

# jr. nba

CITY OF LATHROP PARKS AND RECREATION

RULEBOOK



2025

# LEAGUE OVERVIEW

## DIVISIONS:

- 5-6
- 7-8
- 9-10
- 11-13

## TEAM ROSTERS:

- Rosters will be a maximum of 12 players.

## PLAYERS:

- Each team will consist of no more than 5 players and no less than 4 at the start of each game.
- Everyone on each team will play and EVERYONE will play an equal amount of time on the court. Coaches use their discretion as to how to ensure playing time for each participant. The intent is to provide all participants equal playing time regardless of skill level or experience. It is the role of the coach to help ensure that every child plays and has a positive experience.

## COACHES AND SPECTATORS:

- **Volunteer Coaches:** All coaches are volunteering their time to make this a great experience for all our participants. Each coach attends a Coach's Clinic and must adhere to the skills and curriculum provided to them by the City of Lathrop and affiliated agency. All coaches review the league concussion protocol before each season. Each coach is provided a Player Rotation Sheet to ensure player's equal playing time. Coaches sign a Code of Conduct and agree to support and influence good sportsmanship, high moral standards and are responsible for the conduct of their players and spectators. We are always looking for coaches and parent volunteers. If you are interested, please contact the Recreation Department. If you have any questions or concerns about a coach or curriculum, please notify the Sports Supervisor or Recreation Coordinator.
- **Referees:** The referees are in charge of the game and their decisions are FINAL; right or wrong. The referees may occasionally stop play for instructional purposes when necessary, and will subjectively make allowances (as discussed and set up by each league) based on ability, for violations. We encourage parents to focus on the children and not the referees.

## **SPECTATORS:**

- Please cooperate with the Youth Sports staff in creating and maintaining an environment in which each participant may have fun, learn the game, and practice good sportsmanship. As a spectator you are not allowed to approach the coach or team's bench during a game. If you need to speak with a coach, please wait until the completion of the game.

## **SPECTATORS' CODE OF CONDUCT:**

As a spectator, we hope to provide a fun and rewarding experience for you and your child. In order to achieve our goal we ask that you pledge to provide positive support, care, and encouragement for my child participating in youth sports by following the Spectators' Code of Conduct:

- I **will** encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.
- I **will** place the emotional and physical well-being of my child ahead of a personal desire to win.
- I **will** insist that my child play in a safe and healthy environment.
- I **will** support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I **will** remember that the game is for youth - not for adults.
- I **will** do my very best to make youth sports fun for the children.
- I **will** help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, abiding by league rules, or assisting with other league activities.
- I **will** demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I **will** ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

The City of Lathrop staff reserves the right and **WILL** send home anyone (this includes coaches, players, spectators) who are in violation of the rules and regulations set by the program for the health, safety, and welfare of all participants.

## **PARENT INVOLVEMENT:**

As a parent/guardian of players in our leagues, we want you to know we appreciate your help and leadership. We suggest you get involved on your child's team to make the experience more enjoyable for them whether it be bringing snack, water, fruit, or giving high fives, the kids DO appreciate you being there!

## BALL SIZE & RIM HEIGHT:

### 5-6 Division

- Ball Size: Youth (27.5)
- Rim Height: 7ft

### 7-8 Division9-10 Division

- Ball Size: Intermediate (28.5)
- Rim Height: 8.5ft

### 9-10 Division

- Ball Size: Intermediate (28.5)
- Rim Height: 10ft

### 11-13 Division

- Ball Size: Official Men's
- Rim Height: 10ft

## START OF GAME:

### 5-6 DIVISION

- Home team will start with the ball.

### 5-6 & 7-8 DIVISION

- The 5-6 and 7-8 Division's players will all wear colored wristbands.

### ALL DIVISIONS EXCEPT 5-6 DIVISION

- A jump ball will start the game. To start the second half, the ball will be put into play with a throw in under the alternating possession procedure.
- All other jump balls will be alternating possessions.
- Jump balls occur when two opponents have one or both hands firmly on the basketball.
- Teams will change baskets at the end of the first half besides the 5-6 Division.

## TIME:

### ALL DIVISIONS

- Play four 10 minute quarters. (One minute break between quarters)
- Halftime will be 2 minutes (if time permits).
- Each team will have two 60 second timeouts per half.
- Timeouts may only be called by the coach of the offensive team while the ball is in play.
- Anyone may call a timeout during a dead ball situation.

### 5-6 & 7-8 DIVISION

- Time will continue to run throughout the game in the 5-6 and 7-8 Divisions but will stop every 5 minutes on a dead ball for substitution to ensure equal playing time .

### 9-10 & 11-13 DIVISION

- Clock will stop in the last 2 minutes of game if the score is within 15 points. If the score is greater than 15 points, then the clock will continue to run.

## **OVERTIME:**

### **5-6 & 7-8 DIVISION**

- NO overtime periods

### **9-10 & 11-13 DIVISION**

- Teams play one 2 minute overtime period. If the score is still tied after the overtime period, the game will go into a “sudden death” period which means the first team to score wins. Overtime will be played with a “stop clock” on dead balls and free throws.

## **SCORING:**

### **5-6 DIVISION**

- The 5-6 Division will **NOT** keep score

### **ALL OTHER DIVISIONS**

- Scoring: field goal = 2 points, free throws = 1 point, 3 pointers will count if shot behind the three point line.
- Scoreboard will stop scoring when one team is up by 20+ points and will continue as necessary.

## **DEFENSE:**

### **5-6 & 7-8 DIVISION**

- Teams **must** play man to man defense. When playing man-to-man, it may only be played once the offensive team has passed 3ft over the mid-court line.
- **NO** full court press.
- **NO** stealing of a dribble or possession allowed. Defender stealing a pass from one player to the other is permitted.

### **9-10 & 11-13 DIVISION**

- Zone/man is permitted.
- There is **NO** stealing of a dribble or possession allowed in the 9-10 & 11-13 Divisions until after game 2. At that time it will be determined by the staff and game officials if stealing will be permitted.
- **The 9-10 and 11-13 Division are the only age groups that may play full court press. Full court press is permitted ONLY in the final 2 minutes of the game if the score is within 15 points.**

### **ALL DIVISIONS**

- The defensive team must retreat back across the mid-court before engaging in either tactic. On out-of-bounds plays, the defender must stay on the court at all times.

## **LANE/KEY VIOLATIONS:**

### **5-6 DIVISION**

- No time limit for this age group.

### **ALL OTHER DIVISIONS**

- When a violation occurs the whistle will be blown, players are asked to stop, a brief explanation will be given and the ball will be turned over and taken out of bounds (unless on a shooting foul).
- Violations include: double-dribbling, traveling, 3 second lane violation, 5 second throw in violation, carrying the ball.

## **OUT OF BOUNDS:**

### **5-6 DIVISION**

- No time limit for this age group.

### **ALL OTHER DIVISIONS**

- Teams have 5 seconds to put the ball in play.
- Teams have 10 seconds to pass the half court line.

## **SHOOTING FOULS/FREE THROWS:**

### **5-6 & 7-8 DIVISION**

- No fouls will be penalized.
- Ball will go out of bounds or the play will reset and referee will instruct players on the violation situation in order to educate the players on the violation that occurred.
- Blatant and obvious fouls will be called.
- Free throws or extra points will not be awarded in these divisions.

### **9-10 & 11-13 DIVISIONS**

#### **FOULS**

- Unnecessary contact of players constitutes a personal foul and equals a team foul. Charging, a half court violation (back court pressing), tripping, pushing, or contact from behind. This may occur on offense or defense resulting in a turnover.

#### **FREE THROWS**

- **Free Throws:** If a foul occurs while shooting the player will gain an automatic point(s) and shoot one free throw.

*Example:* 2 point field goal = 1 point + 1 shot. 3 point field goal = 2 points + 1 shot.

In an "And 1" situation players will get the full value of the field goal with the opportunity to shoot for the additional point.

**Bonus:** The bonus 1+1 rule will be in effect after the 7th team foul in a half.

**Double-Bonus:** Players will be awarded 2 free throws after 10 team fouls in a half.

- During a free throw, players may enter the lane only after the ball hits the backboard or rim. The shooter must stay behind the free throw line until the ball hits the rim in order for it to be legal.
- If a foul occurs in the course of play, the ball is awarded to the other team out-of-bounds. Violating player is given a personal foul and a team foul.
- Although fouls will be kept, players will not foul out of a game unless the officials or city staff feel the fouling is excessive and could be a risk to other players. At which point the player may be disqualified without warning.
- The 9-10 and 11-13 Division will shoot free throws in appropriate situations.

#### **TECHNICAL FOULS:**

- Technical fouls will be called for any taunting, profanity or unsportsmanlike conduct. A technical foul will be called after the first warning has been given. The result of a technical foul is an automatic 2 points and possession of the ball.

## **SUBSTITUTION RULE:**

### **5-6 & 7-8 DIVISION**

- Substitutions will be made every 5 minutes on a dead ball to ensure equal playing time by substituting players.

### **9-10 & 11-13 DIVISION**

- All players must check in at the scorer's table and with the referee prior to entering the game. The substitution may occur at the end of the half, at a dead ball or if there is an injury.
- **No substitutions will be made outside of these circumstances.**
- **ALL players must play at least 15 minutes in each game. No player is allowed to play the full game.**
- **Coaches must make sure each child has equal playing time. *This rule will be strictly enforced.***

## **COACHES:**

- Coaches can only travel within the assigned areas. Coaches should **NOT** be moving all over the court.
- There can be no more than two coaches on the sidelines. All other coaches, parents, siblings and/or fans must be in the stands and away from the sidelines.
- Any comments made to the referees or the staff should be made before the game, at halftime, and/or after the conclusion of the game.

## **JEWELRY:**

- No jewelry (which includes: dangling earrings, necklaces, bracelets, watches, etc) shall be worn during games. This is to help ensure the safety of all participants.
- **Exception:** Taping a band aid over new piercings will be allowed.

## **FOOD/SNACKS:**

- If snacks are provided for teams by team parents, snacks should be eaten outside of the gymnasium. We ask that you please throw your trash in the designated areas in order to help keep the Gym clean.
- **Please only have WATER in the gym.**