



DIVISIONAL RULES & REGULATIONS



25TH
ANNIVERSARY

MISSION STATEMENT

To Inspire Our Youth; Regardless of
Race, Creed or National Origin

To Practice the Ideals of Health,
Citizenship and Character.

To Implant the Game Elements of
Safety, Sanity and Intelligent
Supervision

To Keep the Welfare of the Player
First, Foremost and Entirely Free of
Adult Quest for Glory.

To Emphasize Teamwork for All
Participants.



NJB 2009-2010 Theme

"TEAMWORK"

“Genuine consideration for others and an eagerness to sacrifice your own interest for the welfare of all in NJB!”

SO YOU WANT TO BE A BASKETBALL COACH

NJB is the way to go...

This booklet is prepared for you as a guide to help you in organizing, planning, and coaching a team.

Basketball is a simple game: It's the coaches that make it complex. We are teachers of basketball. The basketball court is an extension of the player's life. Make basketball fun for everyone.

NATIONAL JUNIOR BASKETBALL LEAGUE

HEADQUARTERS

721 East Ball Rd. Suite 101

Anaheim, CA 92805

Phone (714) 765-6567

Fax: (714) 765-6576

E-mail: info@njbl.org

WWW.NJBL.ORG

TABLE OF CONTENTS

Calendar of Events.....	5
Points of Emphasis.....	6
Playing Rules.....	7
Division 4 Rules	15
Division 3 Rules.....	16
Division 2 Rules.....	18
Division 1 Rules.....	19
Fundamental Outlook.....	21

POINT OF EMPHASIS

- A) Pre-Game Conference - referees and coaches must meet prior to the start of the game and discuss the applicable divisional rules and to review NJB's conduct policy. The Blue Card warning is to be given to both coaches at this time.
- B) All Coaches shall be approved by the local board of directors.
- C) All coaches shall adhere to the "must sit" rule without exception.
- D) Once divisional drafts are complete and the coaches have received the team rosters; coaches are required to have a pre-season meeting with parents or guardians of the players. The meeting agenda should include the NJB Conduct Policy, team rules and responsibilities, what coaches hope to accomplish, distribution of roster information, designation of team parent(s), and chapter information.
- E) All Chapter Directors must support NJB referees. All problematic issues with any referee are to be brought to the attention of the Referee Coordinator.
- F) All Chapters must conduct a meeting with the Referee Coordinator and all head and assistant coaches prior to the season.
- G) All head and assistant coaches must be LiveScan / fingerprinted.
- H) All referees must be fingerprinted (18 years old) and attend two (2) mandatory referee training classes each year.
- I) NJB teams may not practice more than two (2) times per week. Teams may not practice more than two (2) hours during each practice.
EXCEPTION: All-Net teams.

OFFICIAL NJB PLAYING RULES

For Divisional Play

SECTION 1 - OFFICIAL RULE BOOK

The National Federation High School Basketball Rule Book shall be the official rules for all NJB games. As such, the “10-second back court rule” and “5-second closely guarded rule” shall apply in both boys and girls games. No shot clock will be used in any game. The player advantage rule is mandatory for winter inter-chapter play and enforced during the Championship Series. The Five-Player and Six-Player Rules will be effective and enforced for the winter season.

Note: Chapters with inter-Chapter play shall utilize the Player Advantage Rule.

- 1.1 **SAFETY FIRST** - The safety and well being of our players is always NJB's main concern. **Referees may stop games at any time to investigate the condition of a player who may be hurt and shall resume play as soon as reasonable.** Coaches on the court for injuries are not required to remove the player. The player may remain in the game at the discretion of his coach and the referee. The player's safety is the determining factor.
 - 1.1.1 Jewelry is prohibited. All body piercings must be removed and cannot be covered with tape. Religious jewelry and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- 1.2 **FORFEIT TIME** is ten (10) minutes after scheduled game time. If requested, referees are required to remain at game site and work an organized practice game or controlled scrimmage, allowing adequate time to start the following game on schedule.
- 1.3 **PRE-GAME CONFERENCE** - Coaches and referees

shall meet as soon as possible following the end of the previous game to discuss applicable divisional rules. Recommended one minute maximum. Blue Card discussion is required.

- 1.4 COACHES MUST SIT RULE - All coaches shall remain seated on their team bench during the contest. Coaches are permitted to stand temporarily to cheer a play or instruct players but must then return to their seat.
- 1.5 COACH CONDUCT - Each NJB coach shall be totally responsible for the conduct of their assistant coaches, players, and fans. Absolutely no abusive or vulgar language, nor taunting or criticism towards players or game officials will be tolerated. No smoking will be permitted on the playing courts. No alcoholic beverages or illegal drugs will be allowed at any NJB function.

Penalty - After the official warning at the coaches/referee pre-game meeting, the NJB Blue Card shall be issued. (The Blue Card is for all Adults)

1st infraction - First technical foul charged to the Head Coach.

2nd infraction - Second technical foul charged to the Head Coach. The Head Coach is ejected from the game and must exit the gymnasium. The assistant coach will assume control of the team, parents and personnel.

3rd infraction - Game is over and the offending team forfeits the game and is placed on immediate suspension.

If any coach or parent is ejected from a game they shall be suspended for 2 games following the ejection. If this happens twice in the same season, that coach shall be dismissed for the balance of the season and is not eligible to coach in the Championship Series Tournament or any All-Star Tournaments. Reinstatement of the offending coach to participate in the next season will be at the discretion of the local board of directors.

Fighting - as defined by NJB and NFHS will result in a minimum two (2) game suspension.

- 1.6 SPECTATOR CONDUCT - It is imperative that proper conduct be a requirement of parents and all spectators at all times. Neither swearing nor harassment of game referees will be permitted. Spectators shall at no time use signs, gestures, noise makers, degrading comments toward opposing coaches, players, other spectators, or game referees. Fighting will not be tolerated. Fighting - as defined by NJB and NFHS will result in a minimum two (2) game suspension.

Penalty - The Head Coach of the offending team shall be issued a Blue Card for the misconduct of any of the team's spectators. Any chapter official may request that the offending spectator to vacate the facility immediately. If the offending spectator refuses to leave the facility, the basketball game shall be suspended until the spectator vacate the premises. Chapter officials have the authority to summon law enforcement agencies for assistance. In addition, the offending spectator may not attend the following contest. A two game suspension shall be enforced.

NJB encourages and demands excellent sportsmanship and respect of all participants. This policy will be enforced to the maximum level. Spectators shall behave at all times.

- 1.7 PLAYER CONDUCT - Poor sportsmanship, fighting, or disrespect for the opposing team and game referees will not be tolerated. Players will refrain at all times from arguing with the referees. The game referees are instructed to eject from the game any player for any infractions.

Penalty - If a player is ejected from a contest, that player will receive, at least, an one game suspension. If action occurs a 2nd time during the season, player will be dismissed and lose the privilege of playing National Junior

Basketball. Any player that physically assaults another player or game official shall receive a mandatory two game suspension. Reinstatement of suspended player to participate for the remainder of the season shall be at the discretion of the local board of directors.

SECTION 2 - LENGTH OF PLAYING PERIODS -

2.1 WINTER LEAGUE DIVISIONAL games will consist of five (5) eight-minute periods with a running clock.

2.1.1 Running clock stops only for:

- a) Time-outs - Head coach or player on the court may request a time-out.
- b) Shooting Fouls - Clock stops when referee indicates a shooting foul. Clock operator may stop the clock on the whistle. Clock restarts when the ball is touched on a missed attempt or on the inbound after an attempt that is made.

2.1.2 One (1) minute allowed between periods to make substitutions. This is not a time-out. Coaches may instruct players while they line up at the scorer's table.

SECTION 3 - CLOCK

If the point difference is nine (9) points or less any time during the final two (2) minutes of the last period, the clock shall be regulation time for the balance of the period. This does not apply to overtime periods.

SECTION 4 - HALF TIME

The 1st and 2nd periods shall constitute the 1st half. The 3rd, 4th, 5th and overtime periods shall constitute the 2nd half. Half time shall be three (3) minutes in duration for all divisions.

SECTION 5 - OVERTIME

The first overtime period shall be two (2) minutes in duration. The first minute shall be a running clock (see Section 2.1.1) and the last minute shall be a regulation (stop) clock. Additional overtime periods shall be one (1) minute regulation clock. Teams are limited to one time-out in each overtime period. Time-outs do not accumulate.

SECTION 6 - TIME-OUTS

Time-outs will be 45 seconds in duration. **Each team will be allowed one (1) time-out in 1st half and two (2) time-outs in 2nd half and one (1)** for each overtime period. Unused time-outs cannot be carried over to the second half or into overtime. They must be used or they will be lost.

SECTION 7 - FREE THROW BONUS

Penalty free throws will be shot on the 10th team foul in each half. Bonus free throws are 1 and 1. There are no 2-shot double bonus situations.

SECTION 8 - WINTER LEAGUE PLAYER PARTICIPATION

Every player who is in attendance at the start of the game must play one full continuous period in each half. Also, each player must sit out one full continuous period before the start of the 5th period, so as not to play the entire game. All player participation must be fulfilled by the end of the 4th period. No free substitution is allowed before the 5th period. EXCEPTION: Medical reasons, 5 and 6 Player Rules, and disqualifications.

*** THE PLAYER PARTICIPATION RULE SHALL BE
STRICTLY ENFORCED ***

8.1 PENALTY - Coaches failing to comply with the player participation rule may be suspended for the following game and the offending team may forfeit the contest. All protests must be in good judgment; executed properly and submitted only after all attempts to rectify the situation fail. The protest must be entered in the official score book before the game is completed. The offended coach will notify the local chapter and the chapter will

render its decision within three (3) days following the game. The local board reserves the right to discipline the coach, not excluding a suspension.

8.2 LATE PLAYERS - If a player arrives late to a game, that player's participation begins at the start of the next full period. A late player arriving during the 1st period must play the entire 2nd period. A late player arriving during the 2nd period must play the entire 3rd or 4th period. A late player arriving during the 3rd period must play the entire 4th period. A late player arriving during the 4th period is eligible to play in the 5th period. Any late player is eligible to play in the 5th period. A late player's non-participation in the 1st period satisfies the requirement to sit out one full continuous period.

8.3 SICKNESS, INJURY OR HEALTH PROBLEMS - A player temporarily removed from a game for injury or health reasons may re-enter at the discretion of the coach and the referee. If there is blood, the player will be removed from the game until the bleeding stops and the wound bandaged. A uniform saturated with blood must be changed for a blood-free uniform. A partial period of play by an injured player will be considered one full period of participation. The substituting player is still required to sit out one full continuous period during the game. NOTE: Teams must have five (5) players to start the game but medical reasons, participation rules, ejections or foul outs may cause a team to play with four (4) or less players.

Exception: When a player is taken out of the game for sickness, injury, or health problems, but returns to the game before the SECOND DEAD BALL the period of time played by the substitution player will be considered as "sit-out" time.

8.3.1 If a player is unable to continue playing the remainder of the game, for any reason, the coach

shall enter the player's name, number and clock time in the official score book. The player shall be ineligible to participate further. No penalty will be assessed.

- 8.4 FOUL OUTS AND EJECTIONS - Only a player who has met all conditions of the player participation rule can replace the disqualified player. If a substitution is made before the 5th period to replace a disqualified or injured player affects the team's ability to comply with the player participation rule, the team must finish the period with less than five players on the court.
- 8.5 DISCIPLINE - If a player misses consecutive practices without an excuse, the coach will notify the player's parents. If this continues, the coach may notify the Player Agent and the player may not be eligible to play the next scheduled game. The local board of directors must approve this. Notification should be given to Referee Coordinator and game site management staff.

SECTION 9 - PLAYER ADVANTAGE RULE - **NEW**

The player advantage rule is mandatory for inter-chapter winter play and enforced during the Championship Series.

9.1 ONE PLAYER ADVANTAGE

If a team arrives with one (1) more player than the opposing team - the team with the larger number of players will be awarded points at the start of game:

(3) points - Boys Division

(2) points - Girls Division

Examples

9 vs. 10

8 vs. 9

7 vs. 8

6 vs. 7

9.2 TWO PLAYER ADVANTAGE

If a team arrives with two (2) more players than the opposing team- the team with the larger number of players will be awarded points at the start of game:

(5) points - Boys Division

(3) points - Girls Division

Examples

8 vs. 10

7 vs. 9

6 vs. 8

9.3 THREE PLAYER ADVANTAGE

If a team arrives with three (3) more players than the opposing team - the team with the larger number of players will be awarded points at the start of game:

(6) points - Boys Division

(4) points - Girls Division

Examples

7 vs. 10

6 vs. 9

SECTION 10 – FIVE (5) PLAYER RULE

If a team has only five (5) players present and physically able to play at tip-off, the opposing team shall be awarded points: **No Player Advantage Rule Enforced.**

Boys Division 1 and 2:

Ten (10) points. (five (5) points prior to the tip-off and five (5) points at the start of the 2nd half.)

Boys Division 3:

Eight (8) points. (four (4) points prior to the tip-off and four (4) points at the start of the 2nd half.)

Girls Division 1:

Six (6) points. (three (3) points prior to the tip-off and three (3) points at the start of the 2nd half.)

Girls Division 2 and 3:

Four (4) points. (two (2) points prior to the tip-off and two (2) points at the start of the 2nd half.)

If a sixth player arrives, the Six-Player Rule will go into effect.

SECTION 11 - SIX (6)-PLAYER RULE

- 11.1 A different player must sit each period. If a team has only six (6) players to start the game, the opposing coach will choose the player to sit the 1st period. In this situation only five (5) of the six (6) players are able to sit one period and one (1) player is allowed to play the entire game. EXCEPTION: Not applicable if the opposing team has only five (5) players.

Player Advantage Rule is Enforced.

- 11.2 If a team with six (6) players has a player foul out during the game, the player sitting out cannot enter the game for the remainder of that period. He or she must stay out in order to satisfy the requirement to sit out one full continuous period. Teams may finish a period with less than five (5) players. The team with six players shall not be allowed any free substitutions in the 5th period.

SECTION 12 - MERCY RULE

If a team has a 20-point lead any time during the game, the scorekeeper shall notify the referee to implement the mercy rule. The team with the lead cannot employ full-court or half-court pressure and must play defense with both feet inside the 3-point area at all times. The clock will run at all times, except for time-outs, until the difference is 10 points or less.

- 12.1 REMOVAL OF TOP PLAYERS - If the mercy rule is in effect at the start of, or any time during the 5th period, it is mandatory for the opposing coach to select a maximum of three (3) players to sit out the balance of the game or until the difference in the score of the game is 15 points or less. Eligible substitutes must be available and the removal of players cannot force a team to play with less than five (5) players.

Penalty - 1st offense = warning, 2nd offense = technical foul.

SECTION 13 – Division 4 - (2nd Grade Basketball)

(Optional For 2009-10)

Division 4 will emphasize the fundamentals of skills and include with a regular game for teams during each session.

13.1 Rules will be identical to Division 3 Except for:

- A) Player Participation**
- B) Substitution**
- C) Time-Outs**
- D) Mercy Rule**

Modified Rules will be available online with NJB.

13.2 Rookie League - (K-1st Grade Basketball)

Chapters are required to operate the “Rookie” League. Players shall attend regular clinic instruction and then an organize game using Division 3 rules during each session. Chapters shall use Division 3 rules to govern the games.

SECTION 14 - DIVISION 3

- 14.1 DEFENSE - Teams may play zone or man defense at any time during the game. Zone defense is recommended.
- 14.1.1 Transition Rule - Once a team secures the rebound or inbounds the ball and is advancing in transition, defensive players may not play defense until they have retreated below (or inside) the 3 point arc. **All defensive players must stay below the arc until the ball crosses the attack line for the first time of that possession.**
- 14.1.2 Half-Court Press - Allowed after the 4th period. Defense must allow dribbler to cross the half court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.
- 14.1.3 Full-Court Press- Allowed during the last two (2) minutes of the 5th period and overtime.
- Penalty - Any illegal defense - one warning per half. Technical fouls for additional occurrences in each half. EXCEPTION: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense out of bounds nearest the point of interruption with no penalty.
- 14.2 FREE THROWS - The free throw line will be ten (10) feet from the face of the backboard. A shooter's foot may touch but not completely cross over the line. A maximum of Five (5) players, Three (3) defensive and Two (2) offensive may occupy the free throw lane. Area of lane closest to the shooter will remain empty.

14.2.1 Each player will shoot a free throw prior to the start of the game. Each successful free throw will be recorded in the score book and count in the team's overall score. One referee per team will simultaneously administer the free throws at each team's respective 1st half baskets.

Both teams will shoot an equal amount of free throws. A team with fewer players than their opponents will be awarded additional free throws to balance the total team attempts. That team's coach shall select shooters who have missed their first attempt. If all players have made their free throws, the coach may select any player to shoot the extra free throws. Players who made free throws may not attempt a second shot until all teammates have made a free throw.

14.3 ADDITIONAL RULES

14.3.1 "1st Pass / Back Court Rule" - Only shots that hit the rim or backboard will require a pass to be made in the back court. The required pass is started and completed in the back court before the ball can be advanced to the front court. On shots that do not hit the rim or backboard, no pass is required.

EXCEPTION: During the last two (2) minutes of the game.

Penalty - Violation - ball awarded to defense at half court.

14.3.2 Key Violation - An offensive player may not be in the 15-foot key area for five (5) continuous seconds.

Penalty - Violation.

14.3.3 Insufficient Action - The offensive team has five (5) seconds after crossing half-court to cross the attack line and start their offense.

Penalty - 1st offense = warning, 2nd offense = violation (turn over).

SECTION 15 - DIVISION 2

- 15.1 DEFENSE- In the 1st half teams must play man-to-man. Any type of half-court defense is allowed in the 2nd half.
- 15.1.1 Man-to-Man Defense - A defensive player must be within a six (6) foot guarding position of an offensive player with the ball below the hash mark. All other defensive players may be in a help side defense position and are not required to be closely guarding an offensive player.
- a) Help side defense is defined as a defender playing at a midpoint position between his assigned player and the player with the ball. A help side defender must recover and be within a six (6) foot guarding position of his assigned player if that player receives the ball.
- b) Defensive players may double-team a player with the ball but may not double-team a player without the ball. Double-team is defined as two or more players defending an opposing player.
- 15.1.2 Half-Court Press - No back-court pressure allowed during the first four (4) periods. Defense must allow dribbler to cross the half-court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.
- 15.1.3 Full-Court Press - Any type of full-court press is allowed after the 4th period.

Penalty: Any illegal defense - one warning per half. Technical fouls for additional occurrences in each half. NOTE: If the illegal defense is unintentional in the referee's judgment, the ball shall be

awarded to the offense at the point of contact with no penalty.

- 15.2 FREE THROWS - The free throw line will be twelve (12) feet from the face of the backboard. A shooter's foot may touch but not completely cross over the line. **A maximum of six (6) players, four (4) defensive and two (2) offensive may occupy the free throw lane.** The space below the block on either side shall be unoccupied. The shooters feet cannot cross the free-throw line until the ball hits the rim.

SECTION 16 - DIVISION 1

- 16.1 DEFENSE- In the 1st half teams must play a man-to-man. Any type of defense is allowed in the 2nd half.
- 16.1.1 Man-to-Man Defense – A defensive player must be within a six (6) foot guarding position of an offensive player with the ball below the hash mark. All other defensive players may be in a help side defense position and are not required to be closely guarding an offensive player without the ball.
- a) Help side defense is defined as a defender playing at a midpoint position between his assigned player and the player with the ball. A help side defender must recover and be within a six (6) foot guarding position of his assigned player if that player receives the ball.
- b) Defensive players may double-team a player with the ball but may not double-team a player without the ball. Double-team is defined as two or more players defending an opposing player.
- 16.1.2 Full-Court Press - Teams may employ a full-court press at any time during the game. However, during the 1st half all defenses must be man-to-man.

Penalty - Any illegal defense - one warning per half. Technical foul for additional occurrences in each half.

- 16.2 FREE THROWS - The free throw line will be fifteen (15) feet from the face of the backboard. A maximum of six (6) players, four (4) defensive and two (2) offensive may occupy the free throw lane. The space below the block on either side shall be unoccupied. The shooters feet cannot cross or touch the free throw line until the ball hits the rim.

THE FUNDAMENTAL OUTLOOK

- F** - Follow a proved plan. Preparedness means complete mastery and confidence.
- U** - Use time wisely. Practice what is played and play what is practiced.
- N** - Never overlook enthusiasm - It works.
- D** - Demand self-discipline, on and off the court.
- A** - Aggressive spirit to achieve victory.
- M** - Motivate the drill by offering encouragement, constructive criticism, and enthusiasm.
- E** - Emphasize desire and the will to win.
- N** - Nature gives us talent, but practice gives us skill.
- T** - Technique must be mastered by practice.
- A** - Attention. Pay attention to all your players, not just your best players.
- L** - Learn quickly that hard work has its rewards.
- S** - Success is a product of practice, practice, and practice!

BLUE CARD

Referees are required to use this card if team sportsmanship is not up to NJB standards, according to our Mission Statement. The Head Coach is responsible for his own conduct as well as the assistant coaches, players, and team fans.

GOOD SPORTSMANSHIP IS ALWAYS FIRST!



DEVASTATE SHOES



EQUIPMENT BAG



FLAME HOODED SWEATSHIRT



REKANIZE SHOES



REVERSABLE PRACTICE JERSEY



TRAVEL JACKET



NJB CAP



COACH POLO

**SHOP ONLINE! CHECK OUT
NJB'S WEB STORE @ www.NJBL.org**