

**Junior League Basketball Guidelines: Grades 6-8** Below are the standards and rules in which this league will operate. Many of these rules are based on USA Basketball recommendations. These shall serve as guidelines for those coaching, officiating, and administering. Some rules may be modified during the season if the league administrator sees it is in the best interest of the participants.



### Equipment and Court Specifications

Size of Ball	29.5"
Height of Basket	10'
Court	Full Court
Distance of Free Throw Line	15'

### Game Structure

Game Length	Four 8-minute periods
Substitutions	Every 4 minutes, in a dead-ball situation (this is not a timeout)
Time Between Periods	1 minute
Extra Period	2 minutes
Scoring	<ul style="list-style-type: none"> <li>Free throw: 1 point, all field goals: 2 points, field goals outside of 3-point arc: 3 points</li> <li>Shooting fouls shall result in 1 automatic point, preceded by 1 foul shot</li> <li>Common fouls shall result in 1 automatic point until the final 4-minute substitution point (does not include player control fouls)</li> </ul>
Timeouts	<ul style="list-style-type: none"> <li>Two 60-second timeouts permitted per half of play</li> <li>One 60-second timeout permitted in the extra period</li> <li>Unused timeouts do not carry over to the next half or extra period</li> </ul>
Start of Game Possession	Jump ball

### Game Tactics

Playing Time	Equal playing time
Set Defense	Only player-to-player defense throughout the game
Pressing Defense	<ul style="list-style-type: none"> <li>Leading team may not press beyond half court when leading by 10 points or more</li> </ul>
Double-Team/Crowding	Double-team/crowding is allowed throughout game at coaches discretion
Stealing from the Dribbler	Coaches discretion throughout the game

### Highlighted Game Play Rules

Backcourt Timeline	10 seconds
Shot Clock	N/A
5 Seconds Closely Guarded	Only when offensive player is holding the basketball
Clock Stoppage	<ul style="list-style-type: none"> <li>Running clock until the final minute of each half and extra period</li> <li>Substitutions</li> <li>Timeouts</li> </ul>
Length of Time for a Free-Throw	8 seconds
Advancement of Ball after a Timeout	In the last 2 minutes of the 4 <sup>th</sup> period and extra period following a timeout, the ball will be inbounded from the offensive team's frontcourt opposite of the scorer's table
Unsportsmanlike or Technical Foul	<ul style="list-style-type: none"> <li>Players will automatically be ejected from game</li> <li>Coaches who receive 2 in a game, must exit the facility</li> </ul>

## Rationale

- Substitution rules:
  - This helps ensure all participants are having an opportunity to experience the game with equal and fair playing time.
- Set defense:
  - The requirement of player-to-player defense encourages physical activity/movement, while promoting skill development related to guarding a player both on and off the ball.
- Clock stoppage:
  - The balance of clock stoppage allows for better game flow, and proper substitution of players.
- Points for fouls:
  - This discourages fouling due to automatic points and retaining possession.
  - Decreases idle time standing and watching free throws.
  - Increases game flow.
  - Players cannot foul out and be eliminated from play.

## Sportsmanship

- Spectators that show poor sportsmanship including, booing, harassing officials, arguing calls, negative behavior or comments, or threats or obscene gestures shall be given 1 warning, and then ejected from the facility. Play will not resume until spectator has exited. If they refuse to leave, the game will end, and the individual will be issued a suspension notice which will apply to all Harrisonburg Parks and Recreation facilities and parks.
- Cheering in a positive manner for both teams is highly encouraged. Remember, it takes a lot of nerve for our players to get in front of a crowd and PLAY. Please remember this during the game and help us build the positive experiences through the game of basketball.
- Please refrain from coaching our players from the bleachers during games. We have coaches who volunteer their time to do this, let them coach! This is also very distracting to our players. Again, don't be the reason for increased anxiety to our players.

## Registration

- Registration information may be found once our September-December Activity Guide has been released.
- All league information can be found at [www.harrisonburgva.gov/basketball](http://www.harrisonburgva.gov/basketball).
- Please make sure all requested information has been completed.

## Practices

- Teams will have 1-3 scheduled practices prior to the season starting.
- Practices will last no more than 1 hour.
- Practices will be held at the Simms Center at 620 Simms Avenue, Harrisonburg, VA 22802.
- Teams will have various scheduled practice times throughout the season.

## Game Day

- Please arrive 20 minutes prior to the start of the game.
- Jerseys will be provided for each team. Please return these following each game.
- Teams will be allowed a minimum of 15 minutes to warm-up prior to their game.
- Games will be scheduled for 6:30pm and 7:30pm. If the 6:30pm game ends late, we will start 15 minutes following the end of the 6:30pm game.
- Officials are contracted through the JMU Student Officials Association and will utilize VHSL basketball rules with a few modifications listed in these guidelines. Please be respectful of all official calls.
- No food or beverages other than water will not be permitted in our gymnasium.
- Parents/guardians are responsible for the supervision of their children that accompany them to the games.

## Team Selection

- Teams will be organized and divided by grade and school.
- Volunteer coaches, who have children in the program, will be automatically assigned their own children.
- Siblings will be placed together on the same team.
- Teams may not be requested, this is to help prevent an imbalance of talent.

## Game Cancellations or Postponements

- For inclement weather notifications, please use the following resources:
  - City Website: [www.HarrisonburgVA.gov](http://www.HarrisonburgVA.gov)
  - Facebook: [www.facebook.com/HarrisonburgParksandRecreation](http://www.facebook.com/HarrisonburgParksandRecreation)
  - Twitter: [www.twitter.com/HburgParks](http://www.twitter.com/HburgParks)
- In the case of inclement weather, see below to see how your class or activity will be affected:
  - If the City of Harrisonburg Public Schools are closed all day:
    - All Parks and Recreation programs, classes and events are cancelled.
  - If the City of Harrisonburg Public Schools close early:
    - All Parks and Recreation programs, classes and events will be cancelled at the same announced time of City of Harrisonburg Public School closing.
  - In the event of inclement weather when City of Harrisonburg Public Schools are not in session or a non-school day:
    - The Parks and Recreation Department reserves the right to cancel programs and close facilities should weather conditions warrant. Notifications of cancellations and closings will be made through the above listed Facebook and Twitter page.

## League Contact Information

- Most questions concerning registration, schedules, ages divisions, etc. can be found at [www.harrisonburgva.gov/basketball](http://www.harrisonburgva.gov/basketball).
- For additional questions, you can contact Erik Dart at [Erik.Dart@harrisonburgva.gov](mailto:Erik.Dart@harrisonburgva.gov) or 540-433-9168.
- Team specific information can be directed toward each team's volunteer coach.