

SPEARFISH JUNIOR BASKETBALL LEAGUE RULES

3rd or 4th grade rules

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

1. To provide every child who desires the opportunity to play basketball for fun with children of 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

Teams' sizes will be limited to no more than ten players on a team. All player assignments will be made by the League Coaches and its committees.

C. Equipment

Every child will be required to provide their own shoes and shorts, and will be required to purchase a shirt.

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. The intermediate size basketball will be used in all Leagues.
- c. Five seconds in the key will be permitted
- d. Games will consist of 4 eight minute running quarters. Time will run continuously. The clock will be stopped only for time outs, injuries, and during the last two minutes of the second half. 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 two quarters of the game, and no player shall play more than three quarters unless squad sizes are too small or large to comply. A quarter will be considered a full eight minutes. The coaches will be responsible for the administration of this rule.
- f. Players are not allowed to press in the back court. Defense cannot pickup players before half court.

- g. All defense played will be man to man. There will be no zone defense. Double teaming is not allowed except in the key. 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 three minutes. If another overtime is needed, it will be sudden death overtime with the first point scored winning the game.
- b. There will be a one minute time out at the end of the first and third quarters. There will be a four minute time out at half time.
- c. Other than the time used to switch players at mid-quarter, each team will be allowed 2 time outs per half, and one additional time out in the overtime period.

F. Playing Court and Dimensions

Free Throws will be at regulation distance but there will be no penalty for a foot fault.

G. Jump Balls

The game and each extra period will be started by 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 occurs.

H. One and One Free Throws

Bonus free throws will be awarded on the 7th team foul of each half, 2 shots will be allocated after the 10th team foul of each half.

I. Timekeepers and Officials

Each team will provide a person to keep the official book and scoreboard. This is the coaches' responsibility. The League will provide the officials.

J. Jewelry

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

K. Practices

Practice sessions will be limited to one night per week for approximately one hour.

If there is no school, the effected teams will practice at another time during the week.