

South Central Junior Basketball League Rules

1. All league games will be governed by the official basketball rules as adopted by the Illinois High School Association with the exception of the special league rules adopted by The South Central Junior Basketball League
2. Players must play in the grade they are currently enrolled in school or play in a higher grade. No player can play down to a lower grade. The South Central Junior Basketball League reserves the right to amend this rule in special circumstances.
3. There must be an adult present on the bench at all times. There will be only two coaches allowed on the bench during the game. Only one coach, designated as the "head coach", will be allowed to stand during the game and address the officials. If coaches argue judgment calls, this may result in a technical foul. Coaches must stay within the regulation 14' coach's box located in front of their bench.
4. Acts of disrespect or intimidation, while not directed specifically toward opposing players, coaches or officials, are still considered unsportsmanlike and could result in a technical foul or an ejection. The South Central Basketball League encourages all coaches to act professionally at all times.
5. In the event of inclement weather, either team can elect to cancel the game. The cancelling team should notify the opposing team as soon as possible. Preferably before either team makes preparations for the game or begins to travel to the other town.
6. All games will consist of 4 – 6 minute quarters. *A - games for sure*
B - games are negotiable
7. In case of overtime, the first overtime period will consist of 3 minutes. The second overtime period will be a sudden death format. The first team that scores will be the winner.
8. There will be 5 minutes between halves.
9. Teams will be allowed three time-outs per half to be used at any time. These timeouts will be for forty seconds. Teams will be issued one additional time-out for the overtime period. Previous time outs remaining from the second half will carry over to overtime periods.
10. Basketball Sizes:
 - All boys teams will use a 29.5" basketball.
 - All girls teams will use a 28.5" basketball.
 - 4th boys will use 28.5"*
11. Goal Height: .
 - All teams will use regulation 10' goals.

12. Free throw distance:

- 5th Grade Girls: May start a resonable distance in front of the freethrow line. - *discuss before game*
- 5th Grade Boys: Must start behind the freethrow line but may cross it while shooting.
- 6th Grade Girls: Must start behind the freethrow line but may cross it while shooting.
- 6th Grade Boys: Must start behind the freethrow line and remain behind the freethrow line while shooting.

13. Pressing:

- 5th Grade Girls: No full court pressing. Pick up at half court, unless BOTH coaches agree to full court pressing.
- 5th Grade Boys: No full court pressing. Pick up at half court, unless BOTH coaches agree to full court pressing.
- 6th Grade Girls: Full court pressing is allowed as described in the IHSA rules as long as BOTH coaches agree. If one coach does not want to press then both coaches will need to agree on limits to pressing prior to the start of the game and let the referee's know.
- 6th Grade Boys: Full court pressing is allowed as described in the IHSA rules.
- No full court pressing will be allowed by the winning team if their lead is 20 points or more. The losing team may continue to full court press at this time. If the winning team's lead drops below 20 points, then full court pressing may resume.

14. Officials: 2 officials are required for all games. At least one adult (Preferably a certified official) must be on the floor for all games. The second official can be high school age or older.

15. It is mandatory as a matter of sportsmanship, that all teams will shake hands at the end of each game.

16. The South Central Junior Basketball League reserves the right to modify rules and regulations as it deems appropriate and that all rules and regulations listed as a guide.

Thank you for participating in the league this year.

If you have any questions, concerns or suggestions for the league rules, please contact Brad Kleeman.

Brad Kleeman

Ph: 217.556.4822 Call or text

kleeman.brad@gmail.com

Revised 10/31/2015