

## **JCC Rules and Regulations (General)**

- Game is played 5-on-5 (Games may be played four on four if necessary) Less than 4 players counts as a forfeit.
- Each team is awarded three (3) one-minute timeouts to use at their discretion.
- Ten minute grace period to start game.
- No players may be added to roster after first game.
- Combined ages assume the rules of the oldest age group.
- All other **MSHAA** rules will apply.
- Officials will bring coaches to center court before the game to answer questions and to go over rules.
- There may be 1 or 2 scorer(s) and or timekeeper(s) as well as 1-2 official(s) per game.
- If a coach or player receives two (2) technical fouls in one (1) game that individual is ejected from the game and asked to leave the gym. A one (1) game suspension will be issued to be served the next game. Player shall remain in the gym on the bench.
- Running clock is in effect when a team is up by 30 points. (stops for time outs)
- Coach that is down by 30 points has the option to turn the score board off.
- Halftime is 5 minutes. (Unless games are behind, then halftime may be shorter)
- Overtime is 3 minutes long & each team is allowed only 1 timeout. Timeouts do not carry over from regulation

### **7U boys and 8U/9U girls**

#### **Above high school rules apply with the following exceptions:**

- Games are played on a smaller full court, with 8ft baskets
- Game is played with 27.5 junior size basketball
- At halftime all players will shoot a free throw that will count toward the teams point total
- Foul shots taken at Red line or bottom of circle (8ft from basket)
- 20 minute halves with a running clock, clock stops in last minute of each half.
- No pressing is allowed. Officials will ask the team to drop back if offense is being guarded on their side of the court
- No stealing off the dribble, players can steal passes
- If a steal occurs the team that had the ball stolen will get the ball back, out of bounds.
- Man to Man defense only, with **NO** double teaming or trapping of the ball handler. Officials will use personal discretion on this to correct the situation. **Help defense on the ball is allowed (discuss during pre-game meeting).**
- 3 seconds in the lane is not called
- All shooting fouls will take place at the time of the foul.
- Coaches can help on the court, **sideline preferably**. (Not allowed to be under the basket).
- All violations will be called consistently. First five games, violators will retain possession, last five games it is a turnover.

### **8U boys**

#### **Above rules apply with the following exceptions:**

- Games are played on a smaller full court, with 9ft baskets
- 5 seconds in the lane with the ball is a violation
- All violations will be called and will be turnovers

### **9U boys**

#### **Above rules apply with the following exceptions:**

- Game is played with 28.5 official women's size basketball
- Games are played on regulation size court, with 10ft basket.
- Pressing is allowed in the last minute of each half (if a team is up by 20 points or more, pressing is not allowed)
- 3 seconds in the lane is called
- Free throws are shot at a mark 12 ft from rim
- Stealing off the dribble and off a pass is allowed

### **10U boys**

#### **Above rules apply with the following exceptions:**

- Free throws shot at regulation, feet can cross the line after release of the ball
- Pressing is allowed in the last 2 minutes of each half (if a team is up by 20 points or more, the team in lead cannot press)
- 3 seconds in the lane is called
- Four (4) 8 minute quarters with stopped clock on all violations
- Man-to-man or zone defense is allowed

### **11U/12U boys**

#### **Above rules apply with the following exceptions:**

- Players cannot cross the free throw line until the ball hits the rim
- Pressing is allowed (if a team is up by 20 points or more, the team in lead cannot press)

### **14U boys and High School League**

#### **Above rules apply with the following exceptions:**

- Game is played with official size men's basketball