



DIVISIONAL PLAY

RULES & REGULATIONS



WINTER SEASON



OUR STORY

National Junior Basketball is a nonprofit organization that was founded in 1984 and has blossomed into a national youth league with participants in four states: California, Hawaii, Arizona and Nevada.

NJB has teams, camps, skills training, and more for boys and girls from Kindergarten through High School, with multiple levels of play!



**LEARN MORE:
NJBL.ORG**

OUR MISSION

To inspire our youth; regardless of race, color, creed, or national origin. To practice the ideals of health, citizenship and character. To implant the game elements of safety, sanity, and intelligent supervision; and to keep the welfare of the player first, foremost, and entirely free of adult lust for glory. To emphasize teamwork for all participants.

Everyone is a winner at NJB!

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NJB THEME

TEAMWORK

Genuine consideration for others and an eagerness to sacrifice your own interests for the welfare of all in NJB.

SO YOU WANT TO BE A BASKETBALL COACH

NJB is the way to go...

This booklet will guide you in organizing, planning, and coaching your team.

Basketball is a simple game: It's the coaches that make it complex. We are teachers of basketball. The basketball court is an extension of the player's life. Make basketball fun for everyone.

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NJB CHAPTER ABUSE & MOLESTATION RISK MANAGEMENT PROGRAM

All chapters must adopt and implement the following risk management program:

CRIMINAL BACKGROUND CHECKS

NJB Headquarters has selected NCIS to run background checks on all paid and volunteer staff members with access to our youth. All members will be required to complete online background checks giving NJB Headquarters permission to run the criminal background checks. Background checks will be run on an annual basis with NJB Headquarters. Chapters will be solely responsible to communicate with their coaches to ensure all members register with NJB Headquarters for their annual background check. Any background check that indicates that a potential staff member has a felon report will result in disqualification of such member. Members with an adverse criminal background check result will be given the opportunity to contest the accuracy of the background check with NJB Headquarters. NJB will protect the confidentiality of all forms and results.

RECOGNIZING GROOMING

Grooming is the process of which sexual predators pave the way for sexual abuse by gradually gaining the trust of and conditioning of minors, parents, and administrators. The steps in the grooming process are as follows:

- Identify a vulnerable child whose needs are not being met such as lack of attention by parents, lack of spending money, etc.
- Fill the missing needs of the child by providing attention, transportation, help with homework, special favors, confiding in secrets, spending money, gifts, etc. to create a "special bond".
- Gain trust of family by spending disproportionate amount of time with them.
- Isolate the victim to create one on one opportunities.
- Gradually use boundary invasions that start off with inappropriate electronic communications and photo sharing, tickling, wrestling, massages, alcohol, drugs, pornography, etc. that lead to nudity and sexual activity.
- Maintain control and silence with threats of fear and shame.

POLICIES TO PROTECT AGAINST MISCONDUCT

The following policies should be communicated to all staff by the chapters:

- All forms of abuse including sexual, physical, emotional, harassment, bullying, and hazing are prohibited.
- Prohibited sexual abuse physical acts include genital contact whether or not either party is clothed; fondling of a participant's breast or buttocks; sexual penetration; sexual assault, exchange of a reward in sport for sexual favors; lingering or repeated embrace that goes beyond acceptable physical touch; tickling, wrestling, or massage; and continued physical contact that makes a participant uncomfortable.
- Prohibited sexual abuse verbal acts include making sexually oriented comments, jokes and innuendo; staff member discussing his or her sex life with participant; asking about a participant's sex life; requesting or sending a nude or partial dress photo; exposing participants to pornographic material; voyeurism; and sexting with a participant.
- Any type of grooming behavior is prohibited.

- Prohibited forms of physical abuse include punching, beating, biting, striking, choking, slapping, or intentionally hitting a participant with objects or sports equipment; providing alcohol to a participant under legal drinking age; providing illegal drugs or non prescribed medications to any participant; encouraging or permitting a participant to return to play after injury or sickness prematurely without clearance of a medical professional; prescribing dieting or other weight control methods for humiliation purposes; isolating a participant in a confined space; forcing participant to assume a painful stance or position for no athletic purpose; withholding, or denying adequate hydration, nutrition medical attention, or sleep.
- Prohibited emotional abuse includes a pattern of verbally attacking a participant personally such as calling them worthless, fat or disgusting; physically aggressive behaviors such as throwing or hitting objects; and ignoring a participant for extended periods of time or excluding them from practice.
- Bullying includes an intentional, persistent, or repeated pattern of committing or willfully tolerating (e.g., staff not preventing) physical, nonphysical, or cyber bullying behaviors that are intended to cause fear, humiliation, physical harm in an attempt to socially exclude, diminish, or isolate another person emotionally, physically, or sexually. It is often not the staff, but instead, other participants who are the perpetrators of bullying. However, it is a violation if the staff member knows or should have known of the bullying behavior but takes no action to intervene on behalf of the targeted participants.
- Prohibited hazing includes any contact which is intimidating, humiliating, offensive or physically harmful. Hazing typically is an activity that serves as a condition for joining a team of being socially accepted by team members.
- Two deep leadership is required where two adults (e.g., any combination of staff or parents) should be present at all times so that a minor participant can't be isolated with a single unrelated adult, except in the case of an emergency.
- All electronic communications including email, texting, social media, etc. between the staff member and a minor participant should be limited strictly to the legitimate activities of the organization.
- Any overnight travel exposure should prohibit adults spending the night in the same room as an unrelated minor participant; require grouping of participants of the same sex and age group in rooms; and provide adequate oversight with a same-sex chaperone for each group.
- Take off/pick up of athletes by staff should be strongly discouraged because of the difficulty in limiting one-on-one contact.

REPORTING SUSPICIONS OF CHILD SEXUAL OR PHYSICAL ABUSE AND OTHER FORMS OF ABUSE

Federal or state law may require any adult staff member who has a suspicion of child sexual or physical abuse to independently report such suspicion directly to law enforcement within 24 hours. Failure to report may be a punishable offense. In addition, the adult staff member should report the suspicion within 24 hours to the chapter director and the director should also report to law enforcement within 24 hours if there is suspicion that child sexual or physical abuse has been committed. The chapter director should also immediately notify NJB headquarters. The chapter should allow law enforcement to handle the investigation and the suspected staff member should be immediately suspended or reassigned to alternative duties that don't involve access to youth pending the outcome of the investigation. Chapter officials should not comment on the allegation or police investigation until it has been concluded. Staff members should also report prohibited misconduct other than child sexual and physical abuse to the chapter director and the chapter can investigate and decide what types of sanctions, if any, are appropriate. The chapter is prohibited from retaliating in any way against a staff member who makes a good faith report of a suspicion of any form of misconduct. Communication Of Information The information in this risk management program should be communicated

POINT OF EMPHASIS

- 1) Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.
- 2) All Coaches must register online yearly.
Registration Fee: \$29 per coach
- 3) All coaches shall complete a background check online during registration.
- 4) Head coaches shall attend a yearly "Live" coach clinic to be qualified.
- 5) Head coach must have their coach photo card during the pre-game conference with game referees.
- 6) Pre-Game Conference: Referees and coaches must meet prior to the start of the game and discuss divisional rules and review NJB's blue card policy.
- 7) All coaches shall adhere to the "Must Sit" rule during the game.
- 8) Excellent sportsmanship is required by all coaches during the game.
- 9) Teams may not practice more than 2 times per week.
Teams may not practice more than 2 hours during each practice.
- 10) Fighting will be an automatic 2 game suspension for all players, coaches, and fans.
- 11) Head Coach is responsible for one 1 Team Sponsorship for local chapter.

DIVISIONAL PLAY

OFFICIAL RULES

SECTION 1 - RULE BOOK

The National Federation High School Basketball Rule Book shall be the official rules for all NJB games. Because no shot clock is used, the “10-Second Back Court Rule” and “5-Second Guarded Rule” shall apply in both boys and girls games.

No shot clock will be used in any game. The player advantage rule is mandatory for winter inter-chapter play and enforced during the Championship Series.

The Five-Player and Six-Player Rules will be effective and enforced for the season.

- 1.1 **SAFETY FIRST** - The safety and well being of our players is always NJB's main concern. Referees may stop games at any time to investigate the condition of a player who may be hurt and shall resume play as soon as the situation reasonably allows. Coaches on the court for injuries are not required to remove the player. The player may remain in the game at the discretion of his coach and the referee. The player's safety is the determining factor.
 - 1.1.1 **CONCUSSION** - Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.
 - 1.1.2 **JEWELRY** - Jewelry is prohibited. All body piercings must be removed and cannot be covered with tape. Religious jewelry and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- 1.2 **FORFEIT TIME** is 10 minutes after scheduled game time. Referees are required to remain at game site and work an organized practice game or controlled scrimmage allowing adequate time to start the following game on schedule.

- 1.3 PRE-GAME CONFERENCE - Coaches and referees shall meet following the end of the previous game to discuss rules. Blue Card discussion is required, and referees shall check coach photo cards.
- 1.4 COACHES MUST SIT RULE - All coaches shall remain seated on their team bench during the contest. Coaches are permitted to stand temporarily to cheer a play or instruct players, but must return to their seat as the live ball continues.
- 1.5 COACH CONDUCT - Each NJB coach shall be fully responsible for the conduct of their assistant coaches, players, and fans. Absolutely NO abusive or vulgar language, taunting or criticism towards players or game officials will be tolerated. Smoking will not be permitted on the playing courts. No alcoholic beverages or illegal drugs will be allowed at any NJB function.

Penalty - After the official warning at the coaches/referee pre-game meeting, the NJB Blue Card shall be issued. The Blue Card is for all adults

1st infraction - The first technical foul is charged to the Head Coach.

2nd infraction - The second technical foul is charged to the Head Coach. The Head Coach is ejected from the game and must exit the gymnasium. The assistant coach will assume control of the team and parents.

3rd infraction - Game is over and the offending team forfeits the game and is placed on immediate suspension.

Note: If coach or parent is ejected from a game they shall be suspended for 2 games following the ejection. If this happens twice in the same season, that coach shall be dismissed for the remainder of the season and is not eligible to coach in the Championship Series Tournament or any All-Star Tournaments. Reinstatement of the offending coach to participate in the next season will be at the discretion of the local board of directors. Fighting - as defined by NJB and NFHS will result in a minimum of 2 games suspension.

- 1.6 SPECTATOR CONDUCT - It is necessary that proper conduct be a requirement of parents and all spectators at all times. Neither swearing or harassment of game referees will be permitted. Spectators shall at no time use signs, gestures, noise makers, degrading comments toward opposing coaches, players, other spectators, or game referees.

Penalty - The Head Coach of the offending team shall be issued a Blue Card for the misconduct of any of the team's spectators. Any chapter official may request that the offending spectator vacate the facility immediately. If the offending spectator refuses to leave the facility, the basketball game shall be suspended until the spectator vacates the premises. Chapter officials have the authority to summon law enforcement agencies for assistance. In addition, the offending spectator may not attend the following contest. 2 game suspension shall be enforced.

NJB requires excellent sportsmanship and respect of all participants. This policy will be enforced to the maximum level. Spectators shall behave at all times.

- 1.7 PLAYER CONDUCT - Poor sportsmanship, fighting, or disrespect for the opposing team and game referees will not be tolerated. Players will refrain at all times from arguing with the referees. The game referees are instructed to eject any player for any infraction.

Penalty - If a player is ejected from a contest, that player will receive, a minimum 1 one game suspension. If an action occurs a 2nd time during the season, the player will be dismissed and lose the privilege of playing National Junior Basketball. Any player that physically assaults/fights with another player or game official shall receive a mandatory 2 game suspension. Reinstatement of suspended player to participate for the remainder of the season shall be at the discretion of the local board of directors.

SECTION 2 - LENGTH OF PLAYING PERIODS -

2.1 WINTER LEAGUE DIVISIONAL GAMES will consist of 5 eight-minute periods with a running clock.

2.1.1 Running clock stops only for:

- a) Time-outs - Head Coach or player on the court may request a time-out.
- b) Shooting Fouls - Clock stops when referee indicates a shooting foul. Clock operator shall stop the clock on the whistle. **Clock restarts when the ball is given to the shooter during the first attempt.**

2.1.2 1 minute is allowed between periods to make substitutions.

This is not a time-out. Coaches may instruct players while they line up at the scorer's table.

SECTION 3 - CLOCK

If the point difference is 9 points or less anytime during the final 1 minute of the last period, the clock shall be regulation time for the remainder of the game.

SECTION 4 - HALF TIME

The 1st and 2nd periods shall constitute the 1st half.

The 3rd, 4th, 5th and overtime periods shall constitute the 2nd half.

Half time shall be 2 minutes in duration for all divisions.

SECTION 5 - OVERTIME

The first overtime period shall be 2 minutes in duration.

The first minute shall be a running clock and the last minute shall be a regulation (stop) clock. Additional overtime periods shall be 1 minute regulation clock.

Teams are limited to 1 time-out in each overtime period.

Time-outs do not accumulate.

SECTION 6 - TIME-OUTS

Time-outs will be 45 seconds in duration. Each team will be allowed 1 timeout in 1st half, 2 time-outs in 2nd half, and 1 for each overtime period.

Unused time-outs cannot be carried over to the second half or into overtime.

They must be used or they will be lost.

SECTION 7 - FREE THROW BONUS

Penalty free throws will be shot on the 10th team foul in each half. Bonus free throws are 1 and 1. There are no 2 shot bonus situations.

SECTION 8 - PLAYER PARTICIPATION

Every player who is in attendance at the start of the game must play 1 full continuous period in each half. Also, each player must sit out 1 full continuous period before the start of the 5th period, so not to play the entire game. All player participation must be fulfilled by the end of the 4th period. No free substitution is allowed before the 5th period.

EXCEPTION: Medical reasons, 5 and 6 Player Rules, and disqualifications.

THE PLAYER PARTICIPATION RULE SHALL BE STRICTLY ENFORCED

- 8.1 **PENALTY**- Coaches failing to comply with the player participation rule may be suspended for the following game and the offending team may forfeit the contest. All protests must be in good judgment; executed properly and submitted only after all attempts to rectify the situation fail. The protest must be entered in the official score book before the game is completed. The offended coach will notify the local chapter and the chapter will render its decision within 3 days following the game. The local board reserves the right to discipline the coach not excluding a suspension.
- 8.2 **LATE PLAYERS** - If a player arrives late to a game that player's participation begins at the start of the next full period. A late player arriving during the 1st period must play the entire 2nd period. A late player arriving during the 2nd period must play the entire 3rd or 4th period. A late player arriving during the 3rd period must play the entire 4th period. A late player arriving during the 4th period is eligible to play in the 5th period. Any late player is eligible to play in the 5th period. A late player's non-participation in the 1st period satisfies the requirement to sit out one full continuous period.

- 8.3 SICKNESS, INJURY OR HEALTH PROBLEMS - A player temporarily removed from a game for injury or health reasons may re-enter at the discretion of the coach and the referee. If there is blood, the player will be removed from the game until the bleeding stops and the wound is bandaged. A uniform saturated with blood must be changed for a blood-free uniform. A partial period of play by an injured player will be considered 1 full period of participation. The substituting player is still required to sit out 1 full continuous period during the game. NOTE: Teams must have 5 players to start the game but medical reasons, participation rules, ejections, or foul outs may cause a team to play 4 or less players to finish the game.

Exception: When a player is taken out of the game for sickness, injury, or health problems, but returns to the game before the SECOND DEAD BALL the period of time played by the substitution player will be considered as "sit-out" time.

8.3.1 If for any reason a player is unable to continue playing the remainder of the game, the coach shall enter the player's name, number and clock time in the official score book. The player shall be ineligible to participate further. No penalty will be given.

- 8.4 FOUL OUTS AND EJECTIONS - Only a player who has met all conditions of the player participation rule can replace the disqualified player. If a substitution made before the 5th period to replace a disqualified or injured player affects the team's ability to comply with the player participation rule, the team must finish the period with less than 5 players on the court.
- 8.5 DISCIPLINE - If a player misses consecutive practices without an excuse, the coach will notify the player's parents. If this continues, the coach may notify the Player Agent and the player may not be eligible to play the next scheduled game. The local board of directors must approve this.

SECTION 9 - PLAYER ADVANTAGE RULE

When a team arrives with 10 players for the game and the opposing team has 9, 8, or 7 players - the player advantage rule will take place.

Player selections must be made prior to the start of the 2nd and 4th periods. Player participation will always supersede this rule.

9.1 One Player Advantage

If a team arrives with 10 players for the game, the coach with 10 players will choose the player on the opposing team to sit during the 2nd and 4th periods. Player selection must be made prior to the 2nd and 4th periods. Player participation will always supersede this rule.

Example: 10 Vs 9 Players

9.2 Two Player Advantage

If a team arrives with 10 players for the game, the coach with 10 players will choose the 2 players on the opposing team to sit during the 2nd and 4th periods. Players selection must be made prior to the 2nd and 4th periods. Player participation will always supersede this rule.

Example: 10 Vs 8 Players

9.3 Three Player Advantage

If a team arrives with 10 players for the game, the coach with 10 players will choose the 2 players on the opposing team to sit during the 2nd and 4th periods. Players selection must be made prior to the 2nd and 4th periods. Player participation will always supersede this rule.

Example: 10 Vs 7 Players

SECTION 10 – 5 PLAYER RULE

If a team has only 5 players present and physically able to play at tip-off, the opposing team shall be awarded points:

No Player Advantage Rule Enforced.

Boys Division 1 and 2:

10 points. 5 points prior to the tip-off
and 5 points at the start of the 2nd half

Boys Division 3:

8 points. 4 points prior to the tip-off
and 4 points at the start of the 2nd half.

Girls Division 1:

6 points. 3 points prior to the tip-off
and 3 points at the start of the 2nd half.

Girls Division 2 and 3:

4 points. 2 points prior to the tip-off
and 2 points at the start of the 2nd half.

If a 6th player arrives, the 6-Player Rule will go into effect.

SECTION 11 - 6-PLAYER RULE

11.1 A different player must sit each period. If a team has only 6 players to start the game, the opposing coach will choose the player to sit the 1st period. In this situation only 5 of the 6 players are able to sit 1 period and 1 player is allowed to play the entire game. A different player must sit each period.

EXCEPTION: Not applicable if the opposing team has only 5 players.

11.2 If a team with 6 players has a player foul out during the game, the player sitting out cannot enter the game for the remainder of that period. They must sit out in order to satisfy the requirement to sit out 1 full, continuous period.

Teams may finish a period with less than 5 players.

The team with 6 players shall not be allowed any free substitutions in the 5th period.

SECTION 12 - MERCY RULE

If a team has a 20-point lead any time during the game, the scorekeeper shall notify the referee to implement the mercy rule. The team with the lead cannot employ full-court or half-court pressure and must play defense with both feet inside the 3-point area at all times. The clock will run at all times, except for time-outs, until the difference is 10 points or less.

12.1 **REMOVAL OF TOP PLAYERS** - If the mercy rule is in effect at the start of, or any time during the 5th period, it is recommended for the opposing coach to select a maximum of 3 players to sit out the balance of the game or until the difference in the score of the game is 10 points or less.

Eligible substitutes must be available and the removal of players cannot force a team to play with less than 5 players.

SECTION 13 – Division 4 - (2nd Grade Basketball)

Playing rules will be identical to Division 3.

13.1 Rookie League - (K-1st Grades)

All chapters are required to operate the Rookie League.

SECTION 14 - DIVISION 3 (3/4 Grade Competition)

14.1 **DEFENSE** - Teams may play zone or man defense at any time during the game.

14.1.1 Transition Rule - Once a team secures the rebound or inbounds the ball and is advancing in transition, **defensive players may not play defense until they have retreated below the attack line during the first half.**

The attack line shall be designated by site director and game referees; example: volleyball line

14.1.2 Half-Court Press - **Allowed after the 1st half.**

Defense must allow dribbler to cross the half court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may pressure.

14.1.3 Full-Court Press- **Allowed during the 5th period and overtime.**

Penalty - Any illegal defense - 1 warning per half.
Technical fouls for additional occurrences in each half.

EXCEPTION: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense out of bounds nearest the point of interruption with no penalty.

14.2 FREE THROWS - The free throw line will be **12 feet** from the face of the backboard. A shooter's foot may touch but not completely cross over the line. A maximum of 6 players, 4 defensive and 2 offensive, may occupy the freethrow lane. The space below block on either side shall be occupied.

14.2.1 Each player will shoot a free throw prior to the start of the game. Each successful free throw will be recorded in the score book and count in the team's overall score. One referee per team will administer the free throws at each team's respective 1st half baskets.

Both teams will shoot an equal amount of free throws. A team with fewer players than their opponents will be awarded additional free throws to balance the total team attempts. That team's coach shall select shooters who have missed their first attempt. If all players have made their free throws the coach may select any player to shoot the extra free throws. Players who made free throws may not attempt a second shot until all teammates have made a free throw.

SECTION 15 - DIVISION 2 (5/6 Grade Competition)

15.1 DEFENSE- Any type of defense is allowed during the game.

15.1.1 Half-Court Press - **No back-court pressure allowed during the 1st half.** Defense must allow dribbler to cross the half-court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.

15.1.2 Full-Court Press - **Full-court press is allowed during the 2nd half and overtime periods.**

Penalty: Any illegal defense - one warning per half.
Technical fouls for additional occurrences in each half.

15.2 FREE THROWS - The free throw line will be 12 feet from the face of the backboard.

A maximum of 6 players, 4 defensive and 2 offensive may occupy the free throw lane.

The space below the block on either side shall be occupied. The shooters feet cannot cross the free-throw line until the ball hits the rim.

15.2 FREE THROWS - The free throw line will be **15 feet** from the face of the backboard.

A maximum of 6 players, 4 defensive and 2 offensive may occupy the free throw lane.

The shooters feet cannot cross the free-throw line until the ball hits the rim.

SECTION 16 - DIVISION 1 (7/8 Grade Competition)

16.1 **DEFENSE- Any type of defense is allowed during the entire game.**

16.1.2 Full-Court Press - Teams may employ a full-court press at any time during the game.

16.2 FREE THROWS - The freethrow line will be 15 feet from the face of the backboard. A maximum of 6 players, 4 defensive and 2 offensive, may occupy the free throw lane. The space below the block on either side shall be unoccupied.

The shooters feet cannot cross or touch the free throw line until the ball hits the rim.

FUNDAMENTAL OUTLOOK

- F** - Follow a proven plan. Preparedness means complete mastery & confidence.
- U** - Use time wisely. Practice what is played and play what is practiced.
- N** - Never overlook enthusiasm. It works.
- D** - Demand self-discipline, on and off the court.
- A** - Aggressive spirits will achieve victory.
- M** - Motivate and offer encouragement, constructive criticism, and enthusiasm.
- E** - Emphasize desire and the will to win.
- N** - Nature gives us talent, but practice gives us skill.
- T** - Technique must be mastered by practice.
- A** - Attention. Pay attention to all your players, not just your best players.
- L** - Learn that hard work has its rewards.
- S** - Success is a product of practice, practice, and practice!

BLUE CARD

Referees are required to use this card if team sportsmanship is not up to NJB standards, according to our Mission Statement. The Head Coach is responsible for his own conduct as well as the assistant coaches, players, and team fans.

***GOOD SPORTSMANSHIP
IS ALWAYS FIRST!***



COACH REGISTRATION

Head coaches, assistant coaches, and board members must consent to a background check!

Each applicant must:

1. Create a profile
2. Upload your picture image
3. Agree to a background check
4. Complete the Abuse Prevention program
5. Pay the \$29 registration fee online

REMEMBER - All head coaches are required to present their coach card to the referees before each game. All coaches and board members must be aware of the Safe Sport Act.

SAFE SPORT ACT:

All NJB coaches are required to go through the abuse prevention training program. This program will be included during the online coach registration. Coaches must watch the training videos and take a quiz during the process to be qualified.



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