



JR. SUNS BASKETBALL RULEBOOK

Official League Rules & Guidelines | K-2nd Grade Division

The primary focus of the K-2nd Grade Division is player development, safety, fun, and sportsmanship. Game officials and coaches should emphasize teaching the rules of the game over strict penalization.

1. Game Format & Timing

- Quarters: Games consist of four (4) 8-minute quarters.
- Clock: A running clock will be used for the duration of the game.
- Substitutions: Mandatory substitutions will occur every four (4) minutes, accompanied by a brief timeout and water break.
- Team Timeouts: Each team is allotted two (2) timeouts per half.
- Scorekeeping: Score will not be kept. The focus remains entirely on player proficiency and enjoyment.
- Volunteer Requirement: One team parent from each team must be available to assist at the scorer's table to run the game clock.

2. Equipment & Court Setup

Equipment	Specification
Ball Size	Junior 27.5 Ball
Rim Height	8 Feet
Coach Presence	Coaches are permitted on the court to instruct and guide players.

3. Defensive Restrictions

To promote offensive flow and skill development, defensive play is strictly regulated:

- No Steals while Dribbling: Defensive players may not strip or swipe at the ball while an offensive player is actively dribbling.
- No Pressing or Trapping: Full-court pressing and trapping defenses are strictly prohibited.
- No Zone Defense: Teams must play man-to-man defense.
- Backcourt Pressure: No defensive pressure is allowed in the backcourt on a change of possession. Defense must retreat and allow the offense to cross mid-court.
- Shot Blocking: Players are not allowed to leave their feet to block shots. Defensive players must stay grounded when contesting a shot.

4. Fouls, Violations, & Whistles

◆◆ Official Philosophy: Referees will officiate with an emphasis on a player's understanding of the game, not just the violation itself.

- Traveling & Double Dribble: These violations will only be called if the player gains a distinct, unfair advantage by doing so. Otherwise, officials will use the moment as a teaching tool.
- Shooting Fouls: Free throws will not be attempted. If a player is fouled in the act of shooting, possession will be retained by the offensive team out-of-bounds.
- Fouling Out: Players cannot foul out of the game.

5. Conduct & Conduct Penalties

The league maintains a zero-tolerance policy for unsportsmanlike behavior from players, coaches, and spectators.

- Technical Fouls: A player or coach assessed with one (1) technical foul will be immediately ejected from the current game.
- Suspensions: Any individual ejected from a game will automatically be suspended and not permitted to participate in or attend the team's next scheduled game.



❖❖ JR. SUNS BASKETBALL

RULEBOOK ❖❖ Official League Rules & Guidelines | 3rd–8th

Grade Division

*Games will be officiated according to **NFHS (High School) rules**, unless otherwise noted below. The primary focus of this division shifts toward competitive development, team strategy, and comprehensive understanding of standard basketball rules.*

1. Game Format & Timing

- **Quarters:** Games consist of four (4) 8-minute quarters.
- **Clock Structure:**
 - **Running Clock:** A running clock will be used for the majority of the game.
 - **Stop Clock:** The clock will stop on all whistles during the **final two (2) minutes of each half**.
 - **Mercy Rule:** If the score differential is **greater than 15 points**, the clock will remain a running clock during the final two minutes of the 4th quarter.
- **Timeouts:**
 - Each team receives two (2) timeouts per half (timeouts do **not** carry over).
 - All timeouts are 30 seconds in length.
- **Overtime (OT) Procedures:**
 - **1st Overtime:** Two (2) minutes in length. The clock will stop during the final one (1) minute. Each team receives one (1) additional timeout.
 - **2nd Overtime:** Free-throw shootout. The best score out of five (5) different players from each team wins.

2. Equipment By Division

Division	Ball Size	Hoop Height
3rd & 4th Grade	28.5" (Intermediate)	10 Feet
5th & 6th / 7th & 8th Grade (Girls)	28.5" (Intermediate)	10 Feet
5th & 6th / 7th & 8th Grade (Boys)	29.5" (Official)	10 Feet

❖❖ *Note: Game balls will be provided by the league.*

3. Defense & Pressing Guidelines

- **Zone Defense: Strictly prohibited** across all divisions. Teams must play man-to-man defense.
- **Full-Court Pressing:**
 - **3rd & 4th:** Full-court pressing is **not** allowed.
 - **5th & 6th / 7th & 8th Grade Only:** Full-court pressing is allowed **only** during the 4th quarter and overtime.
- **Trapping:**
 - **The Requirement:** The Requirement: Once the ball handler crosses the halfcourt line, defender(s) must remain in standard single-coverage until the handler executes a clear "basketball move."

What Counts as a Basketball Move:

- A deliberate attack/dribble toward the basket
- A distinct dribble move (e.g., crossover, hesitate-and-go, spin)
- A pass to a teammate

What Does NOT Count:

- Simply stepping over the halfcourt line, holding the ball while stationary, or walking straight forward without initiating an offensive play.
- When Trapping Is Allowed: The secondary defender can only leave their assignment to double-team/trap *after* the ball handler makes their initial move.

4. Fouls & Modified Free-Throw Rules

Personal fouls and team fouls will be tracked by staff. A player is **disqualified (fouls out) after five (5) personal fouls**. Team fouls enter the bonus after committing **five (5) team fouls in a quarter**.



Standard Regulation Play (Outside the Final 2 Mins of a Half / Last 1 Min of OT)

No traditional free throws are attempted during this time.

- **Shooting Fouls (Missed Shot):** The offensive team is awarded **one (1) point** and retains possession of the ball.
- **Shooting Fouls (Made Shot):** The basket counts, the offensive team is awarded **one (1) additional point**, and possession changes to the defense.
- **Bonus Non-Shooting Fouls:** Once a team is in the bonus (5+ team fouls), all non-shooting common fouls result in **one (1) point** and possession of the ball.



Crunch Time Play (Final 2 Minutes of Each Half & Last 1 Minute of OT)

Traditional free-throw rules apply during these windows.

- **Shooting Fouls:** Two (2) or three (3) free throws will be attempted based on the shot location.
- **Bonus Non-Shooting Fouls:** Once a team is in the bonus (5+ team fouls), the opposing team will shoot **two (2) free throws** for all subsequent non-shooting common fouls.

5. Game Administration & Policies

- **League Staff Duties:** League staff will run the clock, track fouls, and keep the official scorebook.
- **Playing Time:** Players are **not guaranteed** a specific amount of playing time. Playing time is at the discretion of the coaching staff.
- **Technical Fouls & Conduct:** A player or coach assessed **one (1) technical foul** will be immediately ejected from the game and suspended for the following scheduled game.
- **Sportsmanship:** Coaches and staff are responsible for the conduct of their spectators. Spectators who do not promote positive sportsmanship may be asked to leave the facility.