

SJAA BASKETBALL RULES



REVIEWED AND UPDATED FOR 2026-2027 SEASON

ARTICLE I: League Make-Up

DIVISIONS:

1st & 2nd Grade Girls

1st & 2nd Grade Boys

3rd Grade Girls

3rd Grade Boys

4th Grade Girls

4th Grade Boys

5th Grade Girls

5th Grade Boys

6th Grade Girls

6th Grade Boys

7th & 8th Grade Girls

7th & 8th Grade Boys

ARTICLE II: Team Make-Up

Teams will be established at the school at which the player attends or resides. Players may not play for any other school unless assigned by the school director. A team will consist of no more than 10 players unless pre-approved by the league for extenuating circumstances. It is permissible for kids that play on select/AAU/feeder teams to play on an SJAA team, EXCEPT for the 7th & 8th Grade BOYS division only.

I. Player Draft & Team Formation

A. Required when 16 or more players sign up from the same division and school

1. Exception: 1st & 2nd divisions can be hand selected between the coaches and director.
2. When 11-15 players join from the same grade, gender, and school, the first 10 players to register will form a team and the remainder will make up a 2nd team. The 2nd team will be combined with players from other schools in the same position.

B. No player may pick the team they wish to play for.

C. Late registrations are only accepted by permission of the school director AND there is a team available in that division with less than 10 players. This player will be placed on the team that had the next pick in the original draft AND has less than 10 players.

D. Any player playing who is not on the team roster will cause that team to forfeit games in which that player participated. This will be retroactive to any games in which the ineligible player participated. In

order for this player to continue playing, he/she must be moved to the appropriate team in accordance with the team formation rules.

ARTICLE III: Player Discipline

Coaches have the responsibility of enforcing the code of conduct for their players during practices. If any disciplinary action is taken toward a player for any reason, the parent(s)/guardian of the player and school director must be notified to determine next steps.

ARTICLE IV: Playing Rules

The rules established by USA Basketball shall apply. The following modifications of those laws and rules will supersede any rule in conflict and have been adopted by the SJAA Board of Directors.

- I. PLAYING TIME (7-10 players)
 - A. All players must play a full quarter start to finish and sit a full quarter start to finish.
 - B. There are no substitutions in the first half. For injuries, see Article IV.IV.A
 - C. Players must play the first full quarter eligible to them
 - D. See substitution charts below for guidance.
- II. PLAYING TIME (6 players)
 - A. Each player must play a two full quarters start to finish
 - B. Players DO NOT have to sit a full quarter start to finish
 - C. No single player may play the entirety of all four quarters
 - D. All players must play in both halves
- III. PLAYING TIME (11 players)
 - A. All players must sit a full quarter and play a full quarter start to finish.
 - B. Players that play the 1st quarter must sit the entire 2nd quarter
 - C. The 11th player that did not play in the 1st half, must play the entire 3rd quarter and start the 4th quarter.
No individual player shall sit the entire first half for more than one game in the season.
- IV. SUBSTITUTION RULES
 - A. If a player fouls out or is injured during their assigned quarter, they may be replaced by any player on the bench. That quarter will not count as a quarter played for the player picked.
 - B. It is the responsibility of the coach with only six players to notify the officials before the game begins that they have only six players.
 - C. If through injury or fouling out, either team has less than five players, that team may continue to play the game. However, if the team falls behind by 20+ points, the game can be terminated by the officials.
 - D. A team must put on the court a minimum of five eligible players in order to commence the game. Teams may not use loaned or other non-rostered players to make up a minimum team, unless authorized by an SJAA board member or the on-site gym supervisor. Failure of a team to field a minimum number of

players within 10 minutes of the starting time will result in a forfeiture of that game. If neither team can put on the floor a minimum number of players within the starting time, both teams shall receive a loss. If there are other players available to play for opposing teams in the same division, and if all coaches agree, teams can borrow these available players so the teams can play an exhibition game.

V. TIMEOUTS

- A. There will be three FULL timeouts allowed PER GAME and PER TEAM.
- B. Each team has one, and only one, FULL timeout during an overtime period.

VI. OVERTIME (For divisions 3rd and up. No OT for 1st and 2nd grade division. Those games will end in a tie.)

- A. The coach may play any five players he/she chooses as long as they are still eligible. Substitutions are allowed.
- B. Team fouls are carried over from the 4th quarter
- C. Overtime is a three minute running clock, with the final minute being a stop clock. The first team to score TWO POINTS being declared the winner. It is Sudden Death unless it is in the playoffs.
- D. In the event of a tie after the overtime period, the end result is a tie game. For playoffs, sudden death will be the deciding factor in the 2nd overtime and beyond.

VII. DEFENSE

- A. Zone defense is strictly illegal in divisions 1st & 2nd thru 4th grade.
- B. Defenders must "pick-up" their "man" at the free throw line extended. Helpside defense is allowed inside the 3 point line.
- C. On ball switching is permissible
- D. Players must stay within a reasonable defensive distance to their "man"
- E. Crowding (more than double teaming) inside the key is allowed and will not be called.
- F. Two warnings per half are given when illegal defense/illegal backcourt press is called. Every violation thereafter is a technical foul resulting in one point for the offensive team plus retain possession of the ball

VIII. OVER AND BACK

- A. Standard over and back rules apply.

IX. FOUL SHOTS

- A. DOUBLE BONUS foul shots are enforced at FIVE team fouls in a quarter.. An offensive foul is NOT a team foul. DOUBLE BONUS is two foul shots
- B. Flagrant fouls will be automatic two points plus retain possession of the ball. In addition, the player who committed the foul will be automatically ejected from the game permanently.
- C. Free throw line distance
 - 1. 1st thru 4th grade: 12' and jumping over line is permissible
 - 2. 5th and 6th grade: Standard 15' line and jumping over line is permissible
 - 3. 7th and 8th grade: Standard 15' line and shooter must not cross over line until the ball hits the rim

X. SCREENS

- A. DOUBLE screens are NOT allowed in 1st thru 4th grade divisions. A double screen is when the offense screens both sides of the on ball defender at the same time.

ARTICLE V: Special Rules Governing Each Division

- I. 1st & 2nd Grade
 - A. No stealing from the dribbler when he/she has possession
 - 1. Loose/uncontrolled balls are fair game
 - 2. Passes are fair game
 - B. Rim/hoop height is 8'
 - C. All games will be six-minute quarters
 - D. Allowed five seconds in the key
 - E. 28.5 size basketball
 - F. Refs have the option to add time back to the clock, or stop the clock when setting up free throws
- II. 3rd Grade
 - A. Stealing from the ball carrier is prohibited
 - 1. Loose/uncontrolled balls are fair game
 - 2. Passes are fair game
 - B. No pressing
 - C. Five-seconds in the key
 - D. 28.5 size ball
 - E. 10 seconds to get the ball across half court
- III. 4th Grade
 - A. Five-seconds in the key
 - B. No pressing
 - C. 28.5 size ball
 - D. 10 seconds to get the ball across half court
 - E. Stealing is allowed
- IV. 5th & 6th Grade
 - A. Three seconds in the key
 - B. No pressing if up by 10+ points
 - C. Zone defense is allowed
 - D. 28.5 size basketball
- V. 7th & 8th Grade
 - A. No pressing if up by 10+ points
 - B. Three seconds in the key
 - C. Zone defense is allowed
 - D. Ball size
 - 1. 28.5 for girls
 - 2. 29.5 for boys
- VI. Special rules governing 3rd thru 8th grade divisions
 - A. All games to be 8 minute quarters with clock stopping on timeouts and on every whistle when under 1 minute to go in each quarter.

- B. Backcourt press violations (when up by 10+) will be given two warnings. A technical foul will be assessed thereafter, resulting in 2 points from the violated team plus retain possession of the ball.
- C. Full running clock if 20+ point lead in the second half.
- D. 3-minute halftime

ARTICLE VI: Special Rules for Games and Practices

- I. No one other than the teams playing may be on the court. This means no one will be shooting baskets between games, at half time, timeouts, etc.
- II. Players with long hair shall wear a headband or shall have their hair tied back
- III. Players shall not wear any dangerous equipment or adornments (rings, watches, bracelets, necklaces, earrings, ear posts, barrettes, clips, buckles, pins, medals, etc.) Studded earrings may be taped.
- IV. Items that cannot be removed (medical ID bracelets) must be safely covered with tape. No player shall be allowed to play in any regularly scheduled game with an injury which can be aggravated by playing or which constitutes a danger to others. No player wearing a hard cast or orthopedic device shall be permitted to play in any game
- V. For protection, players may wear kneepads or elbow pads, provided they are not being used for unfair advantage at the discretion of the referee. Protective pads shall contain no metal or brittle plastic.
- VI. No after-game team treats are allowed in the gyms. These must be done outside.
- VII. Games Canceled in Progress — If a game must be canceled after it has begun for any reason, the score at the time of cancellation will be considered the final result.
- VIII. Rescheduling Process — Practices will not be rescheduled due to limited gym space and availability. Every effort will be made to reschedule canceled games as soon as possible. Make-up games may result in longer game-day schedules or doubleheaders and are subject to gym availability.
- IX. Facility Closures — SJAA follows the Snohomish School District's guidelines regarding facility closures. Once SJAA is notified of a closure, school directors will be informed so they can notify coaches. SJAA will also send an announcement through TeamSnap.
- X. End-of-Season Cutoff — If games are canceled near the end of the season, SJAA may be unable to reschedule them due to limited remaining dates and gym availability.

ARTICLE VII: Coaches

- I. Coaches will be responsible for their own team and actions of their fans. Each coach is required to talk to their team's parents for cooperation in keeping the games for the kids.
- II. A technical foul by a coach is a team foul
- III. A bench technical foul is a team foul
- IV. A parent technical foul is a team foul
- V. Score sheets must be filled out prior to game time
- VI. Player first name and number must be on the score sheet

ARTICLE VIII: Officials

- I. Many of our officials will be young and inexperienced. They appreciate your cooperation and patience.
- II. A training program for the officials is conducted throughout the season
- III. The referee's judgement and discretionary rulings on the court in all cases will be final and no protests of any kind shall be allowed.
- IV. No coach, team, player, or other individual shall dictate to the referees or to the referees' schedule a preferred or unacceptable referee for any game
- V. Failure of a referee to appear within 10 minutes of the scheduled game will not be cause for canceling a game. If one referee is there, he/she may ask for help or officiate the game alone. If neither of the referees are there, the gym supervisor will select a person to referee. Once the game has commenced under the supervision of a selected alternate referee, the game shall continue as originally scheduled until the referees scheduled are able to take over.
- VI. Any coach, assistant coach, participant or spectator who physically assaults or verbally abuses a referee shall be subject to SJAA Code of Conduct and THREE STRIKE policy. An assault by a spectator SHALL result in an automatic 3rd strike of the SJAA Three Strike Policy and will be discussed by its Board of Directors. Additional determinations will be made by the board and will follow the Three Strike Policy. The individual(s) involved in the assault will be notified of the board's determination in writing either by letter or email.

ADDENDUM A – SUBSTITUTION MATRIX

10 Players - 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

1st Quarter		2nd Quarter	
<u>In</u> 1* 2* 3* 4* 5*	<u>Sit Out</u> 6 7 8 9 10	<u>In</u> 6* 7* 8* 9* 10*	<u>Sit Out</u> 1 2 3 4 5
3rd Quarter		4th Quarter	
<u>In</u> Whoever is eligible	<u>Sit Out</u>	<u>In</u> Whoever is eligible	<u>Sit Out</u>

9 Players - 1, 2, 3, 4, 5, 6, 7, 8, 9

1st Quarter	2nd Quarter
-------------	-------------

<u>In</u> 1*	<u>Sit</u> <u>Out</u> 6	<u>In</u> 6*	<u>Sit Out</u> 1
2*	7	7*	2
3*	8	8*	3
4*	9	9*	4
5*		5	
3rd Quarter		4th Quarter	
<u>In</u> Whoever is eligible	<u>Sit</u> <u>Out</u> 5	<u>In</u> Whoever is eligible	<u>Sit Out</u>

ADDENDUM A – SUBSTITUTION MATRIX continued...

8 Players - 1, 2, 3, 4, 5, 6, 7, 8

1st Quarter		2nd Quarter	
<u>In</u> 1*	<u>Sit</u> <u>Out</u> 6	<u>In</u> 6*	<u>Sit Out</u> 1
2*	7	7*	2
3*	8	8*	3
4*		4	
5*		5	
3rd Quarter		4th Quarter	
<u>In</u> Whoever is eligible	<u>Sit</u> <u>Out</u> 4 5	<u>In</u> Whoever is eligible	<u>Sit Out</u>

7 Players - 1, 2, 3, 4, 5, 6, 7

1st Quarter	2nd Quarter
--------------------	--------------------

<u>In</u> 1* 2* 3* 4* 5*	<u>Sit Out</u> 6 7	<u>In</u> 6* 7* 3 4 5	<u>Sit Out</u> 1 2
3rd Quarter		4th Quarter	
<u>In</u> 5 1 2 6 7	<u>Sit Out</u> 3 4	<u>In</u> Whoever is eligible	<u>Sit Out</u> 5

ADDENDUM A – SUBSTITUTION MATRIX continued...

6 Players - 1, 2, 3, 4, 5, 6

1st Quarter		2nd Quarter	
<u>In</u> 1* 2* 3* 4* 5*	<u>Sit Out</u> 6	<u>In</u> 1 2 3 4 6*	<u>Sit Out</u> 5
3rd Quarter		4th Quarter	
<u>In</u> 1 2 3 5 6	<u>Sit Out</u> 4/2	<u>In</u> 1 2 4 5 6	<u>Sit Out</u> 3/1

