



# **NORTH TEXAS JUNIOR BASKETBALL LEAGUE 2025/2026 RULES**

## **Purpose of NTJBL League:**

To promote the spirit of good sportsmanship and fair play in all games, to secure the greatest educational, social, and recreational benefits for all participants. To promote among the players and communities a spirit of friendly rivalry and a respect for the rules; to forward the concept of accepting decisions of sports officials without protest and treating officials as co-partners in the educational process of competition.

To provide rules and regulations designed to promote and ensure the health and safety of all participants.

## **UIL RULES WILL APPLY WITH THESE EXCEPTIONS:**

### **Player Eligibility**

Players must live in or attend school in the city that they play for.

Team formation will be by grade and gender.

Players can only play on 1 team per season.

Players are allowed to play up 1 grade. Players are not allowed to play down a grade unless there is a handicap exception that is discussed with the League Board.

### **Draft Rules for Teams**

Newly formed teams must be drafted.

Teams may remain together from year to year if the head coach, assistant coach or parent of the existing team continues to coach the team. If a coach no longer wishes to coach, players go back into the draft.

Players have the right to remain on the same team at the start of each season. Any player that does not want to play on the same team will go back into the draft.

### **Balls**

**1<sup>st</sup> – 2<sup>nd</sup>:** Junior Size 5 (27.5) sized basketball

**3<sup>rd</sup> – 6<sup>th</sup> G:** Women's regulation (28.5) sized basketball

**6<sup>th</sup> B:** 29.5 basketball

## **Goal Height**

**K – 1<sup>st</sup>:** 8 ft

**2<sup>nd</sup> – 3<sup>rd</sup>:** 9 ft

**4<sup>th</sup> – 6<sup>th</sup>:** 10 ft

## **Game Time**

**K- 3<sup>rd</sup>:** Four 8-minute quarters. Every period will be a running clock only stopping for: time outs, shooting fouls, or referee stops the clock. If a team is ahead by 15 points or more, defense must drop back to the 3 point line.

**4<sup>th</sup>:** First 3 quarters will be 8 minute running clock. 4<sup>th</sup> Quarter will be 6 minute clock stopping per UIL rules.

**5<sup>th</sup> – 6<sup>th</sup>:** Each quarter will be 6 minutes with the clock stopping per UIL rules.

**K – 6<sup>th</sup>:** The clock will run continuously if one team is ahead by 15 points or more except during shooting fouls. If the score difference drops below the 15 point spread, the clock will be operated in a normal game procedure. **Pressing is not allowed if a team is ahead by 15 points or more.**

**NOTE: THIS NEEDS TO BE UNDERSTOOD AT EACH GYM, TIME KEEPER, COMMISSIONER, COACHES AND REFEREES.**

## **Team Roster**

Coaches must have a legible team roster in numerical order to give to the scorer table at least 5 minutes before game time.

## **Half Time**

**K – 6<sup>th</sup>:** 3 minute half time

## **Traveling**

**K – 3<sup>rd</sup>:** **Referees will enforce traveling violations once the ball has passed the 3 point line. TRAVELING WILL BE ENFORCED AT ALL TIMES IF IT BENEFITS THE PLAY OR ADVANCEMENT TO THE BASKET. NOTE: THIS NEEDS TO BE DISCUSSED WITH THE COACHES PRIOR TO GAME START BY THE REFEREE**

## **Overtime**

**K – 3<sup>rd</sup>:** Games ending in a tie will continue with (1) 2 minute overtime. If still tied, the 2<sup>nd</sup> overtime will be the 5 players on the floor for each team shooting 1 free throw each. The 3<sup>rd</sup> overtime will be sudden death with the first team scoring declared the winner.

**4<sup>th</sup> – 6<sup>th</sup>:** Games ending in ties will continue with up to (2) overtime periods of 2 minutes each. If tied after 2 overtime periods, the 3<sup>rd</sup> overtime period will be sudden death with the first team scoring declared the winner.

## **Time-Outs**

**K– 6th:** Each team will have (2) 45 second timeouts per half.

If a coach calls a time out when all time outs have been used for that half, a technical foul will be placed on that coach and the opposing team will shoot 2 free throws and retain the ball afterwards at mid-court.

## **Players**

A team may start a game with 4 players. Play cannot start with less than 4 players. Teams that can only field 3 players at the start of a game will forfeit the game, with the forfeiting team declared the loser.

A coach CAN NOT borrow players from another team to play on their team. Borrowing players will result in a forfeit for that team.

## **Coaches**

Every head coach and assistant coach must pass a background check every year.

Only the head coach and assistant coach that have been authorized by the league due to background checks are allowed to coach a game. A parent is not allowed on the bench during a game even if there is only 1 coach at the game.

Coach badges are mandatory.

Only 2 coaches are allowed on the bench during a game. Only 1 coach can be standing during the game, the other coach must remain seated except during timeouts or halftime.

## **Uniforms**

Jersey must be tucked in. No hair barrettes, bobby pins, or any other hair accessory with metal. No earrings (not even if they have just been pierced). Tape covering earrings will not be allowed. Uniforms should have basketball numbers only, 0-5 or a combination of 0-5 (no 6,7,8 or 9)

If a child has a cast, the cast must be securely wrapped in a protective padding and will need to be checked by the officials before the game begins.

## **Playing Time**

Every child should get an adequate amount of playing time at each game. Each player should play in both half of the game.

## **Fouls**

**K – 6th:** A team will shoot 2 free throws after the opposing team has committed ten (10) team fouls in a half.

**K – 6th:** Each player is allowed five (5) fouls in a game. Any player or coach who receives two (2) technical fouls in any single game will be ejected from the game and must leave the gym. The assistant coach will then take over the coaching responsibility.

## **Free Throws:**

**Clock stops during free throws for all grades.**

**K – 1st:** Free throws will be shot from the second hash mark from standard free throw line.

**2<sup>nd</sup> – 3rd:** Free throws will be shot from the first hash mark from standard free throw line.

**4th – 6th:** Free throws will be shot from the standard free throw line.

Absolutely no stomping of feet, yelling, chanting or heckling of a player will be allowed while players are shooting free throws. Heckling directed at a player will not be tolerated at any time during games.

1 warning will be given for this behavior followed by ejection from the game if the behavior persists. After ejection the individual will be suspended for 1 week, suspension means they are not allowed to attend practices or games during that week of suspension.

## **Substituting:**

Substitutes **MUST** check in at the scorer table at all times and will not be allowed into the game until checked in and then brought into the game by the referee.

## **Full Court Pressure:**

**K – 2<sup>nd</sup> grade:** No full court pressure is allowed at any time during the game. This allows young players to move the ball down the court.

**Defense must stay behind the 3 point line until the ball crosses half court.**

Defense on the ball handler will be played when the opposing player crosses half court. No double teaming outside the 3 point line.

Offensive players must advance the ball past the half court within 10 seconds.

**If a team is ahead by 15 points or more defense must drop back to the 3 point line.**

**3rd grade:** No full court pressure is allowed at any time during the game.

Defense can be played at half court.

No double teaming outside the 3 point line.

**If a team is ahead by 15 points or more, defense must drop back to the 3 point line.**

**4<sup>th</sup> grade:** Full court pressure is allowed the **entire 4<sup>th</sup> quarter**.

**5<sup>th</sup> grade:** Full court pressure is allowed the **2<sup>nd</sup> half of the game**.

**6th grade:** Full court pressure is allowed the **entire game**.

**All grades: No team may use full court pressure when ahead by 15 points or more.**

**3<sup>rd</sup> – 6<sup>th</sup> Grade:** When full court pressure is not allowed - any player who pressures the ball handler or touches the ball before it crosses mid-court **will be given 2 warnings by the ref, unless the action results in a personal foul. The referee will give 2 warnings to the coach for illegal defense, after the 2 warnings a technical foul will be given to the head coach.**

## **Coach/Player/Parent/Spectator Ejections**

Coaches, players, parents and spectators are expected to show excellent sportsmanship at all times.

Coaches are also responsible for proper conduct of the team, their assistant, and their fans. Discrepancies will not be tolerated!

Coaches/players will be issued a technical foul for objectionable behavior (overbearing and unsportsmanlike attitudes, etc.). After a technical foul is issued to the coach, the coach must remain seated for the remainder of the game except during timeouts or half time. If a second offense is committed and a second technical foul is given, the coach/player will be ejected from the game and suspended from coaching/playing in practices or games and attending games for one (1) week.

A second ejection will result in suspension from the league for any subsequent games, including tournament play. If a coach is ejected and coaches more than one team, they are suspended from coaching all teams for 1 week.

In the event a coach is given a technical, the other coach is allowed to stand and continue to coach the team.

Parents and spectators will be ejected immediately by the official or gym administrator for objectionable behavior (cursing, overbearing and unsportsmanlike behavior, etc.). After an ejection, parent/spectator will be suspended for 1 week and not allowed to attend the next game.

If a coach or parent is ejected from a game, they are suspended for the remainder of that game as well as the following week of practices and game. If they get ejected twice in a season, then the coach/parent are suspended for the remainder of the season.

Cursing or threatening behavior by anyone will not be tolerated. These actions will result in immediate ejection, NO WARNING!

In the event of an ejection the referee should let the commissioner or appointed administrator know and let them handle removing that person from the gym.

**If a coach that has been suspended is also employed as a referee in the NTJBL, that coach/referee cannot be permitted to officiate games the week following an ejection.**

**During Tournament games if a parent/player/coach/spectator is ejected from the gym, they are not allowed back for the remainder of the tournament.**

## **NOTICE**

**Under no circumstance should a coach, player, parent or spectator approach an official in an objectional manner at any time before, during, or after a game.**

**This behavior will result in immediate ejection from the gym and could also result in local police being called.**

**Cursing or threatening behavior by anyone will not be tolerated and will result in immediate ejection!**

**If you have a complaint, please see the gym administrator for proper procedure to file the complaint.**