

# JUNIOR COMET SPORTS

## Level 1 - Basketball Rules

### ----- **GENERAL RULES** -----

Updated 1-15-2019

#### ***ABUSIVE LANGUAGE***

Player or coach: automatic technical foul. Spectator: will be asked to leave the gym or the game will be ended. 2nd violation: For a player, a technical + removal from the game. For a coach, a technical + must leave the gym.

***BASKETBALL SIZE*** - Junior size (27.5")

***BASKET HEIGHT*** - Set at 8'-0"

***CHEER*** - Team cheer and shaking of hands is expected of both teams following the game.

#### ***COACHING AREA***

Coaches are expected to remain in the coaching area during the progress of the game. This is the area directly in front of their team seating area and to their side of ½ court, but not out on the court, except during dead ball (when speaking with a referee) or during a time out.

***HALF TIME*** - Up to the discretion of the Board Member, generally 1 to 5 minutes.

#### ***INJURY***

If a player must leave the game due to injury, they should be returned to the game as soon as possible in that quarter. If unable to return it still counts towards their playing time.

#### ***JEWELRY***

No jewelry deemed hazardous to any player shall be worn during the game. This includes, but is not limited to; earrings, necklaces, bracelets, rings, hair retainers, etc especially metal items. New-ly pierced ears must be taped over or the studs removed temporarily.

***LENGTH OF GAME*** - Four eight minute quarters, running time.

**Exceptions:** See "stopping the clock" & "substitutions".

***OVERTIME & TIE GAMES*** - No overtime, tie games are fine.

***PLAYERS*** - 5 on 5 in all levels.

#### ***PLAYING TIME***

This is considered of utmost importance in our Jr. Comet programs. In any one game players should ALL be within one quarter of each other.

1. All players should play one quarter in each half (barring disciplinary actions)
2. A player receiving an extra quarter of playing time in a game should not play an extra quarter again until ALL other players have reached the same number of total quarters.
3. Playing time for all players should be within one quarter of each other by seasons end.
4. If a team is reducing a players playing time, due to disciplinary action, they must inform the Board Member prior to the start of the game.
5. Coaches are not required to make up playing time for players who miss a game. It is counted as if they were in attendance and played their fair share.

## **REMOVAL**

Any Person may be removed for an un-sportsmanlike act. Two technical fouls and a player is removed from the game. Any player or coach removed may participate in the next game.

See Also: Abusive Language, Un-Sportsmanlike Conduct, Fouling Out, & Technical Foul.

**SCORING GAMES** - No score will be kept.

## **STOPPING THE CLOCK**

The clock is stopped only for the following reasons:

1. When deemed necessary by the Referee or Board Member.
2. For Technical Fouls & lining players up for a free throw.
3. On free throws the clock restarts when the referee hands the ball to the shooter.

**SUBSTITUTIONS** - Are made only at the quarters, with the following exceptions:

1. A team with more than 10 players is allowed to sub at mid-quarter, but this must be determined prior to the start of the game.
2. Should a player leave the game due to injury, foul out or be removed, a substitute is allowed. The Board Member will stop the clock. All players will freeze in their positions on the court until the substitution is completed and both teams know who is guarding whom. The clock restarts on the referees signal
3. An injured player is expected to re-enter the game in the same quarter (if able).

## **TIME OUTS**

2 time outs/half (not savable). Time Outs may be called by a player on the court or by a coach on the bench. A team must have (possession or a dead ball situation) to call time out.

## **UN-SPORTSMANLIKE CONDUCT**

A player, coach or spectator may be immediately removed (a player from the game, Coach or Spectator from the gym) by the Referee or Board Member for un-sportsmanlike conduct.

See Also: Abusive Language!

## **VIOLATION TALLY**

A "Game Day Tally" will be kept at the scorer's table for the purpose of helping the Referee keep track of fouls, swarming, key violations, timeouts and playing time. A board member or parent must do this.

# - - - - - **PLAYING RULES** - - - - -

**COLLAPSING DEFENSE** - Not allowed.

This occurs when 1 or more defensive players is sagging towards the basket away from their offensive counterpart, and the ball is outside the key.

### **Penalty:**

1. Whistle the play dead, warn the offending player & team.
2. Notify the Scorer.
3. Have player(s) return to arms distance.
4. Hand the ball back to the offense in the neutral zone.
5. Resume play on referee's command.
6. On the 3rd and successive violations a 2-shot technical foul results.

## **DEFENDER RULES**

1. Man to Man defense only.
2. NO zones or pressing.
3. No collapsing away from the offensive player being guarded **unless the ball is in the key**.
4. Swarming (2 on 1 - 3 on 1, etc) is called only outside the key.
5. Defenders should be within “double arm distance” of the offensive player.
6. Switching is allowed. (See switching)

## **DRIBBLING VIOLATIONS** - For the first **two games**.

1. Traveling, double dribble, palming the ball, and 2-handed dribbling infractions will be whistled and play stopped.
2. The referee should take control of the ball.
3. The violation will be explained to the player.
4. The offense retains the ball with another restart in the neutral zone when both teams are ready for play.

## **DRIBBLING VIOLATIONS** - Beginning with the **third game**.

1. Traveling, double dribble, palming the ball, and 2-handed dribbling infractions will be whistled dead.
2. The referee takes control of the ball.
3. The referee has every player guard their person.
4. The ball will be handed back to the offending player, the player does **NOT** get their dribble back.
5. The player is instructed to attempt to make a pass to a teammate from that spot.

## **FAST BREAK**

Only loose balls & steals are open to a fast break. Defenders must retreat behind the NZ before defense can be re-established. **Loose balls after steals are live.**

**FOULS & FOULING OUT** - No player fouls out. Fouls are recorded on the Game Tally for each player.

## **FREE PLAY**

The defense may not steal or grab loose balls when the offense is the Neutral Zone the first time. (see the court diagram, page 8e) **Penalty:** Whistle the play dead. The referee secures the ball. Have the defender(s) retreat out of the zone. Hand the ball back to the offense in the NZ and call “**Play Ball**”.

**FREE THROW BONUS** - 5 team fouls **in each half** puts a team in a bonus situation (1 & 1).

**FREE THROW DISTANCES** - From 11' line or further, w/**NO** line or lane violations called.

**FREE THROW SHOOTING** - For “**all**” fouls resulting in a free throw, players will shoot 1-shot. Technical: player will shoot 1-shot, (**Offense retains possession**).

## **GUARDING DISTANCE**

The defensive player must remain within double arms length (or closer) of the offensive player at all times (approx. 3-Ft).

### **With the following exceptions:**

1. When the offensive player “with the ball” is in the neutral zone for the first time the defensive player must be outside of the Neutral Zone but within arms reach of it.
2. When an offensive player “without the ball” is being guarded and that player is outside the regulation 3-Pt line (20'), the defender only needs to be within arms reach of the 3-pt line.
3. When the “**ball**” is in the key there are no guarding rules or distances enforced.
4. If the offense takes the ball back out of the key (for 3 or more seconds) the defense should be told to again guard their player. You may need to repeat this command several times. If there is no response by the defense, the ref should blow their whistle, stop play and see that everyone is guarding someone, then restart play.

**INBOUNDS PASSES** - Should be made in 5 seconds. The person refereeing should continually remind the player to in-bound the ball.

### **INBOUNDS PLAY**

An in-bounds pass made successfully into the NZ will result in a free play. No defender may be in the NZ during the in-bounds attempt. The in-bounds pass may not be intercepted or stolen once it enters the NZ unless touched by a player before entering the zone.

**Penalty:** Whistle the play dead, hand the ball back to the offense in the NZ, call - **Play Ball**.

**JUMP BALLS** - Jump to start each quarter.

**KEY VIOLATIONS** - assessed at 5 seconds. Remind players the whole season to move out of the Key.

**LOOSE BALLS** - are open to a fast break. A loose ball “after a steal” is live, and open to a FB.

### **NEUTRAL ZONE**

1. This is a free start area for the offense (no defensive pressure). It extends from ½ court 10’ to 15’ towards their basket and is designated by a dashed line on the court.
2. Defensive player(s) whose opponent(s) are in the NZ (for the 1st time), need to be within arms Reach of the Neutral Zone.
3. Once the offense has caused the ball to break the plane of the NZ, the whole court is open.
4. There is no time limit to move forward out of the zone & the defense must to stay behind the NZ until the offensive player with the ball crosses the line the first time.

### **OUTLET PASS**

1. After an attempted shot by the offense (the ball does **NOT** have to hit the rim or backboard) and the defense gains control of the rebound.
2. There must be an outlet-pass.
3. The referee should remind the re-bouncer as soon as this is apparent, by calling out “**outlet pass**”.
4. The outlet pass must be completed prior to ½ court.
5. No “fast break” or “long bomb passes” until after a successful outlet pass. .

#### **Penalty:**

1. Whistle the play dead.
2. The referee takes control of the ball.
3. The referee instructs the defense to get behind the NZ line.
4. The referee hands the ball back to the offense behind the ½ court line.
5. The referee calls - **Play Ball**.

#### **Note:**

1. If the outlet pass is poorly thrown and becomes a loose ball, **either** team may gain control.
2. The defense may not stand and wait for a poorly thrown ball, they must be in the process of retreating back to play defense.

### **OVER & BACK - This rule is not enforced at Level 1.**

An offensive player with the ball is considered to be in front-court when both of their feet and the ball have made contact with the floor while completely in front-court.

**PRESSING** - Not allowed. No full or ½ court press.

## **REBOUND PRESSURE**

On a defensive rebound once control of the ball is established (2 hands on the ball or dribble started) back court pressure stops and the defense must retreat to the opposite end of the court.

**Penalty:** If the defense steals the ball, whistle the play dead, have the defense retreat, then hand the ball back to the offensive player near the point of the steal.

**SCREENS** - Definition of a legal screen.

1. The offensive player must remain stationary with their hands together below their waist or across the chest, until the their offensive counterpart goes past them.
2. They should be positioned to the side, at an angle to the side or one step back if straight behind the defensive player.

**It is an offensive foul when the person setting the screen:**

1. Jars the defender.
2. Impedes the defender by moving with that person.
3. Extends their arms blocking the defenders movement.

**STEALS** - see Fast Break & Loose Balls!

**SWARMING** - this is called only when the ball is outside of the key.

Anytime there is more than one defensive player within arms reach of a ball handler and there is no 2nd offensive player also within reach of the ball (3' approx). True for all multiple player situations.

**Penalty:** Whistle the play dead, verbally warn the offending team and “**notify**” the Scorer. On the 3rd guarding violation in a game a Technical Foul will result.

**SWITCHING** - is allowed.

This is when two defenders change the players they are guarding in the middle of an offensive play. Defenders will be allowed reaction time to get within reach of their new player. Swarming could be called if the switch is not executed properly in a timely fashion.

**TECHNICAL FOUL** - see Free Throw scoring.

All players except for the shooter must line up near ½ court during the shot. This is not a time out and all players must remain on the floor. One player may visit with their respective coach but must remain on the court. The clock is stopped, and resumes when the ball is given back to the shooting team out of bounds at ½ court. Referees should call an immediate technical foul any time a player talks back, delays the game by arguing a call, gives an obscene gesture or uses foul language.

**TEN SECOND VIOLATION** - **This rule is not enforced at Level 1.**

The ball must be advanced past the half court line within 10 seconds after rebounds, steals, turnovers and in-bounds passes after opponents basket, etc.

**TURNOVERS** - Offensive Infractions (#1, 2 & 3) have special rules for Level 1.

OFFENSIVE INFRACTIONS - e.g.

- 1 - traveling
- 2 - double dribble
- 3 - palming the ball
- 4 - charging / also a foul
- 5 - illegal screen / also a foul

DEFENSIVE FOULS - e.g.

- 1 - shooting fouls
- 2 - reaching in contact
- 3 - elbowing
- 4 - shoving
- 5 - over the back
- 6 - tripping

## **ZONE DEFENSE**

Not allowed at any Level. This occurs when 1 or more player(s) on defense inside the 3- point line makes no attempt to move or stay with their offensive counterpart.

**NOTE:** Defensive penalties are grouped together and are cumulative in their enforcement. On the 3rd and successive violations a Technical Foul results.