

JCC BASKETBALL 2017-2018

Get ready to play ball at the J



JHOOPS YOUTH BASKETBALL



STARTS 11/19

K - 12TH

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JCC Basketball

Rules and Procedures

Staff Contacts: Terrence Baker (Director of Recreation and Fitness)

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610.435.3571 ext. 140

Practice Times

| | |
|--------------------------------|--|
| Intramural K-2 nd : | Sundays, 12:30pm – 1:30pm |
| 3rd & 4th Grade: | Sundays, 1:30pm – 2:30pm and Mondays, 5:00pm – 6:00pm |
| 5th & 6th Grade: | Sundays, 2:30pm – 3:30pm and Wednesdays, 6:00pm – 7:00pm |
| 7th & 8th Grade: | Tuesdays, 5:00pm – 6:00pm and Wednesdays, 5:00pm – 6:00pm |
| High School (Orange): | Tuesdays, 6:00pm – 7:30pm and Thursdays, 5:00pm – 6:30pm |
| High School (White) Coach Wax: | Sundays, 4:00pm – 5:30pm and Wednesdays, 7:00pm – 8:30pm |

*All teams are subject to enrollment. There must be at least 8 players signed up before the start of the season in order for the team to exist. Boys/girls practice times TBD based on sign ups.

Tentative Game Times

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|--------------------------------|--|
| Intramural K-2 nd : | Sundays, 12:30pm – 1:30pm @ JCC |
| 3rd & 4th Grade: | Sundays, 1:30pm – 2:30pm @ JCC |
| 5th & 6th Grade: | Sundays, 3:30pm – 4:30pm @ JCC |
| 7th & 8th Grade: | Sundays TBD @ Troxell |
| High School: | Sundays, TBD @ Springhouse Mondays, TBD @ JCC |

Other Important Dates *Subject to Change*

| | |
|---|---------------------------|
| November 19 th , 2017 | Start of Practice |
| November 23 rd , 2017 | Thanksgiving (JCC Closed) |
| December 16 th , 2017 | JHoops Winter Lock-In |
| January 7 th , 2018 | Start of the Season |
| December 24 th -31 st | No Practice |
| January 1 | No Practice |

Equipment

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|---|---------------------------|
| Intramurals | 8 ft. basket, youth ball |
| 3 rd & 4 th Grade | 10 ft. basket, 28.5" ball |
| 5 th & 6 th Grade | 10 ft. basket, 28.5" ball |
| 7 th & 8 th Grade | 10ft. basket, men's ball |
| High School | 10ft. basket, men's ball |

Game Rules

Player Game Time (applies to all leagues)

- Player game time requirements depend upon the number of players present for the team
- All players must play half of the game including playoff games
- Failure to abide by the player game time rule may result in a team forfeit (first offense) or a coach's suspension (second offense)

Team Rules Breakdown

3rd & 4th Grade

- Pre-Game Review
 - Referees and coaches must review guidelines before each game.
 - Allow 5 minutes of warm-up before start of game.
- Game Start
 - Jump ball will start game
 - Alternate possession rule will apply for the remainder of the game
- Period Length
 - 10 minute running clock quarters
 - Time limit between all quarters will be 2 minutes
 - Last period will be adjusted to end within the 1 hour time limit
- Time Outs
 - Each team is allowed two – 1 minute time-outs per half
- No Lane Violations
- No Backcourt Violations
- No Ten Second Violations
- Foul Shots
 - Shooting fouls only
 - Personal fouls are not tolerated
 - Player must be in front of foul line to shoot ball
 - Team fouls are not tolerated. No “1-an-1” foul shots will be taken
 - The coach will remove his player for flagrant or technical fouls involving unsportsmanlike conduct
- Defense
 - Play man-to-man defense only – no zone defense
 - No backcourt or full court defense
 - Double-teaming is not permitted
 - Defensive players can pick-up opposing players at the 3 point line
 - Defensive player cannot steal the ball when the offensive player is holding the ball
 - Stealing is allowed only on passes in the first half of the game
 - Stealing is allowed on passes and dribbling in the second half of the game inside the 3 point line
- Fast Break
 - Allowed on steals and defensive rebounds
- Substitutions
 - Player substitutions should only be made at the quarter breaks to avoid defensive player confusion and lost game playing time.

5th & 6th Grade

- Pre-Game Review
 - Referees and coaches must review guidelines before each game.
 - Allow 5 minutes of warm-up before start of game.
- Game Start
 - Jump ball will start game
 - Alternate possession rule will apply for the remainder of the game
- Period Length
 - 10 minute running clock quarters
 - Time limit between all quarters will be 2 minutes
 - Last period will be adjusted to end within the 1 hour time limit
 - All games will end by the gym wall clock
- Time Outs
 - Each team is allowed two – 1 minute time-outs per half
- Lane Violation
 - PIAA rule – 3 seconds
- Backcourt Violation
 - PIAA rules (no violation in elementary school gyms)
- Ten Seconds Violation
 - PIAA rules (no violation in elementary school gyms)
- Foul Shots
 - PIAA rules will be followed. “1-and1” foul shots after 7 team fouls and 2 foul shots after 10 team fouls
 - Player fouls out of the game after 5 personal fouls
 - The coach will remove his player for flagrant or technical fouls involving unsportsmanlike conduct
- Defense
 - Play man-to-man defense only – no zone defense
 - No backcourt or full court defense
 - Defensive players can pick-up opposing players at half court line
- Fast Break
 - Allowed on steals and defensive rebounds
- Basketball Size
 - 28.5” ball will be used

7th & 8th Grade

- Pre-Game Review
 - Allow 5 minutes of warm-up before start of game.

- Game Start
 - Jump ball will start game
 - Alternate possession rule will apply for the remainder of the game
- Period Length
 - 20 minute running clock per each half. If scoreboard clock is used, the clock will stop on each whistle in last 2 minutes of each half, if time allows on gym wall clock.
 - Time limit between halves will be 2-3 minutes
 - Last period will be adjusted to end within the 1 hour time limit
 - All games will end by the gym wall clock
- Time Outs
 - Each team is allowed two – 1 minute time-outs per half
- Lane Violation
 - PIAA rule – 3 seconds
- Backcourt Violations
 - PIAA rules
- Ten Seconds Violation
 - PIAA rules
- Foul Shots
 - PIAA rules will be followed. “1-and1” foul shots after 7 team fouls and 2 foul shots after 10 team fouls
 - Player fouls out of the game after 5 personal fouls
 - The coach will remove his player for flagrant or technical fouls involving unsportsmanlike conduct
- Defense
 - Zone, man-to-man, full court and double team defense are allowed. The winning team cannot play full court press defense if they are ahead by 20 points or more.

High School

- Pre-Game Review
 - Allow 5 minutes of warm-up before start of game.
- Game Start
 - Jump ball will start game
 - Alternate possession rule will apply for the remainder of the game
- Period Length
 - 20 minute running clock per each half. If scoreboard clock is used, the clock will stop on each whistle in last 2 minutes of each half, if time allows on gym wall clock.

- Time limit between halves will be 2-3 minutes
- Last period will be adjusted to end within the 1 hour time limit
- All games will end by the gym wall clock
- Time Outs
 - Each team is allowed two – 1 minute time-outs per half
- Lane Violation
 - PIAA rule – 3 seconds
- Backcourt Violation
 - PIAA rules
- Ten Seconds Violation
 - PIAA rules
- Foul Shots
 - PIAA rules will be followed. “1-and1” foul shots after 7 team fouls and 2 foul shots after 10 team fouls
 - Player fouls out of the game after 5 personal fouls
 - The coach will remove his player for flagrant or technical fouls involving unsportsmanlike conduct
- Defense
 - Zone, man-to-man, full court and double team defense are allowed. The winning team cannot play full court press defense if they are ahead by 20 points or more.

ALL HIGH SCHOOL GAMES HAVE A **ZERO TOLERANCE** RULE!

- ✓ 1st Technical Foul – Player is out of the game!
 - Player is allowed to play in the next game
- ✓ 2nd Technical Foul – Player is done for the year!
- ✓ Being charged with fighting – Player is done for the year!

NO EXCEPTIONS!

Technical Fouls include, but are not limited to:

- Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment
- Using profane or inappropriate language or obscene gestures
- Disrespectfully addressing, baiting or taunting an opponent
- Committing any unsporting foul

Benefits of being a part of the JCC Team

- Sunday games/ afternoon games
- Every player participates in each game
- Practice 2 times a week at pre assigned times, with little to no wait for the court
- Play with friends in the same age group
- End of the season Annual Sports Banquet
- 6 weeks of practice prior to the start of the season