

CITY of CAPE
GIRARDEAU



jr. nba



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JR. NBA OVERVIEW

The Jr. NBA is the official youth basketball participation program of the NBA. The Jr. NBA includes a free, membership-based program for existing youth basketball leagues/organizations. The membership is to help encourage and support youth basketball participation and improve the overall youth basketball experience. The Jr. NBA aims to develop a lifelong passion for the game of basketball in boys and girls by teaching them the fundamentals of the sport while instilling core values including teamwork, respect and sportsmanship.

JR. NBA PHILOSOPHY

The Jr. NBA Philosophy is to share the game of basketball with youth across the world by teaching skills, values, and wellness in a positive and fun environment. The Jr. NBA's holistic approach is intended to strengthen the culture of youth basketball, teach life lessons, and empower youth to live a full and healthy life. The Jr. NBA believes this philosophy leads to developing complete and well-rounded basketball players and individuals.

LEAGUE ORGANIZATION

1. Games will be played on Thursday and Friday evenings starting October 23rd and will conclude on December 11th for the 2020 season. Each team will have 3 practices prior to October 23rd. Kindergarten will play six games and 1st -6th grade team will play eight games during the season. There will be no playoffs for this league.
2. Games will be played at the Cape Girardeau Sportsplex. If a scheduling conflict shall arises, the League Director will contact the head coach with the location/date change.
3. The League consists of four age groups.

<u>Division</u>	<u>Ages</u>	<u>Type of League</u>
Kindergarten	5 – 6	Coed
1 st – 2 nd grade	6 – 8	Coed
3 rd – 4 th grade	8 – 10	Coed
5 th – 6 th grade	10 – 12	Coed

4. Each team will have a minimum of nine players. Each team will have a maximum of ten players.
5. Schedules will be available the week of October 12th. Coaches will be contacted when the schedule is ready. A copy of the schedule will be emailed and posted on the website (www.cityofcape.org/basketball). Please make copies for all team members. Once the schedule is sent out, there will not be any rescheduling. **The schedule is final unless the league director has to reschedule games due to facility availability or weather.**
6. League winners will be determined by season record. In the event of a tie in the season play standings the following method of determining league placement will take place: Head to Head Competition, Head to Head Point Differential, and then Overall Point Differential. First place trophies will be given for 3rd – 6th grade teams. All Kindergarten – 2nd grade players will receive participation awards.
7. Protests: Protests will be accepted only for rule interpretation or misapplication and player eligibility. A protest must be made in accordance with the rule book guidelines, and made verbally to the official. The League Director must receive a formal protest in writing by the end of the next business day (except in the case of a player eligibility protest). Protests, which are held but have little or no bearing on the game, will not result in the game being played at the time of the protest. (The game will stand as is.) The Parks and Recreation staff will decide this protest. All decisions are final. If the play was crucial, it will be replayed from that point.
8. Suspensions: A player, coach, or team follower ejected from a game will be suspended for the remainder of that game and the next scheduled game. **As a reminder, coaches are responsible for their players, parents, spectators and their own actions. Verbal abuse toward the officials, scorekeepers, or other league personnel will not be tolerated.** If such actions occur, the officials and other Department staff have the authority to eject the person in question. Extremely poor behavior, loud and abusive language, and fighting will result in more severe penalties as decided by the Parks and Recreation Staff.

LEAGUE RULES

The Jr NBA Basketball League will follow Missouri State High School Activities Association rules and guidelines. Listed below are rules that are specific for the Jr NBA Basketball League.

1. **Line-Up:** Game Rosters will be available at the scorer's table and the head coach should double check their player's names match with their uniform number. Teams may start a game with four players. Players who come late can enter the game as soon as they are recorded into the official scorebook. Teams that have less than four players at the start of the game will receive a forfeit.
2. **Coaches:** A coach must be present at each game by game time or the game will be forfeited. A coach must be 18 years or older. The maximum number of adults sitting with the team is three. The head coach must be designated before the game, and shall be the only coach that interacts with the officials or other game personnel.
3. **Uniforms:** All players are required to wear their official Jr NBA jersey provided by the Parks and Recreation Department and they must be tucked in.
4. **Playing Time:** In keeping with the purpose of the league, a coach should play all eligible players present on game day. All players must play at least one half of the game.
5. **Game Time:** Games will consist of two (2) halves with a four (4) minute break at half time.
K – 2nd grade: 16-minute halves
3rd – 6th grade: 18-minute halves
The clock will run continuously and stop only for time-outs, injuries and during the last minute of each half for all dead balls and referee whistles.
*If a game runs over one hour, the teams following are guaranteed 5 minutes of warm up time.
6. **Overtime:** If a game is tied at the end of regulation play, a two minute overtime period will begin after a one (1) minute break. The clock will run for the first minute and stop on all whistles during the final minute. If the teams are still tied at the end of the second overtime period the game will be called a tie.
7. **Time-outs:** Each team is allowed (4) four one-minute time outs per game. First horn will sound with 15 seconds remaining and both teams shall be on the floor at the end of the time-out. Time-outs from regulation will not carry over to the overtime period. There will be one additional timeout awarded for the overtime period.
8. **Fouls:** Player fouls will be kept, along with team fouls. If any player receives five fouls, he or she will foul out of the remainder of the game.

9. **Technical Fouls:** If a player receives an unsportsmanlike technical foul, the coach will be contacted by the League Director prior to the next scheduled game. If the same player receives a second technical foul he will be suspended for the remainder of the season. If a coach receives a technical, he or she will lose coaching box privileges and must remain seated throughout the remainder of the game. If inappropriate actions continue, they will be asked to leave the facility.
10. **Blow out Rule:** During the second half, when one team assumes a fifteen (15) point lead over its opponent, the clock will run continuously, except during timeouts and injuries.
11. **Enforcement of Rules - Authority:** A League Representative will be present at each site during league play. They will assume ultimate responsibility and authority on matters related to the operation of all aspects of league play, rules, or player eligibility. This excludes the referee's judgment calls (ex. traveling, fouls, etc.).

DIVISIONAL RULES

As of 10/1/2019

Kindergarten:

- **8 foot goal & will shoot free throws at 9 feet; 27.5 inch ball**
- Teams may play a zone or a man-to-man defense. Defense can pick up players once the ball has crossed the top of the key extended. The defense must remain behind the top of the key extended at all times.
- No deliberate double teams or traps outside of the lane. If this occurs, the official will whistle the play dead and after explaining to the kids, play will resume by taking the ball out of bounds at the point of interruption.
- Once the player has established the rebound, all players are to fall back on defense behind the top of the key extended.
- One coach per team will be allowed on the court.
- Score will not be kept.

1st / 2nd Grade:

- **8 foot goal & will shoot free throws at 9 feet; 27.5 inch ball.**
- Teams may play a zone or a man-to-man defense. Defense can pick up players once the ball has crossed the top of the key extended. After this point the defense can guard the offense anywhere on the court. Teams may full-court press during the final minute of the game. **Once a team has a 10-point lead, the team with the lead cannot full court press.**
- The offense has 5 seconds to begin their play (cross the top of the key extended) once they have crossed the half court line.
- Once the player has established the rebound, all players are to fall back on defense behind the top of the key extended.
- One coach per team will be allowed on the court.

3rd/4th Grade:

- **9 foot goal & will shoot free throws at 12 feet; 28.5 inch ball.**
- Teams may play a zone or a man-to-man defense. Defense can pick up players once the ball has crossed the half court line. After this point the defense can guard the offense anywhere on the floor. Teams may full-court press during the final minute of the game. **Once a team has a 10-point lead, the team with the lead cannot half or full court press, and the defense cannot pick up players until the ball has crossed the top of the key extended.**
- The offense has 5 seconds to begin their play (cross the top of the key extended) once they have crossed the half court line when the defense has to fall back to the top of the key extended.
- Once the player has established the rebound, all players are to fall back on defense behind half court.

5th / 6th GRADE:

- **10 foot goal & will shoot at the normal free throw line; 28.5 inch ball.**
- Teams are allowed to defend the entire court.
 - Once a team has a 10-point lead, the team with the lead cannot pick up the offense until half court.

Once a player has established possession of a rebound, the opposing team must get back and set up their defense when leading by 10 or more points. The officials will determine when possession has been obtained. Penalty: Teams that deliberately cause a jump ball or steal the ball in the backcourt will receive two team warnings. After the two warnings the opposing team will shoot one free throw and have the ball out of bounds at half court.

Standings and information for the 2020 Jr NBA Basketball League will be posted on the Cape Girardeau Parks & Recreation Department website at www.cityofcape.org/basketball.