

# CENTRALIA RECREATION COMPLEX

## JR. HIGH BASKETBALL RULES

### 5<sup>th</sup> – 8<sup>th</sup> Grade

#### **PLAYING RULES:**

- Sec. 1 A game will consist of four (4) quarters. Each quarter will be (8) minutes in length.
- Sec. 2 The basket will be set at 10ft...and a full size 29.5 inch ball will be used.
- Sec. 3 **Each team will be allowed one (1) time-out per quarter (do not carry over).**
- Sec. 4 There will only be a jump ball to begin the game. After that, the ball will be awarded to each team on an alternating possession. Possession will be kept at the scorer's table.
- Sec. 5 **The clock will be a running clock. It will stop only for time-outs, injury, or any other special circumstance and free throws.** Exception: The clock will stop as per regulation basketball rules during the last minute of the second & fourth quarters unless a team is up by 20 points or more.
- Sec. 6 **Full court pressing will be allowed during the last minute of the second and fourth quarters during the game, but otherwise half-court defense will be used.**
- Sec. 7 When the defensive team gets a rebound, players from the offensive team must retreat down the court and leave the player rebounding the ball alone. The player rebounding the ball or anyone he/she passes to in the backcourt cannot be pressured. Fast breaks are allowed!
- Sec. 8 Participants in the Jr. High league will shoot free throws when fouled in the act of shooting. 1 and 1 bonus and double bonus will be reached upon the opposing team committing their 7<sup>th</sup> and 10 team fouls, respectively.
- Sec. 9 Fouls will be recorded, and a player will foul out upon committing their 5<sup>th</sup> foul. Score will be kept.
- Sec. 10 Each team may use five (5) players on the court at one time. A team must have 4 players to start and finish a game.
- Sec. 11 If players don't attend coach's practices, they should not expect to play in the games. Playing time will be at the discretion of the coach.

#### **SPORTSMANSHIP:**

- Sec. 1 **The use of foul or profane language by coaches, players, or fans will not be tolerated.**
- Sec. 2 **Any fan whose conduct is dishonorable or unsportsmanlike WILL be removed from the gym and/or the spectator area. The fan may also be suspended from the Centralia Recreation Complex. (REMEMBER THIS IS A RECREATIONAL LEAGUE!!)**

#### **EQUIPMENT:**

- Sec. 1 The Centralia Recreation Complex will furnish the ball and timekeeper for each game.
- Sec. 2 Each team must wear a shirt of the same color. The Centralia Recreation Complex will provide each team with shirts.
- Sec. 3 All participants must wear gym shoes or shoes with non-marking soles.
- Sec. 4 No jewelry will be allowed to be worn by any player.