

# **JR. NBA/JR. WNBA YOUTH** **BASKETBALL** **LEAGUE** **OFFICIAL RULE BOOK** – Rev 12/6/13

City of West Sacramento  
2801 Jefferson Blvd.  
West Sacramento, CA 95691  
[www.westsacfun.org](http://www.westsacfun.org)

Dear Jr. NBA/Jr. WNBA Families,  
Welcome to the Jr. NBA/Jr. WNBA Basketball League at the City of West Sacramento. If this is your first season with us, we would like to say a big hello and welcome to our program. Welcome back to all of our returning families and thank you for continuing to support our programs.

Jr. NBA/Jr. WNBA is an instructional program that assists in teaching participants the basics of basketball while allowing them to make new friends and develop and improve their skills. Please remember that you are a spectator watching your child(ren) learn and enjoy the sport of basketball. Remember that our coaches are volunteers doing their best to make sure all our participants have the best experience possible. Please do not pressure or criticize the staff, child(ren), or officials. We do ask that you continue to encourage them throughout the season to do their best, cooperate, learn and most importantly have fun. We welcome any spectators that wish to come out and volunteer their time to assist us in improving the program. We are so glad you are here to help make the experience a supportive one for your child(ren). Please do not hesitate to let us know your concerns/feedback. We look forward to your participation in our program this season.

**Sincerely,**  
**Mike Mashburn, CPRP**  
**Recreation Supervisor II**  
**City of West Sacramento**

## **DIVISIONS:**

- 5-6 Boys
- 7-8 Boys
- 9-10 Boys
- 11-12 Boys
- 13-14 Boys
- 5-7 Girls
- 8-10 Girls
- 11-14 Girls

## **TEAM ROSTERS:**

- Rosters will be limited to 12 players.

## **PLAYERS:**

- Each team will consist of no more than 5 players and no less than 4 at the start of each game.
- Our motto at the City of West Sacramento is; It's for Everybody! **EVERYONE** on each team will play and **EVERYONE** will play an equal amount of time on the court. Coaches use their discretion as to how to ensure the playing time.  
\* The intent is to provide all participants equal playing time regardless of skill level or experience. It is the role of the coach to help ensure that every child plays and has a positive experience.

## **YOUTH SPORTS BATHROOM POLICY**

The child's parents are required to take care of their child's bathroom needs. If a child needs to use the restroom and their parent is not there a coach, team parent or City staff member may take them, but they **MUST** be accompanied by two additional children. A staff or coach is never to be alone with one child and never take a child to the bathroom alone. When taking them, staff or a coach must check and clear the bathrooms and then send all three children in together. This is for protection of the child as well as staff and volunteers.

## **COACHES AND SPECTATORS:**

- Volunteer Coaches:** All coaches are volunteering their time to make this a great experience. We try and select coaches who are knowledgeable in the skills we are trying to teach. If you are interested in being a coach or have a concern about a coach please notify the Sports Supervisor or Recreation Coordinator immediately.
- Referees:** The referees are in charge of the game and their decisions are **FINAL**; right or wrong.
- Please cooperate with the Youth Sports staff in creating and maintaining an environment in which each participant may have fun, learn the game and be a good sport. The referees may occasionally stop play for instructional purposes when necessary, and will subjectively make allowances (as discussed and set up

by each league) based on ability, for violations. We encourage parents to focus on the children and not the referees.

- Coaches agree to support and influence good sportsmanship, high moral standards and are responsible for the conduct of their players and spectators. This includes, but is not limited to, unsportsmanlike disagreements with officials or insubordinate acts against supervisory staff.
- The City of West Sacramento reserves the right and **WILL** send home anyone (this includes coaches, players, spectators) who are in violation of the rules and regulations set by the program for the health, safety, and welfare of all participants.
- **Spectators Code of Conduct:** As a spectator, we hope to provide a fun and rewarding experience for you and your child. In order to achieve our goal we ask that you adhere to the following criteria:
  1. Applaud good plays by your own team **AND** the opposing team.
  2. Never ridicule or scold a child for making a mistake during a game or practice.
  3. Encourage players to always play according to the rules.
  4. **HAVE FUN!** Make it enjoyable for you and your child.
  5. As a parent you are not allowed to approach the coach or team's bench during a game. If you have a comment for the coach please wait until after the games are over to speak with the coach. If the coach feels you are being unnecessary then they may direct you and your complaint to the Youth Sports Supervisor or Coordinator.

### **Parent Involvement:**

As a parent or guardian of our leagues we want you to know we appreciate your help and leadership. We suggest you get involved on your child's team to make the experience more enjoyable for them. Whether it be snack, water, fruit or high fives the kids DO appreciate you being there! **ALL** parents must be on site with their children as part of our City of West Sacramento policy. We appreciate your help in this matter.

### **TIME:**

- Time will continue to run throughout the game in all divisions **EXCEPT** in the Boys 9-10, 11-12, 13-14 and Girls 8-10, 11-14 divisions. In these divisions, the clock will stop in the last 2 minutes of game if the score is within 15 points. If the score is greater than 15 points then the clock will continue to run.
- There are no overtime periods in the Boys 5-6, 7-8, and Girls 5-7 divisions. All other divisions will play one 2 minute overtime period. If the score is still tied after the overtime period, the game will go into a "sudden death" period which means the first team to score wins. Overtime will be played with a "stop clock" on dead balls and free throws.
- All divisions play two 20 minute halves.
- Halftime will be 3 minutes (if time permits).
- Each team will have two 60 second timeouts per half.
- Timeouts may be called by the coach of the offensive team while the ball is in play.

- Anyone may call a timeout during a dead ball situation.

## **BALL SIZE AND RIM HEIGHT:**

- 5-6 Boys & 5-7 Girls**
  - Ball Size: Youth
  - Rim Height: 6.5 ft
- 7-8 Boys & 8-10 Girls**
  - Ball Size: 28.5
  - Rim Height: 8.5 ft
- 11-14 Girls**
  - Ball Size: 28.5
  - Rim Height: 10 ft
- 9-10, 11-12 & 13-14 Boys**
  - Ball Size: Official Men's
  - Rim Height: 10 ft

## **START OF GAME:**

- A jump ball will start the game. To start the second half the ball will be put into play with a throw in under the alternating possession procedure.
- All other jump balls will be alternating possessions.
- Jump balls occur when two opponents have one or both hands firmly on the basketball.
- Teams will change baskets at the end of the first half.

## **SCORING:**

- Scoring: field goal = 2 points, free throws = 1 point, 3 pointers will count if shot behind the three point line.
- Scoreboard will stop scoring when one team is up by 20+ points and will continue as necessary.  
\*Note: The 5-6 Boys & 5-7 Girls will not keep score.

## **Defense:**

- Teams may play either zone or man-to-man defense.** If playing man-to-man, it may only be played once the offensive team has passed 3ft over the mid-court line.
- The defensive team must retreat back across the mid-court before engaging in either tactic. On out-of-bounds plays, the defender must stay on the court at all times.  
\* **Note: 11-12, 13-14 Boys & 11-14 Girls are the only age groups that may play full court press. Full court press is permitted ONLY in the final 2 minutes of the game if the score is within 15 points.**

## LANE/KEY VIOLATIONS:

- When a violation occurs the whistle will be blown, players are asked to stop, a brief explanation will be given and the ball will be turned over and taken out of bounds (unless on a shooting foul). Violations include: double-dribbling, traveling, lane violation, 5 second throw in violation, carrying the ball.
- **5-6, 7-8 Boys & 5-7 Girls:** There is no time limit in effect for this age group. Coaches should still train players to understand moving in and out of the key.

## OUT-OF-BOUNDS:

- Teams have 5 seconds to put the ball in play.
- Teams have 10 seconds to pass the half court line.
- **Exception: 5-6, 7-8 Boys & 5-7 Girls - No time limit for this age group.**

## SHOOTING FOULS/FREE THROWS:

- **Fouls:** Unnecessary contact of players constitutes a personal foul and equals a team foul. Charging, a half court violation (back court pressing), tripping, pushing, or contact from behind. This may occur on offense or defense resulting in a turnover.
- If a foul occurs while shooting, the player that was fouled will be awarded 2 free throws. Violating player is given a personal foul and a team foul.
- If a foul occurs in the course of play, the ball is awarded to the other team out-of-bounds. Violating player is given a personal foul and a team foul.
- Although fouls will be kept, players will not foul out of a game unless the officials or City staff feel the fouling is excessive and could be a risk to other players. At which point the player may be disqualified without warning.
- **5-6, 7-8 Boys, 5-7 & 8-10 Girls:** No fouls will be penalized. Ball will go out of bounds and referee will instruct players on the violation situation in order to educate the players on the violation that occurred. Blatant and obvious fouls will be called. Free throws will not be awarded in these divisions.
- All other divisions will shoot free throws in appropriate situations.
- During a free throw, players may enter the lane only after the ball hits the backboard or rim. The shooter must stay behind the free throw line until the ball hits the rim in order for it to be legal.
- **Bonus:** The bonus 1+1 rule will be in effect after the 7<sup>th</sup> team foul in a half.
- **Double-Bonus:** Players will be awarded 2 free throws after 10 team fouls in a half.
- **Technical Fouls:** Technical fouls will be called for any taunting, profanity or unsportsmanlike conduct. A technical foul will be called after the first warning has been given. The result of a technical foul is an automatic 2 points and possession of the ball.

## **SUBSTITUTION RULE:**

- All players must check in at the scorer's table and with the referee prior to entering the game. The substitution may occur at the end of the half, at a dead ball or if there is an injury.
- No substitutions will be made outside of these circumstances.

## **COACHES CONDUCT:**

- Coaches can only travel within the assigned areas. Coaches should not be moving all over the court.
- Any comments made to the referees or the staff should be made before the game, at halftime, and/or after the conclusion of the game.

## **JEWELRY:**

No jewelry (which includes: dangling earrings, necklaces, bracelets, watches, etc) shall be worn during games. This is to help ensure the safety of all participants. **Exception:** Taping a band aid over piercings will be allowed.

## **FOOD/SNACKS:**

- If snacks are provided for teams by team parents, snacks should be eaten outside of the gymnasium. We ask that you please throw your trash in the designated areas in order to help keep the Gym clean.
- Please only have WATER in the gym. Please be respectful of the courts we are using.**