

JCCSF Youth Basketball 3rd-5th Grade Rules Chart

Rules	3 rd Grade	4 th Grade	5 th Grade
Team Size	(5v5) Minimum of 8 Maximum of 12	(5v5) Minimum of 8 Maximum of 12	(5v5) Minimum of 8 Maximum of 12
Hoop Height & Court	10 Feet - Full small court	10 Feet - Full small court	10 Feet - Full small court
Period Length	Four 6-minute quarters- clock stops on fouls, subs, timeouts, free throws; clock stops on any dead ball in last 10 seconds of quarters 1-3, last 60 seconds of Q4 & OT	Four 6-minute quarters- clock stops on fouls, subs, timeouts, free throws; clock stops on any dead ball in last 10 seconds of quarters 1-3, last 60 seconds of Q4 & OT	Four 6-minute quarters- clock stops on fouls, subs, timeouts, free throws; clock stops on any dead ball in last 10 seconds of quarters 1-3, last 60 seconds of Q4 & OT
Ball Size	Women's (28.5 inches)	Women's (28.5 inches)	Women's (28.5 inches)
Substitute Structure	2 quarters per player minimum – Adjustments can be made if roster size is greater than 10 (league manager's discretion)	2 quarters per player minimum – Adjustments can be made if roster size is greater than 10 (league manager's discretion)	2 quarters per player minimum – Adjustments can be made if roster size is greater than 10 (league manager's discretion)
Timeouts	4 per game - (timeouts do NOT roll over into OT; each team receives 1 timeout in OT).	4 per game - (timeouts do NOT roll over into OT; each team receives 1 timeout in OT).	4 per game - (timeouts do NOT roll over into OT; each team receives 1 timeout in OT).
Defense Allowed	Full court press allowed during final 60 sec of 4th quarter and OT unless team is winning by 10 or more.	Full court press allowed during final 60 sec of 4th quarter and OT unless team is winning by 10 or more	Full court press allowed during final 60 sec of 4th quarter and OT unless team is winning by 10 or more
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 after warning	Enforced	Enforced
Double Dribbling	Enforced after warning	Enforced	Enforced

Fouls	5 foul limit per player, per game - on 5th foul, player fouls out. 5th team foul (per quarter) places opposing team in bonus.	5 foul limit per player, per game - on 5th foul, player fouls out. 5th team foul (per quarter) places opposing team in bonus.	5 foul limit per player, per game - on 5th foul, player fouls out. 5th team foul (per quarter) places opposing team in bonus.
3 – Seconds In The Paint	Enforced after warning	Enforced after warning	Enforced after warning
Jump Ball	Alternating possession.	Alternating possession	Alternating possession.
Forfeit	If 5 players are not present at game time, a 5 (five) minute grace period will be granted. If the team does not have 5 eligible players present after the grace period, the game may be considered a forfeit. Once the game has begun, a team can play with as few as 3 (three) players.	If 5 players are not present at game time, a 5 (five) minute grace period will be granted. If the team does not have 5 eligible players present after the grace period, the game may be considered a forfeit. Once the game has begun, a team can play with as few as 3 (three) players.	If 5 players are not present at game time, a 5 (five) minute grace period will be granted. If the team does not have 5 eligible players present after the grace period, the game may be considered a forfeit. Once the game has begun, a team can play with as few as 3 (three) players.
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.

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.

League Structure

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 boys & girls): 3rd, 4th, & 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 JCCSFYBL 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 JCCSFYBL 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 their first game to be eligible.

League Schedule

1. All teams will be scheduled for 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 one game in this tournament.
3. Scheduling requests must be provided to the league with the team's entry form. We cannot guarantee that 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 may be considered a forfeit.
 - c. If after this grace period the team does not have 5 eligible players present, the game will start with the maximum number of non-injured players on the floor, equal on both sides.
 - d. Once the game has begun, a team can play down to as few as 3 (three) players.

Length of Games

1. In 3rd – 5th grade JCCSFYBL 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 first overtime period will be 3 (three) minutes in length.
 - b. 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 maximum time allowed for this period is 3 minutes.
 - c. If no team has scored after 3 minutes of 2OT, the game will be declared a tie. If this occurs in the playoffs, play will continue until a team has scored.
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 seconds of the first 3 (three) periods.
 - v. On every whistle in the last 60 seconds of the fourth period.
 - vi. On every whistle in the last 60 seconds of any overtime period.

Equipment

1. In all JCCSFYBL 3rd – 5th grade games a 28.5 inch 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. 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.

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 2 full periods 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. 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.
5. Willful violation of these rules will result in a 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 as the mid-court line.

Press Rule Definition: The **press line** is defined as 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.

- Full Court pressure will only be allowed in the last 60 seconds of the 4th period and the last 60 seconds of any timed over time periods (3rd – 5th grade divisions)
 - 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 4 (four) charged timeouts during the regulation game.
4. For each overtime period each team 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 personal foul will count as a team foul. On the 5th team foul of the half the opposing team will be in the “bonus” situation. At that point, the said team will be awarded 2 (two) shots from the foul line on any foul.

Flagrant Unsportsmanlike Conduct & Technical Fouls

The JCCSFYBL 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.
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. Technical fouls will result in an award of 2 points and possession of the ball to the offending team’s opponent.
5. **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.**
6. **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.

- 7. 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.**