

JCCSF Youth Basketball 3-5 Rules Chart

Rules	3 rd	4 th	5 th
Team Size	(5v5) Minimum of 8 Maximum of 10	(5v5) Minimum of 8 Maximum of 10	(5v5) Minimum of 8 Maximum of 10
Hoop Height & Court	10 Feet - Full small court	10 Feet - Full small court	10 Feet - Full small court
Period Length	4–6-minute quarters - running clock. Clock stops for fouls, subs, free throws, and timeouts. Actual play (i.e., no running clock) is last 10 sec of quarters 1-3, the last 2 min of quarter 4, and all of OT (3-minutes).	4–6-minute quarters - running clock. Clock stops for fouls, subs, free throws, and timeouts. Actual play (i.e., no running clock) is last 10 sec of quarters 1-3, the last 2 min of quarter 4, and all of OT (3-minutes).	4–6-minute quarters - running clock. Clock stops for fouls, subs, free throws, and timeouts. Actual play (i.e., no running clock) is last 10 sec of quarters 1-3, the last 2 min of quarter 4, and all of OT (3-minutes).
Ball Size	Women's (28.5 inches)	Women's (28.5 inches)	Women's (28.5 inches)
Substitute Structure	CYO style - 2 quarters per player minimum (free sub in OT)	CYO style - 2 quarters per player minimum (free sub in OT)	CYO style - 2 quarters per player minimum (free sub in OT)
Timeouts	4 per game - coaches NOT allowed on floor (timeouts do NOT roll over into OT; each team receives 1 timeout in OT).	4 per game - coaches NOT allowed on floor (timeouts do NOT roll over into OT; each team receives 1 timeout in OT).	4 per game - coaches NOT allowed on floor (timeouts do NOT roll over into OT; each team receives 1 timeout in OT).
Defense Allowed	Full court press allowed during final 30 sec of 4th quarter and the last min of OT.	Full court press allowed during the final min of 4th quarter and the last min of OT.	Full court press allowed during the final min of 4th quarter and the last min of OT.
Score	Score kept	Score kept	Score kept
Playoffs	Yes - Single elimination tournament	Yes - Single elimination tournament	Yes - Single elimination tournament
3-Point Baskets	Not counted	Not counted	Not counted
Division Structure	Gender-based divisions, by grade	Gender-based divisions, by grade	Gender-based divisions, by grade
Stealing	Allowed	Allowed	Allowed
Traveling	Enforced with warning	Enforced	Enforced
Double Dribbling	Enforced with warning	Enforced	Enforced
Fouls	5 foul limit per player, per game - on 5th foul, player fouls out. 5th team foul places opposing team in bonus; 7th team foul places opposing team in x2 bonus.	5 foul limit per player, per game - on 5th foul, player fouls out. 5th team foul places opposing team in bonus; 7th team foul places opposing team in x2 bonus.	5 foul limit per player, per game - on 5th foul, player fouls out. 5th team foul places opposing team in bonus; 7th team foul places opposing team in x2 bonus.
3 – Seconds In The Paint	Enforced with warning	Enforced	Enforced

Commented [BW1]: @Noah Simon Did you base this off of an older document?

Commented [NS2R1]: @Bryan Wells I used this based off the 4th grade rules policies and guidelines from last year. I looked for 5th grade rules policies and guidelines from prior years and they are basically the same from what I found.

Was there anything you were thinking that needed to be added or taken out?

Commented [BW3R1]: no just wanted to check thank you

Jump Ball	Enforced with warning. Jump ball will be called once it is determined by the ref that the ball is in control of both players.	Enforced with warning. Jump ball will be called once it is determined by the ref that the ball is in control of both players.	Enforced with warning. Jump ball will be called once it is determined by the ref that the ball is in control of both players.
Forfeit	Enforced: If 5 players are not present at game time, a 5 (five) minute grace period will be granted. If after this grace period the team does not have 5 eligible players present, the game will be considered a forfeit. Once the game has begun, a team can play with as few as 2 (two) players.	Enforced: If 5 players are not present at game time, a 5 (five) minute grace period will be granted. If after this grace period the team does not have 5 eligible players present, the game will be considered a forfeit. Once the game has begun, a team can play with as few as 2 (two) players.	Enforced: If 5 players are not present at game time, a 5 (five) minute grace period will be granted. If after this grace period the team does not have 5 eligible players present, the game will be considered a forfeit. Once the game has begun, a team can play with as few as 2 (two) players.
Uniform	Must wear numbered uniform and listed in the "official" game book. Result in 1 (one) technical free throw for the opposing team if not listed.	Must wear numbered uniform and listed in the "official" game book. Result in 1 (one) technical free throw for the opposing team if not listed.	Must wear numbered uniform and listed in the "official" game book. Result in 1 (one) technical free throw for the opposing team if not listed.
Supervision	Guardian must be within the vicinity of the JCCSF building during all hours of scheduled practice and game times.	Guardian must be within the vicinity of the JCCSF building during all hours of scheduled practice and game times.	Guardian must be within the vicinity of the JCCSF building during all hours of scheduled practice and game times.
10 Second Violation	Enforced with warning	Enforced with warning	Enforced with warning

The Jewish Community Center of San Francisco Youth Basketball Rules

Mission Statement:

The Jewish Community Center of San Francisco Youth Basketball League (JCCSFYBL) will provide the youth of our community a league that strives to be a safe, educational, competitive, and fun experience. Our expectation is that all who participate in this league will embrace the idea that in sports we have an opportunity to engage young people in skills and ideas that will serve them throughout their lives. The ideas of appropriate competition, respect, personal achievement, and teamwork are all inherent in the sports experience. Our league will strive to achieve all of the above in a positive manner.

League Rules

These rules are adapted from the National Federation of State High School Associations for Basketball. Normal High School rules will apply except where adapted below. Team Organization and Placement

1. Teams will be placed in divisions based on a single grade (this is the preferred league structure).

- a. The JCCSFYBL intends to field the following divisions (both boy's & girl's): 3rd – 5th Grade.
 - b. A child may play in an older division of no more than one grade level.
 - c. A child may not play in a younger grade division regardless of their age.
 - d. Age WILL NOT be a factor in placement, current grade will be the sole determining factor.
 - e. Depending on the number of teams entered in the league, the JCCSFYBL reserves the right to include more than one grade in a division. If this situation occurs, that division will play their games in accordance with the rules of the highest grade represented in the league.
2. Teams will be organized into divisions according to gender (i.e., a boy's league and a girl's league).
 - a. Individuals of one gender wishing to participate in a league of the opposite gender will be determined on a case-by-case basis. The JCCSFYBL wishes for each league to be represented entirely by a single gender. All decisions on this issue will be at the discretion of the JCCSFYBL.
 3. Teams are required to provide the JCCSFBL with an accurate roster of team members that includes player's names, addresses, phone, email, school and grade. If this information proves to be false, the team can be disqualified from further league participation. No refund will be provided.
 - a. Only players listed on this roster can participate in a JCCSFBL game.
 - b. This roster must be provided before the first game.
 - c. Rosters are "frozen" before the start of play for a team's 3rd regular season game (i.e., you can add a player up to that point, after that point you are NOT allowed to add a player for the remainder of the season).
 - d. Each player must have a completed JCCSF Medical Consent & Waiver form on file before playing in their first game in order to be eligible.

League Schedule

1. All teams will be scheduled a minimum of 6 league games (regular season).
2. Grades 3rd – 5th will participate in a playoff tournament to be played at the conclusion of the regular season. Teams will be guaranteed at least I (one) game in this tournament.
3. Scheduling requests must be provided to the league with the team entry form. We cannot guarantee we will accommodate all requests.
4. Games will take place on Saturdays or Sundays
5. Once the schedule is published it is final. Games will not be rescheduled.
6. A team must have 5 (five) non-injured players on the floor to begin the game.
 - a. If 5 players are not present at game time a 5 (five) minute grace period will be granted.
 - b. If after this grace period, the team does not have 5 eligible players present the game will be considered a forfeit.
 - c. Once the game has begun, a team can play down to as few as 2 (two) players.

Length of Games

1. In both 3rd – 5th grade JCCSFBL games, the periods will be 6 (six) minutes. There will be a 1 (one) minute intermission between each period and a 5 (five) minute half time.
2. Overtime- In the event of a tie score at the end of regulation the following will take place:
 - a. The end of regulation will be followed by a 2 (two) minute intermission.
 - b. The first overtime period will be 3 (three) minutes in length. This period will be played in “stop time.”
 - c. If the score is tied at the end of the first overtime period a 1 (one) minute intermission will follow.
 - d. The second overtime period will be played as a “sudden end” period. The first team to score 2 (two) points will be declared the winner. The clock will not run during this period.
3. The timing of all 3rd – 5th Grade JCCSFBL games will be as follows:
 - a. “**Running Time**” (clock keeps running):
 - i. On all violations
 - ii. On all jump balls when alternating possession applies.
 - b. “**Stop Time**” (clock is stopped and started):
 - i. On all fouls.
 - ii. Whenever there is an official or team timeout.
 - iii. Whenever a substitute is allowed to enter the game.
 - iv. On every whistle in the last 10 (ten) seconds of the first 3 (three) periods.
 - v. On every whistle in the last 2 (two) minutes of the fourth period.
 - vi. The entire length of any overtime period in which the clock is run.

Equipment

1. In both JCCSFBL 3rd -5th grade games a “girls' competition” (28.5 to 29 inches around) ball will be used.
2. All players must wear a numbered team uniform.
3. Players must wear “**non-marking**” sport shoes (preferably basketball shoes).
4. Players CANNOT wear bracelets, watches, or jewelry (including earrings) during competition (earrings MUST be removed, taping over them is not an option). This rule will be enforced at the discretion of the game official.

Participation Rules

The overall intention of these divisions (3rd -5th) is that each player plays at least 2 (two) full periods. The following rules will be used to ensure that this is achieved.

1. If a team has only **5 (five)** squad members present, there are no special restrictions.
2. If a team has only **6 (six)** squad members present:
 - a. One squad member cannot play in the first period (in other words a team cannot sub in the first period; subbing for Injured players is the exception).
 - b. The squad member that did not play in the first period must play **the entire second period**. The team may sub freely for any of the 4 (four) players that did play in the first period.
3. If a team has only **7 (seven)** squad members present:

- a. Two squad members cannot play in the first period (i.e., a team cannot sub in the first period).
 - b. The squad members that did not play in the first period must play the **entire second period**. The team may sub freely for any of the 3 (three) players that did play in the first period.
4. If a team has only **8 (eight)** squad members present:
 - a. Three squad members cannot play in the first period (i.e., a team cannot sub in the first period).
 - b. The squad members that did not play in the first period must play **the entire second period**. The team may sub freely for any of the 2 (two) players that did play in the first period.
 5. If a team has only **9 (nine)** squad members present:
 - a. Four squad members cannot play in the first period (i.e., a team cannot sub in the first period).
 - b. The squad members that did not play in the first period must play the **entire second period**. The team may sub freely for the 1 (one) player that did play in the first period.
 6. If a team has **10 (ten)** squad members present:
 - a. Five squad members cannot play in the first period (in other words a team cannot sub in the first period).
 - b. The squad members that did not play in the first period must play the entire second period.
 7. If a team has **more than 10 (ten)** players, please see the JCCSF Gym Director Prior to the start of the game for substitution clarification.

Injured Players

1. If there is a stoppage of play (officials' timeout) due to a player injured that player **MUST** leave the floor. They may re-enter the game (if healthy) at the next opportunity for substitution.
2. Players that leave the game due to injury are NOT guaranteed to retain their right to a Full Period (in the half of play that the injury occurred in) of playing time (i.e., coaches do NOT need to shorten another player's time to "make-up" for lost time due to injury). However, if it is safe to do so, it is expected (in an effort to be consistent with the league's mission) that coaches will re-insert at the earliest opportunity the injured player.
3. If the JCCSF Staff or the game official feels that the above guidelines are willfully being manipulated to gain competitive advantage, we reserve the right to take appropriate action. Such action might (but is not limited to) include a range of options from: insisting that the injured player be re-inserted to disciplinary actions for the coach.
4. There will be free substitution in all overtime periods.
5. All players and their uniform numbers must be listed in the "official" game book before the game begins. Violation of this will result in the awarding of 1 (one) technical free throw for the opposing team. The coach of the shooting team may select the player they wish to shoot the technical shot. That player **MUST** be on the floor at the time of the violation.

6. All players in uniform on the team bench will be expected to play. Before the game begins, a coach MUST notify the opposing coach and the referee/JCCSF Staff that a squad member is not playing in the game and why. Once given, such notice is irrevocable.

7. Willful violation of these rules will result in a flagrant technical foul. The offending coach may also be subject to disqualification.

Pressing Rules

1. In both 3rd – 5th grade games a team can only apply defensive pressure once the ball has advanced into the forecourt.

- a. The press line will be designated in all courts approximately 5 (five) feet beyond the mid-court line.

Press Rule Definition: The **press line** is defined as the line in the gym that extends across the width of the court approximately halfway between the top of the three-point line and the half court line. In transition and then in the half court set the defense must retreat/wait on the side of their press line that is nearest the defended basket. The defense is not allowed to attack the ball until an offensive player on the offensive side of the half court line controls the ball.

If a team is leading by ten (10) or more points (10 Point Rule) they must remain behind the press line. They may only attack the ball once it has **crossed the press line**, not before (as allowed when the “10 Point Rule” is **not** in effect).

- To avoid the offensive team from using the “no-man’s land” (the area between the press line and the half court line) as a “safe zone,” the offensive team will only be allowed to control the ball in that area for 10 seconds. Failure to cross back over the press line within 10 seconds will result in a turnover.
- Once the offensive player moves the ball across the press line and then moves the ball (bypass or dribble) back across the press line into “no man’s land” the defender is ALLOWED to attack the ball in the above mentioned “No Man’s Land.” This is true regardless of if the “10 Point Rule” is in effect.

2. Full Court pressure will only be allowed in the last 30 (thirty) seconds of the 4th period and the last 30 (thirty) seconds of any timed over time periods (3rd – 5th grade divisions)

- a. The exception to this is if a team is leading by 10 (ten) or more points (“10 Point Rule”). In this situation the team leading must revert to a “no press.”

Additional Points of Emphasis

1. Alternating possession will be used to determine all “jump ball” situations.

- a. A “jump ball” will result when two players from opposing teams both have two hands on the ball.

2. 3-Pointers will not count

3. Time outs: Each team will be allowed 5 (five) charged timeouts during the regulation game.

4. For each overtime period each team will still have any unused time-outs from regulation plus will receive 1 (one) additional time out per overtime period.

- a. Coaches or players on the floor may signal to the referee for a time out.
- b. Officials, at their discretion, may call an “official’s time out” to determine and decide upon any matter within their jurisdiction.

5. Personal Fouls: On the 5th Personal Foul that player will be considered to have “fouled out”.

6. Free Throws: On all shooting fouls the offended player will be awarded 2 (two) shots from the foul line. Players may not enter the lane until the ball touches the rim. If, on the second attempt, the ball does not touch the rim the possession will be awarded to the defensive team.

7. Team Fouls: Every foul apart from “offensive fouls” will count as a team foul. On the 7th team foul of the half the opposing team will be in the “bonus” situation. At that point, the said team will be awarded a “1 and 1” opportunity at the line. On the 10th team foul of the half, said team will be awarded 2 (two) shots from the foul line on any foul.

8. Scorebooks with the name and uniform number for every player on both teams must be provided to the official scorer before the game begins.

Flagrant Unsportsmanlike Conduct & Technical Fouls

The JCCSFBL will not tolerate unsportsmanlike conduct. We expect coaches, players, officials, and spectators to always practice respect and conduct themselves positively. Any decisions regarding unsportsmanlike conduct are at the discretion of the JCCSFYBL Staff. Decisions may be protested in writing to be reviewed by the staff of the JCCSF Athletic Department.

1. Coaches are responsible for managing the behavior of their players and spectators.

2. The decision of officials is final and cannot be debated. This is true even if the official’s call is wrong.

3. For “emotional misconduct” by a player the officials shall have the discretion to request a coach to substitute him/her to avoid a penalty for unsportsmanlike conduct (this supersedes the league participation rules).

4. **For any “flagrant unsportsmanlike conduct” on the part of players, coaches or spectators, the offending team without warning can immediately forfeit the game. Further sanctions (including Coach suspension/expulsion, Team suspension/expulsion) can be enforced at the discretion of the JCCSFYBL league director.**

5. **If any individual participant (player or coach) receives two technical fouls in one game that individual is disqualified from the remainder of that game AND that teams’ following game. The individual must leave the facility immediately upon disqualification. Failure to do so will be considered “flagrant unsportsmanlike conduct” and will result in the immediate forfeiture of the game.**

6. **The JCCSF Staff reserves the right to involve themselves in the monitoring of the issue of “flagrant unsportsmanlike conduct” of players, coaches, or spectators, even if these actions supersede the role of the game official.**

7. All coaches that coach in the JCCSFYBL is **mandated to attend a Positive Coaching Workshop (PCA)**. Teams that have coaches that have not achieved this will not be allowed to participate in the league. Parents of children that participate in the JCCSFYBL are **STRONGLY** encouraged to participate in a PCA Parents Workshop. The league will sponsor these workshops free of charge at the beginning of each season. Coaches that are unable to attend the league sponsored workshop **MUST** attend a workshop on their own through the PCA in Stanford (www.positivecoach.org).