

## Spearfish Junior Basketball League Rules

### **5th and 6th grade rules**

The purpose of the Spearfish Junior Basketball League program is twofold as follows:

1. To provide every child who desires the opportunity to play basketball for fun with children of a comparable age.
2. To teach good sportsmanship along with the fundamentals of basketball.

In line with the purpose of the program, the Spearfish Junior Basketball League will operate under the following rules.

#### **A. League Organization**

- a. First and Second Grade League – Boy's and Girl's Teams
- b. Third and Fourth Grade League – Boy's and Girl's Teams
- c. Fifth and Sixth Grade League – Boy's and Girl's Teams

#### **B. Player Assignment**

Team sizes will be limited to no more than 10 players on a team. All player assignments will be made by the league Coaches and or the League.

#### **C. Equipment**

Every child will be required to provide their own shoes and shorts. Players will be required to purchase a Spearfish Junior League jersey.

#### **D. Game Rules**

- a. The rules of basketball as sanctioned by the National Federation of State High School Associations will govern unless exempted in the following rules.
- b. A 28.5 diameter basketball will be used at the 5th and 6th grade league.
- c. Five seconds will be allowed in the lane.
- d. Games will consist of 4 ten minute running quarters. Time will run continuously. The clock will be stopped during the last 2 minutes of the game for any whistle as long as the score is within 10 minutes. Injuries and timeouts will also result the clock being stopped. A player attempting a free throw at the end of a quarter will be allowed to complete the shot.
- e. To allow all participants equal playing time, all players must play at least 2 quarters of the game. No player shall play more than 3 quarters unless team sizes are too small or large to comply. A quarter is considered a full 10 minutes. While the league realizes that this rule is not enforceable, it is the leagues goal to develop the players to play at the next level. The league asks that you as the coach would do your best to administer this rule on your own team.

- f. Pressing will be allowed at any time unless the pressing team is ahead by 10 points or more. Defense will be played man to man. There will be no zone defense allowed. Double teaming is not allowed except in the lane. Help defense is allowed until the time the original defender is able to recover to his/her player.

#### **E. Scoring and Timing Regulations**

- a. If the score is tied after regulation time, the first overtime period will be 3 minutes. If a second overtime is needed it will consist of sudden death overtime with the first points scored winning the game. One 1 minute timeout is allowed in an overtime period.
- b. There will be 2 one minute timeouts allowed per half. There will be a 4 minute half time.
- c. The margin of the score on the scoreboard may not advance past 10 points. The score keeper will keep track and advance the score as needed to stay within the 10 point margin.

#### **F. Playing and Court Dimensions**

- a. The foul line will be at regulation distance.
- b. Basket height will be set at 10 feet.

#### **G. Jump Balls**

The game will begin with a jump ball. In all other jump ball situations, teams will alternate taking the ball out of bounds at the spot nearest to where the jump ball occurred.

#### **H. One on One Free Throws**

Free throws will be awarded on the 7<sup>th</sup> team foul of each half. Two free throws will be awarded after the 10<sup>th</sup> team foul in each half.

#### **I. Timekeepers and Officials**

- a. Each team will be responsible for finding a person to keep the official scorebook or the scoreboard.
- b. The League will supply officials for the game.

#### **J. Jewelry**

All jewelry including but not limited to rings, necklaces, watches and barrettes will be strictly prohibited.

#### **K. Practices**

Practices will be limited to one night per week for one hour.