

# JFC Elementary Basketball (K-6) League Rules and Regulations

## INFO FOR ALL DIVISIONS

- Each game starts with the teams running through the lights as we announce their names. This is a great tradition!
- Coaches are to match players up equally on the court for games and ALL PLAYERS must play at least half the game, to ensure equal playing time.
- Man to man dense at all levels, EXCEPT 5th/6th zone defense is allowed. NO double teaming, but help defense is okay (then player has to get back to their man).
- No OverTime for games, except at the 5th/6th grade level.
- Defense MUST start behind half court (5th/6th level allows press under 2 min in game)
- Practices will take place once a week, 45 minutes on the court for practice and 10 minutes off the court for devotions. ALL TEAMS will have weekly devotions (K-6th). Coaches are given the devotions, so each team is hearing the same message!
- At halftime of each game, there will be a short devotion for the kids.
- At the end of every season we do pizza on the last practice and a Celebration Night for the kids! It's the best way to bring our season to a close!

## GAME FORMATS FOR EACH DIVISION

### Kindergarten Division

- Games will be played on an 8 foot rim, with a 25" ball.
- Game is played five vs five. Max 10 players on a team.
- The game will consist of six 6 minute periods, running clock, with a 3-5 minute halftime devotion. No coaches timeouts. Brief huddles are allowed between switching periods.
- All players must play at least 3 periods of the game to ensure equal playing time (half the game). In last period, offense has 8 seconds to cross half court w/ ball on inbounds.
- Score is not kept at the kindergarten level. We want kids to focus on fundamentals, not winning and losing.
- There are no referees at this level, so coaches will walk on the court with the kids and act as referees for out of bounds and foul calls.
- There is no stealing off the dribble OR pass at this level. We want to encourage and build up players in their dribbling and passing skills.
- Coaches are to encourage players on the court to dribble properly and avoid traveling, double dribble, etc. But the ball will not be taken away for these mistakes. Coaches will continue to instruct players so that they can avoid these violations.
- There are no free throws at this level for kindergarteners. If a player is fouled while shooting they will take the ball out on the side.

## 1st - 2nd Grade Division

- Games will be played on an 8 1/2 foot rim, with a 27.5" ball.
- Game is played five on five. Max 10 players on a team.
- The game will consist of six 6 minute periods, running clock, with a 3-5 minute halftime devotion. The clock will stop under 30 second in the last period for made buckets or any other dead ball call. No coaches timeouts. Brief huddles are allowed between switching periods. In last period, offense has 8 seconds to cross half court w/ ball on inbounds.
- All players must play at least 3 periods of the game to ensure equal playing time (half the game).
- Score is kept at the 1st - 2nd grade level. As kids are starting to develop their skills more, we want them to now be able to see their achievements count on the scoreboard and understand winning/losing (Although the most important thing is having fun!). The score WILL NOT go above a 20 point lead. (Ex. - If the winning team is up 20 points and scores again, it will not reflect that on the scoreboard. But once the other team scores and it comes down to 18 points, the next time the winning team scores it will go back up to 20. But will not go over 20 points on the scoreboard)
- There will be one referee at this level (possibly two, if deemed necessary throughout the season); coaches may walk the sidelines **from their baseline to half court to encourage and instruct players, but should NOT be on the court or cross half court.**
- There is no stealing off the dribble, BUT you may steal off the pass at this level. IF there is a B Division, no stealing the ball off an out-of-bounds pass. As players are still young, and many new to the sport, we do not want to discourage them if they struggle with dribbling, and opponents continue to steal the ball. But it is important at this age to allow kids to steal passes, to encourage good defense and smart decision making! A player dribbling off of their own foot or the foot of an opponent makes it a live ball. If an opponent is purposefully sticking a foot out for this situation, it will be called.
- Coaches and referees are to encourage players on the court to dribble properly and avoid traveling, double dribble, etc. Violations will be called loosely, especially at the beginning of the season and for players who struggle and are at a lower skill level. Back to back double dribbles by a player will result in a turnover, as well as very obvious travels (such as taking 10 steps to go the basket). There will be some grace given the first week or two of games, and as the season progresses the referee(s) will call it a little tighter each game. But again, things will not be called super tight for this young of an age group. If some players are taking advantage of this, they will be called for violations.

- There are no free throws at this level for 1st/2nd grade. If a player is fouled while shooting the offense will receive one point, and the ball back on the side. This keeps from wasting time having the kids stand at the free throw line.

### **3rd - 4th Grade Division**

- Games will be played on a 9 foot rim, with a 28.5 ball.
- Game is played five vs five. Max 10 players on a team.
- The game will consist of six 6 minute periods, running clock, with a 3-5 minute halftime devotion. The clock will stop under 30 second in the last period for made buckets or any other dead ball call. No coaches timeouts. Brief huddles are allowed between switching periods. In last period, offense has 8 seconds to cross half court w/ ball on inbounds.
- All players must play at least 3 periods of the game to ensure equal playing time (half the game).
- Score is kept at the 3rd - 4th grade level. Kids are easily old enough now that it is appropriate to be able to win (and lose) games. The score WILL NOT go above a 20 point lead. (Ex. - If the winning team is up 20 points and scores again, it will not reflect that on the scoreboard. But once the other team scores and it comes down to 18 points, the next time the winning team scores it will go back up to 20. But will not go over 20 points on the scoreboard)
- There will be two referees at this level. Coaches may not walk on the court, but can still encourage and instruct their players from their bench area.
- Stealing is allowed off the pass AND dribble at this age. Players are old enough that they must learn to protect the ball and also have the ability to take it from an opponent.  
\*Reach-Ins were a problem last year at this age group, so we will encourage coaches to make sure kids are only swiping for a ball when the ball is in front of them. We don't want players reaching through an opponent to try to get the ball.
- Referees are to encourage players that need it on the court to dribble properly and avoid traveling, double dribble, etc. The referees will start the year by calling making calls moderately and it will continue to get tighter from there as the season progresses, to being called just like they would for older kids by the end of the year. Kids that are less skilled or newer to the game will be shown a little grace, especially early in the season. We don't want to discourage anyone from playing!
- There are no free throws at this level for 3rd/4th grade. If a player is fouled while shooting the offense will receive one point, and the ball back on the side. This keeps from wasting time having the kids stand at the free throw line.

### 5th - 6th Grade Division

- Games will be played on a 10 foot rim, with a 28.5 ball.
- Game is played five vs five. Max 10 players on a team. Game will start with a jump ball.
- The game will consist of four 10 minute periods, running clock, with a 3-5 minute halftime devotion. One timeout per half for each team.
- All players must play at least half of the game for equal playing time.
- Score is kept at the 5th- 6th grade level, as they are at an old enough age. The score WILL NOT go above a 20 point lead. (Ex. - If the winning team is up 20 points and scores again, it will not reflect that on the scoreboard. But once the other team scores and it comes down to 18 points, the next time the winning team scores it will go back up to 20. But will not go over 20 points on the scoreboard)
- There will be two referees at this level. Coaches may not walk on the court, but can still encourage and instruct their players from their bench area.
- Stealing is allowed off the pass AND dribble at this age. Players are old enough that they must learn to protect the ball and also have the ability to take it from an opponent.  
\*We ask that coaches instruct players during practices to not “Reach-In” but go for steals when the ball is perfectly visible/ in front of the player.
- Referees will still try encourage players that need it on the court to dribble properly and avoid traveling, double dribble, etc. At this level players should know the rules fairly well and will be called like any normal basketball game would. Players that are struggling may be shown a little grace, especially early in the season.
- On a shooting foul the offense is rewarded one point, and one free throw attempt. We do this so that the offensive player still gets a chance to shoot a free throw in a game, but we want to make sure we spend less time at the free throw line and more time playing!
- Defense must start at half court, EXCEPT under 2 minutes in the game, full court press is allowed.
- Under 30 seconds in the second quarter the clock will stop on dead balls. In the fourth quarter it will stop under one minute for dead balls and made baskets.
- Team fouls will be recorded, but not player fouls (this could change if player fouls get excessive, but we have not had that problem before). At 7 fouls it will be 1 and 1 at the free throw line, at 10 fouls two shots will be awarded.
- In the event of a tie at the end of regulation, the game will go to overtime. It will be 2 minutes long and the clock will stop on dead balls and made baskets.