

NBIAA

Northern Burlington Instructional Athletic Association
P.O. Box 334, Columbus, New Jersey 08022

2013

Northern Burlington Instructional Basketball League

Junior League (7th & 8th Grade) Rules

Playing Rules: As adopted by the National Federation Rules Committee and amended by agreement of participating Townships and area Representatives.

Rule 1: Players

a. Eligibility

Comprised of girls or boys (separate leagues) in the 7th, 8th grades **who have not reached their fifteenth birthday before October 1, 2012.** Exceptions regarding a player's eligibility for a specific league will be considered on an individual basis.

Note: Players on Middle School team rosters ARE ELIGIBLE.

b. Substitutions

- i. **Coaches must play each individual one half of every game.** The league has determined that no roster shall contain more than 10 players, and the "ideal" roster size is 8. The intent of the rule is to play each player as much as possible. Coaches are encouraged to substitute one or two players at a time. This procedure will help provide continuity and allow players to participate with/against all other players.
- ii. **A 30 second timeout will be called at the midpoint of each quarter (4:45 to 5:15 mark) to allow for the substitution of players. Substitutions will be allowed only at the midpoint of the quarter, except in the case of injury, medical condition, emergency, or other unforeseen situation.**
- iii. Substitutes must report to the midcourt area, and the opposing coach and/or official scorer notified.
- iv. **To avoid game cancellations,** teams not having enough players to start the game will be permitted to use: **a)** an extra player from the opposing team; **b)** in emergency situations, players from a *younger* school year bracket/league may "play up" at the next league level. **c)** If a coach thinks he/she will have only five players or less, then a call to a lower division player may be made. **That player may only play the MINIMUM number of half quarters.** He/She should NOT take time away from a regular player.

*****v. *Every player must sit at least one half-quarter of every game (five minutes, unless only five players are available to play). Each player must sit their five minutes prior to the 4th quarter. Failure to comply with this rule will require the player to sit the first 1/2 of the 4th quarter regardless if the team is shorthanded.***

c. Conduct

- i. Inappropriate conduct by players, coaches, officials or spectators will not be tolerated at any level. **Cheering for players or a team is strongly encouraged. Berating officials, players, coaches or other spectators will absolutely not be tolerated.** The league reserves the right to remove player, coach or spectator from the game and/or site and team or league (pending a scheduled hearing) for conduct deemed excessively inappropriate. Game officials have full control once the games begin. Officials have been made aware of the league policies, and are also subject to the intent of those policies.

- ii. Profanity (by player or coach):
1st offense: Warning
2nd offense: Technical, and thereafter at official's discretion.
- iii. Fighting:
1st offense: Ejection and **automatic** one game suspension
2nd offense: Removal from league
- iv. Technical Fouls:
1st offense: Opposing team is awarded 2 foul shots, then possession to be inbounded at half court.
2nd offense: Opposing team is awarded 2 foul shots, then possession to be inbounded at half court. Ejection and automatic one game suspension including coaches.

Note: If a coach receives a technical foul he/she must sit the bench to coach for the remainder of the game and not permitted to stand and coach.

Rule 1: Players c. Conduct - continued

Note: The use of alcohol before and during the game, and the use of tobacco during the game, is strictly prohibited by any player, coach, official or spectator. Additionally, drinking, eating or gum chewing in any league gymnasium is prohibited. Consequences are suspension and/or removal from league play.

Rule 2: Equipment

a. Ball

Boys: Size 7 (Regulation Men's) 29-30 inches.

Girls: Size 6 (Regulation Women's) 28.5 inches.

b. Uniforms

An effort has been made to equip all teams with uniform shirts that are different in color to any opponent they may play. Players should be in proper uniform for all games, including uniform shirt, shorts and sneakers.

Note: This rule will be strictly enforced in the 2013 season. All teams will wear league-provided uniform tops.

Rule 3: Officials

- a. Game officials are assigned through the League using the 6'2" & Under assignor. All Officials must be certified through the National Federation of High School Officials Association, or through the National Youth Sports Coaches Association or through the Rutgers Sports Awareness of Educating Today's Youth (SAFETY) Clinic.
- b. Two officials will be assigned to these games. On rare occasions due to scheduling issues or other unforeseen circumstances, games may be officiated by just one official. Patience and courtesy is asked for and expected in these situations.

Rule 4: Timing of Games

- a. **10 minute** per quarter running clock until the last two minutes of the game. Then standard timing. **Note:** This is a change as required by Federation rules which states that games at this level must be no longer than **six minute** regular clock (**or ten minute running**).
- b. The home team should provide a timekeeper. If not available, time will be kept on the court by the officials.
- c. The **last two minutes** of the fourth quarter will be a stopped clock. The clock will stop on all whistles: fouls, foul shots, or any violations (any time the official blows his/her whistle, the clock stops NOT on made baskets).

Rule 4A: Time-outs and Half-time

- a. There will be two time-outs per half, at one minute per time-out.
- b. **A 30 second timeout will be called by the coaches and/or officials at the midpoint of each quarter (4:45 to 5:15 mark) to allow for the substitution of players. Preferably at a dead ball whistle or after a score, coaches will call out "SUBS" and play will stop.**
- c. Half time will last three minutes.

Rule 4B: Overtime (END-OF-THE-SEASON TOURNAMENT ONLY)

- a. There will be one, three-minute overtime period with a running clock (except for the last two minutes of OT) for games tied after regulation.
- b. One time-out per team per overtime. No carry-overs from regulation time.
- c. Playing time in overtime is determined by the coach.

Rule 5: Scoring

- a. The score should be kept by both teams for the purposes of game completion only.

THERE WILL BE NO FORMAL REGULAR SEASON LEAGUE CHAMPION NAMED.

- b. If the court being played on has a three-point line, three points will be awarded for shots made from beyond that line. If the facility has no line, the game will be played without the opportunity to make a three point shot.

Rule 6: Alternating Possession

In all jump ball situations other than the start of the game and the start of an overtime period, teams will alternate taking the ball out of bounds for a throw-in. The team not obtaining control of the jump ball will begin the alternating procedure. The officials will be responsible of subsequent awarding of possession.

Rule 7: Defense

- a. High school basketball rules apply.
- b. **NO PRESSING will be allowed if the leading team is ahead by fifteen points or more. Once the score goes below a difference of 15, then the backcourt press may be implemented again.**

Rule 8: Fouls

- a. After seven team fouls, one foul shot and one bonus after making first. After ten team fouls, two shots, double bonus. Players will foul out of the game after five personal fouls.