



# 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 6-game schedule. Teams will be organized by school as best as possible and will generally be limited to 10-12 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.

## 2020-21 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 only be called by the coach 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>	No jump ball allowed. Coin Flip instead. 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. Players waiting to sub in at score table will use hand sanitizer.
<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 in the paint.
<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>	Free throw lanes will be limited to four player's total. On two shot fouls, the lane will remain empty on the first foul shot. 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>INBOUNDING</b>	All inbounding (other than made baskets) will be inbounded at the foul line extended.
<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.