

# Junior Rules

1. Teams must have at least 4 players to start the game at the scheduled game time.
2. Coaches will play all players as much as possible.
3. Player Rotation :
  - A. No player may come off the bench during the first 4 minutes of play in the first 3 quarters (see rule 4 for exceptions.)
  - B. Clock will stop at the nearest dead ball, or made basket, to the 4 minute mark in the first 3 quarters. At this horn ALL players on the bench must enter the game (see rule 4 for exceptions.)
  - C. Players who were on the bench for the first 4 minutes are NOT eligible to be subbed out for the final 4 minutes of a quarter (see rule 4 for exceptions.)
  - D. If a team consists of less than 10 players then the players who did not come off the court at the 4 minute mark can be subbed out as long as the bench players that went in at the 4 minute mark remain in the game until the quarter is over. Each quarter rules A through D restart.
  - E. 4<sup>th</sup> quarter coaches can sub players at any time, no playing time requirements in the 4<sup>th</sup> quarter or any following overtimes.
4. Exceptions :
  - A. Foul trouble – if a player picks up 1 foul over the number of quarter then that player can be subbed out for another player. Foul trouble is defined below and not a mandatory sub, just a coach’s option.  
First Quarter – 2 fouls  
Second Quarter – 3 fouls  
Third Quarter – 4 fouls
  - B. Injury – if a player becomes injured during the game then a coach is allowed to sub them out. Coaches need to notify referees and/or scorer’s table of an injured player
  - C. Intentional fouling to get a player out of a game will not be allowed. A player that becomes injured during a game shall not affect another players eligibility to receive 4 minutes of playing time per quarter. For example, number 1 becomes injured 2 minutes into the first quarter and is replaced by number 6. When the 4 minute horn goes off number 6 must stay in the game.
  - D. 11 player exception – if one team has more than 10 players then coaches will meet with the referees and scorer’s table before the game to agree on one of the following options.
    - Option 1 – teams will rotate players every 2 minutes instead of 4.
    - Option 2 – team with more than 10 will sub every 2 minutes and other team will follow regular sub rules
    - Option 3 – Both teams will forgo the rotation rules and rotate as they see fit, maintaining the standard of giving players equal playing time.

5. Players may shoot from a foul line 1 foot in front of the regulation line, however the shooter will not be penalized for jumping across the free throw line. Low block in NOT used.
6. Teams may use a full court press during the last two minutes of each half, providing they are not leading by 10 or more points.
7. If a team is leading by 10 or more points they must play defense inside the three point arc. Once the lead falls back under 10 points they may come out of the arc.
8. The game will consist of 8 minute quarters with a 5 minute halftime The clock will run continuously except during shooting fouls (free throws), time outs and during the last two minutes of each half.
9. Only two coaches and players permitted in the bench area. During play only one coach may be standing. Subs must check in with the scorers table.
10. Teams will be given 2 timeouts per half. Time outs do not carry over from one half to the other. All timeouts are 30 seconds.
11. The lane violation will be a 5 second rule. However, coaches should encourage players to observe the official rule of 3 seconds. Officials will use 5 seconds as the violation.
12. If overtime is needed, a 3 minute extra period will be played beginning with a jump ball. Both teams will be given an extra timeout during each overtime period needed.
13. Coaches will be responsible for the conduct of the bench, the players, and their fans. It is the responsibility of the head coach to attempt to control the conduct of his teams parents or fans. If a parent or fan is ejected and the coach, after being informed of the situation by the officials does not attempt to resolve the issue, the coach is subject to ejection as well.
14. All other NCHSAA rules will apply.
15. Good sportsmanship is a must for this league. All people conducting themselves in an un-sportsman like way will be asked to leave immediately.
16. One team rule – all players must be recorded on one single roster to be handled by each organization. Players may only play for the team they started the season with, players cannot be “borrowed” from one team to another except with the following example  
  
Exemption – if a team has 5 or less players for a game a coach can use a player from a lower age division in the same organization. The player must have an appropriate jersey and must be registered on a lower division.
17. There will be a gate fee of \$3.00 for adults 18 and older and \$1.00 for students K-12 grade. Except for the first game, all others can start 10 minutes before the scheduled game time.