

# JOEL NOE YOUTH RECREATION BASKETBALL LEAGUE

This non-competitive, developmental league is designed to teach individual skills and emphasize team play. All games are held on Saturdays with one 60-minute team practice held during the week at one of the Brookline Public Schools. The league will follow a 10-game schedule. Teams will be organized by school as best as possible and will generally be limited to 10 players per team.

- To provide a healthful, recreational, athletic program, which emphasizes team play and participation by all members of the team;
- To teach basketball fundamentals and skill development in a structured, positive, and encouraging environment;
- To promote positive play and sportsmanship by upholding players, coaches, and spectators to high standards of conduct;
- To help create a lifelong love for the game of basketball.

## 2019-20 LEAGUE RULES: GIRLS 3/4

<b>SIZE OF BALL</b>	28.5" basketball
<b>GAME LENGTH</b>	Four 10-minute quarters
<b>CLOCK STOPPAGE</b>	Games are running time. Clock stops for injuries, timeouts, and at the official's discretion.
<b>SCORING</b>	Free throw: 1-point, All field goals: 2-points, no 3-point field goals.
<b>20-POINT LEAD RULE</b>	If a team has a 20-point lead, the scorekeeper will not add additional points to the score.
<b>TIMEOUTS</b>	Teams will receive three 30-second timeouts. Only two timeouts permitted per half. Timeouts may be called either by the coach or any player on the floor while that team is in possession of the ball, or at any dead ball.
<b>OVERTIME</b>	There are no overtime periods. Game is completed at the end of the 4th quarter.
<b>GAME POSSESSIONS</b>	Jump ball will start game. Alternating possession rules will then ensue throughout the game.
<b>SUBSTITUTIONS</b>	Substitutions can be made on dead balls, during a timeout, or on any official's whistle during an interval of play. During free throws, either team may substitute after the first free throw attempt, or after the second free throw is made.
<b>PLAYING TIME</b>	Equal playing time is highly encouraged.
<b>SET DEFENSE</b>	Man-to-man defense only. Zone defense is not allowed.
<b>PRESSING DEFENSE</b>	Full-court pressing is not allowed. Defensive players may begin guarding their opponents at the half court.
<b>DOUBLE-TEAMING</b>	Double-teaming/crowding is not allowed.
<b>INBOUND VIOLATION</b>	When passing the ball inbounds after gaining possession, players will have 5-seconds to get the ball to a teammate. Coaches are to encourage proper inbounding.
<b>FREE THROWS</b>	Shooter will have 10-seconds to attempt free throw. All players must wait until the ball hits the rim prior to entering the lane on a rebound attempt. Shooter may step over line at the official's discretion.
<b>SHOOTING FOUL</b>	If a player is fouled while attempting to shoot, the shooter will receive (2) shots if basket was not made and (1) shot if basket was made.
★ <b>PERSONAL FOULS</b>	A player is disqualified from the game after he/she commits (5) personal fouls.
★ <b>TECHNICAL FOULS</b>	A player that receives (2) technical fouls in a game, or who is ejected from a game shall not participate in the next league game. Any technical fouls made against a player or a coach will result in the opposing team shooting (2) shots and receiving possession of the ball.
★ <b>TEAM FOULS</b>	The bonus (1 and 1) foul rule is in effect when (7) team fouls have occurred in a half. 1 and 1 will be on the 7th, 8th, and 9th team foul of each half. On the 10th team foul, the team will be in double bonus and the shooter will receive two shots. Any additional fouls will also be an automatic two shots. All team fouls will reset at halftime, however; individual player fouls will carry over to second half.

★ Foul rules will be in effect for 2019-20 league

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## 2019-20 LEAGUE RULES: GIRLS 5/6/7/8

<b>SIZE OF BALL</b>	28.5" basketball
<b>GAME LENGTH</b>	Four 12-minute quarters
<b>CLOCK STOPPAGE</b>	Games are running time. Clock stops for injuries, timeouts, and at the official's discretion.
<b>SCORING</b>	Free throw: 1-point, field goal scored inside the three-point arc: 2-points, field goal scored beyond the three-point arc: 3-points
<b>20-POINT LEAD RULE</b>	If a team has a 20-point lead, the scorekeeper will not add additional points to the score.
<b>TIMEOUTS</b>	Teams will receive three 30-second timeouts. Only two timeouts permitted per half. Timeouts may be called either by the coach or any player on the floor while that team is in possession of the ball, or at any dead ball.
<b>OVERTIME</b>	There are no overtime periods. Game is completed at the end of the 4th quarter.
<b>GAME POSSESSIONS</b>	Jump ball will start game. Alternating possession rules will then ensue throughout the game.
<b>SUBSTITUTIONS</b>	Substitutions can be made on dead balls, during a timeout, or on any official's whistle during an interval of play. During free throws, either team may substitute after the first free throw attempt, or after the second free throw is made.
<b>PLAYING TIME</b>	Equal playing time is highly encouraged.
<b>SET DEFENSE</b>	Man-to-man, or zone defense.
<b>PRESSING DEFENSE</b>	Full-court pressing is ONLY allowed in the last 2-minutes of the game.
<b>DOUBLE-TEAMING</b>	Double-teaming/crowding is not allowed.
<b>BACKCOURT VIOLATION</b>	Offensive team will have 10-seconds to move ball across midcourt line.
<b>INBOUND VIOLATION</b>	When passing the ball inbounds after gaining possession, players will have 5-seconds to get the ball to a teammate. Coaches are to encourage proper inbounding.
<b>FREE THROWS</b>	Shooter will have 10-seconds to attempt free throw. All players must wait until the ball hits the rim prior to entering the lane on a rebound attempt. Shooter may step over line at the official's discretion.
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