



City of West Palm Beach Recreation Division 2010 NBA Jr. Youth Basketball Rules and Regulations

FHSAA rules will apply to any rule or regulation not specifically covered in the local league rules.

Players and Participation

1. All players must be registered with the City in order to participate; this includes both games and practices.
2. Any team needing an additional player(s) must contact the City in order to get the roster spot filled. Once the league maximum is reached a waiting list will be compiled.
3. All players must have their pants up around their waist, shirts tucked in and shoes tied. **Players may not have shorts with pockets.** Players may not wear jewelry, hats, or watches during game action or at practice. A player will be given one warning per game. A second infraction will result in a player being removed from the game until the next dead ball.
4. **All players on the team roster shall play at least 50% of the minutes. At the mid-point of every quarter all bench subs will be brought into the game so that every player will play half of every quarter.**
5. **Only in the second half of each quarter the players that were not taken out at the mid-point of the quarter may be substituted.**
6. **Substitution must be completed in 15 seconds or a time out will be given.**
7. Players must check in with the scoring table before substituting into a game. The official determines when the player can come into the game.
8. Coaches should notify the opposing coach and the official's scorer prior to the game that the player will not be playing because of disciplinary action, sickness, etc.
9. A team may begin a game with four (4) players present. In order to continue a game a team must have at least 4 players participating.
10. If a team has less than four (4) players present the two (2) teams should play a full court scrimmage, with one team lending a player to the team that is short. (No refs for scrimmage)
11. If a player that is injured stops play that player must be taken out of the game until the second half of the quarter.

Timing Rules and Timeouts

1. The games consist of four (4) quarters of eight (8) minutes each. The clock will run continuously until the final two (2) minutes of the game. At this point, stoppages will occur for all dead ball situations, i.e. timeouts, injured player, and out of bounds. If a team gets a twenty (20) point lead in the 4th quarter the clock turns into a running clock and only stops during timeouts.
2. The clock will stop during all timeouts and when the teams are lining up for free throws. The clock will run after the free thrower's last free throw hits the rim.

3. Each overtime period will be three (3) minutes. The clock will run continuously until the final minute of overtime. **There will be only one (1) overtime period.**
4. Each team is allowed two (2) timeouts per half. The timeouts do not carry over to the second half or overtime period. Each team is allowed one (1) timeout per overtime period.

Fouls, Technical Fouls, and Penalty

1. Each player is allowed (5) personal fouls per game before disqualification. A technical foul counts as a personal foul.
2. The seventh (7) team foul of each half results in the penalty free throw situation. A one-and-one situation will occur between fouls seven (7) and ten (10). The tenth (10) team foul of each half will result in two (2) free throw attempts.
3. A technical foul results in two (2) free throws and possession of the ball.
4. Any player receiving a technical foul will be replaced from the game and sit out a minimum of five (5) minutes before returning to the game. Any coach receiving a technical foul will result in that coach and all assistant coaches remaining seated for the remainder of the game.
5. A second player or coach technical foul in the same game will result in a dismissal from that game and a minimum of a one (1) game suspension for that player or coach.
6. A player or coach receiving two technical fouls during the season will be suspended for their team's next game. The player or coach must meet with the League Director prior to further participation.
7. Fighting will result in a game disqualification plus a suspension of the next two (2) games. The League Director may suspend those involved for further games up to and including the remainder of the season if deemed necessary.

Free Throws and Defenses

1. On free throws, players may not enter the lane until the ball hits the rim.
2. The clock will stop on free throw situations until the free thrower's second shot hits the rim. (third free throw if three shot foul)
3. A team may play any type of half court defense (man-to-man or zone).
4. **Teams may not pick up beyond half court. (see division specific rules)**

Coach Conduct

1. Each team is allowed two coaches on the bench during games.
2. Only coaches who have completed the NYSCA coach's certification will be allowed on the bench during games.
3. Only one coach may be allowed off the bench at one time.
4. The coach is restricted to the coaching box that is marked on the floor.
5. Once a coach receives a technical foul the bench privileges are lost for the entire game. They may only get off the bench to tend to an injured player or confer with the scorer's table.

Division Specific Rules

5/6 Division

1. Games consists of (4) quarters of (8) minutes each. The clock will run continuously.
2. The goal will be set at an eight (8') feet height
3. No Fast Breaks – Defense must be set up before offense brings the ball down.
4. There will be no overtime periods
5. No full or half court presses allowed. Defensive players must set up inside the free-throw line extended until the offensive team makes their first pass over the 3-point line. An infraction will result in a warning the first time, followed by a technical foul on each infraction after the warning.

7/8 Division

1. The goal will be set at an eight (8') feet height
2. Free throw shooter may move to the first white hash mark on the floor, player may land over the line without penalty
3. **The defense may not pick up beyond the 28-foot line on their side of the court. Once the ball has crossed the 28-foot line defense may play half court defense.**
4. An infraction will result in a warning the first time, followed by a technical foul on each infraction after the warning.
5. No Fast Breaks - Defense must be set up before offense brings the ball down.

9/10 Division

1. The goal will be set at ten (10') feet
2. **The defense may not pick up beyond the 28-foot line on their side of the court. Once the ball has crossed the 28-foot line defense may play half court defense.**
3. May play full court defense in last 2 minutes of the game. When a team gets a 10 or more point lead, the use of full court press is not allowed.

11/12 Division

1. The goal will be set at ten (10') feet
2. The defense is able to pick up the opposing team past the half court line on their side.
3. May play full court defense in the second half of the game. When a team gets a 10 or more point lead the use of the full court press is not allowed.

13/14 Division

1. May play full court defenses the entire game. When a team gets a 10 or more point lead, the use of full court press is not allowed.