

JR. NBA BASKETBALL LEAGUE
GAME RULES

Recreational League:

This is a recreational league where the focus is on the kids! We are striving to teach the kids how to dribble, pass, shoot, and play defense in an organized and managed game situation. The aim is to have the kids improve their skills while enjoying the sport of basketball and to use these skills for years to come!

- Refs for oldest age group only. Coaches will ref the (5-7), and (7-9) age group. Score will only be kept for oldest age group (9-11). If one team leads by 20 points, then the score keeping will suspend until the end of the game.
- Teams may use either a “zone” or “man-to-man” defense. (5-7) can only use man to man defense to teach defending one player.
- To start the game the home team will throw the ball in from their base line. The away team will throw the ball in at the start of the second quarter and it'll alternate every quarter. There will not be a jump ball. After every score and possession change the correct team will need to throw the ball in.
- No full court press on defense for any age group. Games are not about winning, they are about learning proper defense and the fundamentals. For the youngest age group coaches please discourage stealing the ball.
- Traveling/Double Dribble Rule: Coaches/Refs should use this at their discretion. If a child starts out traveling with the ball the coach should blow the whistle and have the child start over with a throw in. If the child travels/double dribbles again, it should result in a turnover. Coaches are encouraged to continue to positively instruct during the games.
- All age groups will play 5 vs 5.
- (9-11) will use a 28.5 size basketball. (5-7), (7-9) will use a 27.5 size basketball.
- **Rim Height:**
 - 5-7 Age Group: 8 feet
 - 7-9 Age Group- 8 feet
 - 9-11 Age Group: 9 feet

- **Game Duration:**
 - 5-7 and 7-9 age group: (4) 8 minute quarters. 5 minute half-time break.
 - 9-11 Age Group: (4) 10 minute quarters. 5 minute half-time break.
 - All games will have a running clock, only stops for (1) 30 second timeout per half (will not carry over) and any foul shots. Running Substitutions as well.
- Coaches are required to be on the court to help ref & coach during games. Shooting fouls can be called for oldest age group for foul shots. 2 foul shots per shooting foul. Fouls will not be recorded so a player cannot foul out.
- Coaches: We depend on you to do what is right. Players look up to you more than you can imagine. You are a role model for them and for county Parks and Recreation Department. Teach them not only how to play basketball but also how to be a good teammate and person. Teaching good sportsmanship is crucial for this league. If you use that as your guiding principle, you and the players will have a quality experience. Thank you!!

