 girls, 14-17 girls

#### **Basketball Size**

- 7 Boys, 8 Boys, 7-8 Girls: 27" youth basketball
- 9 Boys, 10 Boys, 11 Boys, 12 Boys, 9-10 Girls, 11-13 Girls, 14-17 Girls: 28.5" midsize basketball
- 13 Boys, 14, 15-17 Boys: Full size basketball

#### **Basket Height**

- 7 Boys, 8 Boys, 7-8 Girls: 8  $\frac{1}{2}$  Feet
- 9 Boys through 15-17 Boys, 9-10 Girls through 14-17 Girls: 10 Feet

#### **Game Length**

- 7 Boys through 13 Boys, 7-8 Girls through 11-13 Girls:
  - 8 minute quarters
  - Running clock; clock stops only for:
    - free throws
    - time outs
    - the last two minutes of the game on every dead ball
- 14 Boys, 15-17 Boys and 14-17 Girls:
  - 7 minute quarters
  - Stop clock; clock stops on every dead ball.

#### **Time Outs**

Three (3) time outs are allowed per game for all age groups. These time outs can be taken at any time during the game.

When overtime is played, one time out is allowed for each 3-minute overtime period. Time outs that are left-over from regulation are NOT carried over into the overtime period.

#### **Overtime**

- 7 Boys, 7-8 Girls: No overtime
- 8 Boys through 13 Boys, 9-10 girls through 14-17 Girls: No overtime for regular season games. Unlimited 3-minute overtime periods during playoffs until a tie is broken.
- 14 boys through 15-17 Boys: For regular season games, one 3-minute overtime period is played to break a tie - if the game is still tied after one overtime period, it will remain a tie. Unlimited 3-minute overtime periods during playoffs until a tie is broken.

#### **Three Point Baskets**

The three-point line is at the regular high school distance for all age groups. A made basket counts as 3 points from this distance and beyond for all age groups.

### Free Throws

- 7 Boys, 8 Boys, 7-8 Girls: Free throws are 2 feet closer than the regular free throw line. It is NOT a violation for a player to cross the line while releasing the ball. If this occurs, the player may not get the rebound.
- 9 Boys, 10 Boys, 9-10 Girls: Free throws are at the regular free throw line. It is NOT a violation for a player to cross the line while releasing the ball. If this occurs, the player may not get the rebound.
- 11 Boys through 15-17 Boys, 11-13 Girls through 14-17 Girls: Free throws are at the regular free throw line. It is a violation for a player to cross the line before the ball touches the rim.
- All age groups - high school rules are used for free throws. Players are not allowed to enter the paint until the ball hits the rim on a free throw.

### Playing Time

- All Age Groups except 14 boys and 15-17 Boys:
  - Substitutions are NOT allowed in the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> quarters (except when allowed by a referee for unusual circumstances, such as an injury). Substitutions are allowed in the 4<sup>th</sup> quarter if playing time rules for all players are satisfied.
  - For 7 or more players on a team: Each player must play 2 full quarters and sit one full quarter. Players who show up after tip off have one full quarter of playing time assessed.
  - For 6 or less players on a team: Each player must play at least 3 full quarters. Players who show up after tip off have one full quarter playing time assessed. No minimum sitting time.
- 14 boys and 15-17 Boys:
  - Substitutions are allowed in the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> quarters ONLY at the middle of the quarter (except when allowed by a referee for unusual circumstances, such as an injury).
  - Free substitutions are allowed in the 4<sup>th</sup> quarter for players who have satisfied their playing time requirements.
  - For 7 or more players on a team: Each player must play at least 2 full quarters (or four  $\frac{1}{2}$  quarters), each player must sit one full quarter (or two  $\frac{1}{2}$  quarters). Players who show up after tip off have one full quarter of playing time assessed.
  - For 6 or less players on a team: Each player must play at least 3 full quarters (or six  $\frac{1}{2}$  quarters). Players who show up after tip off have one full quarter playing time assessed. No minimum sitting time.
  - When substituting for  $\frac{1}{2}$  quarters: the player substituting in must be at the scorer's table for check-in at the 4:00 mark each quarter in order to substitute in for another player. Referees will be instructed to stop play, if needed, for substitution if players have not entered the game via a dead-ball foul by the 3:15 minute mark.

### Defensive Rules

- 7 Boys, 8 Boys, 7-8 Girls: Each team must play man-to-man defense. Coaches are allowed on the court for a few seconds at the beginning of each quarter to assist with player match-ups (this is done very quickly). No zone defenses are allowed. It is permitted to double-team the player with the ball. It is not permitted to double-team a player without the ball. The rectangular area extending from sideline to sideline between the half court line and approximately 2 feet beyond

the top of the key is a "safe zone". The intent of the safe zone is to allow the offense a chance to set up. No defense is allowed in the safe zone or in the back court.

- 9 Boys, 10 Boys, 9-10 Girls: Each team must play man-to-man defense. No zone defenses are allowed. It is permitted to double-team the player with the ball. It is not permitted to double-team a player without the ball. No defense is allowed in the back court (no full court press).
- 11 through 15-17 Boys, 11-13 Girls, 14-17 Girls: No defense restrictions.

#### **Lane Violations**

- 7 Boys, 7-8 Girls: Players are allowed a 5-second count inside the lane.
- 8 Boys through 15-17 Boys, 9-10 Girls through 14-17 Girls: Players are allowed a 3-second count inside the lane.

#### **Minimum Players Required**

All leagues require at least four players to start a game.

#### **Mercy Rule**

- 7 Boys through 10 Boys, 7-8 Girls and 9-10 Girls: If a team is ahead by 15 or more points, the leading team must pass the ball 3 times on offense before scoring.
- 11 Boys through 15-17 Boys, 11-13 Girls, 14-17 Girls: If a team is ahead by 20 or more points, the leading team cannot play defense in its back court. If the lead is then reduced to 15 points or less, the leading team can play defense in its back court.

#### **Ejections**

All leagues require that receipt of a second technical foul by a player or coach results in an automatic ejection from the game and suspension from the next game. Any coach or player ejected from more than one game will be reviewed by the JTAA Basketball Board.

#### **Scorekeeper/Timekeeper**

The home team is to provide a scorekeeper, the away team is to provide a timekeeper.