

SPEARFISH JUNIOR BASKETBALL LEAGUE RULES

5th – 6th 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

Team 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 there 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. The three seconds violation in the key will be called.
- d. Games will consist of 4 ten minute running quarters. Time will run continuous. 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 ten minutes. The coaches will be responsible for the administration of this rule.
- f. Pressing will be allowed full court at any time unless the pressing team is ahead by ten points or more. 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
- 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 over time 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.
- d. The margin of the score on the scoreboard may not advance past a 10 point advantage.

F. Playing Court and Dimensions

Free Throws will be at regulation distance.

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.