jr. NBA jr. WNBA leagues

RULEBOOK

JR. NBA/JR. WNBA LEAGUES PLAYER ELIGIBILITY AND SEASON FORMAT (MINIMUM REQUIREMENTS)

PLAYER REGISTRATION

Registration should open at least 10 weeks in advance of the first league game via digital platform. Registration must include waivers, acknowledgment of data sharing, and at least one (1) option for payment plan. Registration must also indicate the next steps for how to opt-in to the payment plan.

Players must be registered individually. There is no team registration, however, parents can make "buddy and/or coach requests" for their child and up to two (2) friends. Operators shall make best effort to accommodate "buddy and/or coach requests," but communicate to parents that "buddy requests" are not guaranteed to result in participants being assigned to the same team.

Registration Should inquire if the parents are interested in volunteering to coach or referee. The League Operator must seek volunteers to help coach as needed.

PLAYER VERIFICATION

If a parent, player, or coach is found to have manipulated or attempted to manipulate identification or other verification documents, the NBA reserves the right to dismiss that player from the League.

ROSTER

Teams will be required to have rosters with a minimum of eight (8) players and a maximum of 10 players. In the event a full roster of 8 cannot be fielded, some teams may have 11 players.

Jr. NBA/Jr. WNBA Leagues have a "no cut" policy. Every player that registers will have a roster spot.

SEASON FORMAT

Jr. NBA/Jr. WNBA Leagues are strongly encouraged to operate between October and March of the given playing year. There must be at least one (1) practice prior to a team's first game and there must be at least six (6) games within league play. There can never be more than two (2) games per week during regular season league play. Jr. NBA/Jr. WNBA League playoffs, if offered, may not include more than two (2) games per day.

At the conclusion of a season, all players, coaches, parents, staff members and volunteers should receive a thank you email (Jr. NBA/Jr. WNBA will provide a template).

Any player participating in a Jr. NBA/Jr. WNBA League should be mindful of participation limits across other basketball activities to help prevent overuse injuries and burnout.

PARTICIPATION GUIDELINES

Overscheduling of competitive events, overuse injuries and burnout have become too common in youth basketball. The tables below outline recommended and maximum amount of youth basketball participation, as well as rest guidelines for young athletes, designed to promote a fun and healthy playing experience.

RECOMMENDED PARTICIPATION GUIDELINES

Age	Game Length	# of Games Per Week	Practice Length	# of Practices Per Week
Ages 7-8	20-28 min	1	30-60 min	1
Ages 9-11	24-32 min	1 to 2	45-75 min	2
Ages 12-14	28-32 min	2	60-90 min	2 to 4

MAXIMUM PARTICIPATION GUIDELINES

Playing Segment	Maximum Games Per Day	Max Hours Per Week of Organized Basketball
Ages 7-8	1	3 hours
Ages 9-11	2*	5 hours
Ages 12-14	2*	10 hours**

The maximum participation guidelines outlined above and guidance on camps and academies below are intended to serve as limits on a young athlete's participation in organized basketball. It is possible that participation in organized basketball within the maximum limits but in excess of the recommendations is also not advisable from a health and wellness standpoint; however, this issue requires further study.

*Youth basketball players, parents, and coaches should demonstrate caution in scheduling or participating in more than one game per day, especially on consecutive days. If young athletes participate in an event or tournament in which more than one game is played per day on consecutive days, players should have additional time off from sports activities following the event to allow for recovery.

**It is recommended that young athletes in these age ranges who are approaching the maximum hour limits not participate in another organized sport concurrently.

REST GUIDELINES

Playing Segment	Minimum Rest Days Per Week	Max Months Per Year In Organized Basketball	Recommended Hours of Sleep Per Night
Ages 7-8	2	4 months	9-12 hours
Ages 9-11	2	5 months	9-12 hours
Ages 12-14	1	7 months	8-10 hours*

*For 12-year-olds, 9-12 hours of sleep is recommended.

PRACTICES

There must be at least one (1) practice before game play. No practice can start at 9pm or later. Every practice must allow the team to have at least forty-five (45) minutes on court with access to at least a half court and one (1) basket.

The operator is responsible for providing at least two (2) basketballs per team per practice/game, and jerseys for game play (both jersey and ball allocation will be included in the licensing fee operators pay). Teams may supply additional basketballs, pennies, or any other equipment as needed.

GAMES

Games must occur weekly. Leagues cannot have fewer than six (6) games or more than fifteen (15) games, and cannot run for more than fifteen (15) weeks in total.

STAFFING

There must be a league director at every game, and league or facility staff at every practice.

For game play there must also be two (2) officials per court per game, a scoreboard operator/scorekeeper managing the book on each court, and a shot clock operator (for the appropriate ages, if applicable). There should be healthcare personnel (e.g., nurse, athletic trainer) at games. The minimum age for any staff should follow applicable local laws. All staff should be clearly identified. Officials must wear black and white stripes, black pants or shorts, and black shoes.

Operators and staff are responsible for supporting event setup and breakdown.

GAME RESULTS

Operators must post physical and/or digital schedules and results. Every game will have a winning team and a losing team. Follow the standings for playoff seedings (if applicable), and for ties, refer to head-to-head.

SEEDING AND TIES (IF APPLICABLE):

The following information will be used to seed teams at the conclusion of league play:

- Record is the first determinant, e.g., a team with an 8-0 record receives a better seed than a team with a 7-1 record.
- If teams have the same record, the tie-breaker process below will be followed:
    - If two teams have the same record, the head-to-head winner receives the better seed
- If three or more teams have the same record, proceed with a coin toss between the team that had the earliest pick and the draft, and the team with the next pick in the draft. The winner of this coin toss will then have a coin toss with the 3rd team and subsequent teams.

JR. NBA/JR. WNBA LEAGUES PLAYER ELIGIBILITY AND SEASON FORMAT (RECOMMENDED)

PLAYER SEGMENTATION

The NBA and USA Basketball have adopted a Youth Basketball Player Segmentation Model designed to help ensure player safety, consistency and competitive fairness, and balance for youth basketball players. The player segmentation model utilizes the age of players—rather than their grade—to ensure a developmentally appropriate playing experience.
For purposes of eligibility, a "Playing Year" is defined as September 1st - August 31st.

- Beginning at age seven (7), players are segmented by single-year age through age thirteen (13). Date of birth relative to the Playing Year is the final determinant of eligibility.

- For age segments, each age designation reflects the maximum age of a player during the Playing Year. For example, using the 2022-23 Playing Year, the 12U segment is for players who are twelve (12) years of age and under as of August 31, 2023. Should a player turn thirteen (13) on August 31 or earlier, the player would be ineligible for the 12U segment and would be considered a 13U player.

Players are allowed to "play up" an age group if the League Operator allows.

The NBA and USA Basketball developed age- and stage- appropriate playing guidelines – to include playing rules, equipment recommendations, and competition structure elements – for different age segments.

- ·7-8 years old*
- 9-11 years old
- 12-14 years old

*Recommendation for six (6) year-olds is that they play as a standalone age group following the rules for kids ages 7-8.

The Jr. NBA/Jr. WNBA Leagues are available to players ages 6-14. Within these age segmentations, co-ed or participating in different gender leagues is acceptable up until the age of 12. At the 12-14 age group, players may only participate in their respective gender-appropriate league.

Additionally, league operators have the discretion to host multiple divisions within an age segment based on demand. Therefore, there could be any combination of age divisions within each segment. For example, in the 9-11 age segment there could be a 9-year-old division, a 10-year-old division, and an 11-year-old division, if desired. Or there could be a combined 9- and 10-year-old division and a separate 11-year-old division, or just a 9–11-year-old division, etc.

The 7–8-year-old segment will be known as the Rookie Division. If there are separate divisions within this age segment, they will be known as Rookie 7's or Rookie 8's etc.

The 9–11-year-old division will be known as the Starter Division. If there are separate divisions within this age segment, they will be known as the Starter 9's or Starter 10's etc.

The 12–14-year-old division will be known as the All-Star Division. If there are separate divisions within this age segment, they will be known as the All-Star 12's or All-Star 13's etc.

The rules and standards of play will differ based on each age segment. See below for specific rules and standards per age segment.

TRYOUTS

League Operators should prioritize ensuring healthy and balanced competition (i.e., preventing "stacked" teams). Team selection is at the discretion of the League Operator, however, tryouts have proven to be a successful approach to ensuring balanced rosters. Tryouts are permitted subject to the following:

- There must be at least one (1) tryout per age group and one (1) make-up tryout per age group.
- Tryouts and make-up tryouts will be communicated while registration is still open.
- Tryouts must be conducted by league coaches, while other league coaches attend the tryout to evaluate the players. The evaluators and coaches will change roles during the tryout to ensure a fair evaluation opportunity.
- League coaches will provide a score to every player across multiple skills and those scores will be averaged and combined with others to determine the player draft status.

Registration must also inquire if either parent is interested and/or willing to volunteer to coach if needed. The League Operator must seek volunteers to help coach as needed.

Jr. NBA/Jr. WNBA Leagues have a no cut policy. Every player that tries out will have a roster spot.

TEAM SELECTION

League Operators should prioritize ensuring healthy and balanced competition (i.e., preventing “stacked” teams). Team selection is at the discretion of the League Operator. A “Draft” has proven to be a successful approach to ensuring balanced rosters. Drafts are permitted subject to the following:

- All head coaches or assistant coaches must attend the Jr. NBA/Jr. WNBA League Draft.
- No players or parents shall attend or know their player’s score outside of those at the draft.
- Parent coaches must select their child as one of their picks in the round that their child was evaluated.

The draft is organized as a “Snake.” This means if there are eight (8) teams, teams draw to determine the draft order. Team 1 picks first and each team gets a pick through Team 8. After Team 8’s pick, the draft will snake, meaning Team 8 will pick again, and then Team 7 down through Team 1. Then, Team 1 will pick again as the Draft snakes back up and continues.

Once the draft is complete, there will be no changes to rosters.

Operators will organize teams so that there are 8-10 players per roster. There can be no fewer than eight (8) players on any team. If every team has a balanced ten (10) player roster and less than 8 additional players remain unassigned, eleven (11) players are permissible on a team roster.

TEAM NAMES

Team names will be determined on Draft night and may consist of 1-2 teams plus the NBA/WNBA team name in market. For example, in San Antonio a team name may include the coaches name “Spurs – Thompson” or more original names such as “Spurs Competitors.”

GAMEPLAY RULES AND STANDARDS (RECOMMENDED)

OVERVIEW

The NBA and USA Basketball have worked closely with an expert working group on Playing Standards to develop age- and stage-appropriate rules and standards for youth basketball. Aligning with the Player Segmentation Model, these guidelines help young players appropriately learn the fundamentals of the game, achieve and maintain early success, and provide enhanced long-term development.

The rules and standards address four key areas:

1. Equipment & Court Specifications (e.g., proper height of the basket, size of the ball, and court dimensions and lines).
2. Game Structure (e.g., length of the game, scoring and timeouts).
3. Game Tactics (e.g., equal playing time, player-to-player vs. zone defense, pressing vs. no pressing).
4. Game Play Rules (e.g., use of a shot clock, substitutions, clock stoppage).

RULES AND STANDARDS CHARTS

See below for detailed rules and standards information. Please keep in mind:

- The playing rules and standards below are to serve as guidelines and recommendations for those administering basketball competitions.
- The NBA and USA Basketball have created progressive sets of rules and standards for younger age segments (ages 14 and under).
- The NBA and USA Basketball utilize these playing rules and standards in all events and competitions they may host.

*We understand that organizations and facilities may not always be able to accommodate all recommendations and that modifications will need to be made in certain instances due to practical limitations (e.g., inability to raise or lower the height of a basket, re-draw court lines, or not having a shot clock).

RECOMMENDED STANDARDS BY DIVISION

The below playing standards and rules are to serve as guidelines and recommendations for those administering Jr. NBA/Jr. WNBA Leagues. We understand that organizations and facilities may not always be able to accommodate some of the recommendations. In that case, we suggest that modifications are allowed where limitations exist (e.g., inability to raise or lower the height of a basket, re-drawing court lines, or not having a shot clock).

ROOKIE DIVISION (AGES 7-8)*

* Recommendation for six (6) year-olds is that they play as a standalone age group following the rules for kids ages 7-8.

EQUIPMENT & COURT SPECIFICATIONS GAME STRUCTURE

- Size of Ball: Girls and Boys (size 5; 27.5")
- Height of Basket: 8'
- Size of Court: 50' x 42' (e.g., equivalent to playing "cross-court" in many gyms
- Distance of 3-Point Arc: Not Applicable
- Distance of Free Throw Line: 14'

STARTER DIVISION (AGES 9-11)

EQUIPMENT & COURT SPECIFICATIONS GAME STRUCTURE

- Size of Ball: Girls and Boys (size 6; 28.5")
- Height of Basket: 9'
- Size of Court: 74'x50'
- Distance of 3-Point Arc: Not Applicable
- Distance of Free Throw Line: 14'

ALL-STAR DIVISION (AGES 12-14)

EQUIPMENT & COURT SPECIFICATIONS GAME STRUCTURE

- Size of Ball: Girls (size 6; 28.5"), Boys (size 7; 29.5")
- Height of Basket: 10'
- Size of Court: 84'x50' or 94'x50'
- Distance of 3-Point Arc: 19'9"
- Distance of Free Throw Line: 15'

RECOMMENDED GAME FORMAT BY DIVISION

To ensure a positive experience and appropriate development, the Jr. NBA/Jr. WNBA Leagues follow different game formats and rules by age segment. The below playing standards and rules are to serve as guidelines and recommendations for those administering Jr. NBA/Jr. WNBA Leagues. We understand that organizations and facilities may not always be able to accommodate some of the recommendations. In that case, we suggest that modifications are allowed where limitations exist (e.g., inability to raise or lower the height of a basket, re-drawing court lines, or not having a shot clock).

ROOKIE DIVISION (AGES 7-8)*

* Recommendation for six (6) year-olds is that they play as a standalone age group following the rules for kids ages 7-8.

Every competition includes a fun skill competition, internal 3v3 play and 5v5 play. The Jr. NBA/Jr. WNBA provides a fun skill game to start every competition, as well as how to execute internal 3v3, and then play 5v5. The team winning the skill competition will be awarded the ball to start the 5v5 competition. 3v3 competition will be executed as internal/inner-team competition. When the teams begin 5v5 play, the score will start as 0-0 and the team that won the skill competition will start with the ball, inbounding from half court. If the teams tie in the skill competition, there will be a coin toss to see who starts with the ball.

STARTER DIVISION (AGES 9-11)

Every competition includes external 3v3 and 5v5 play. The Jr. NBA/Jr. WNBA provides the format for executing external 3v3 and 5v5 competitions. External 3v3 competitions means the competition will be versus the opposing team. The winner will receive a 2-0 start to the 5v5 competition and will inbound the ball at half court. If the 3v3 results in a tie, the team that started with the ball in 3v3 will start on defense for 5v5.

ALL-STAR DIVISION (AGES 12-14)

Every competition is 5v5 play. Games will start with a jump ball.

RECOMMENDED GAME RULES BY DIVISION

The below playing standards and rules are to serve as guidelines and recommendations for those administering Jr. NBA/Jr. WNBA Leagues. While we feel these rules and standards will provide the best basketball experience, we understand that organizations and facilities may not always be able to accommodate some of the recommendations.

ROOKIE DIVISION (AGES 7-8)

* Recommendation for six (6) year-olds is that they play as a standalone age group following the rules for kids ages 7-8.

In addition to the Rookie division skill competition and internal 3v3, the 5v5 competition will follow the below format. Please see full rules separately.

GAME STRUCTURE

After warm-ups, the teams will compete in a skill competition, internal 3v3 and then follow the below 5v5 game structure and rules.

- Game Length – If the above-mentioned recommended format is followed, two 8-minute periods. Otherwise, Six (6) to eight (8)-minute periods.
- Time Between Periods – One (1) minute
- Extra Period(s) – Two (2) minutes
- Scoring - Free throw: One (1) point, all field goals: two (2) points, no 3-point field goals
- Timeouts - Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play. One 60-second timeout granted for each extra period. Unused timeouts may not carry over to the next half or into extra periods.
- Start of Game - Possession begins with the winner of the skill competition. That team starts with throw-in at half court.

GAME TACTICS

- Playing Time - Equal playing time
- Set Defense - Only player-to-player defense throughout the competition
- Pressing Defense - Pressing is not allowed throughout the competition
- Double-Team/Crowding - Double-team/crowding is not allowed throughout the competition
- Stealing From the Dribbler - Stealing from a dribbler is not allowed throughout the competition

HIGHLIGHTED RULES

- Backcourt Timeline - Not applicable
- Shot Clock - Not applicable
- 5 Seconds Closely Guarded - Not applicable
- Clock Stoppage - On any dead ball
- Length of Time for a Free-Throw – Ten (10) seconds
- Number of Players Permitted on Free Throw Lane - Offense may have three (3) players on the lane, including the shooter. Defense may have three (3) players on the lane
- Substitutions – Mandatory for equal playing time
- Advancement of Ball after a Timeout - Not applicable

STARTER DIVISION (AGES 9-11)

GAME STRUCTURE

After warm-ups, the teams will compete in external (cross-team) 3v3 and then follow the below game structure and rules.

- Game Length: If the above-mentioned recommended format is followed, three 8-minute periods. Otherwise, Six (6) to eight (8)-minute periods.
- Time Between Periods – One (1) minute
- Extra Period(s) – Two (2) minutes
- Scoring – Free throw: One (1) point, all field goals: two (2) points, no 3-point field goals
- Timeouts – Two 60-second timeouts permitted in the first half of play. Two 60-second timeouts permitted in the second half of play. One 60-second timeout granted for each extra period. Unused timeouts may not carry over to the next half or into extra periods
- Start of Game – Possession starts with the 3v3 winner. Team awarded possession starts with throw-in at half court

GAME TACTICS

- Playing Time – Equal playing time in periods 1-3. Coach's discretion in the 4th period and each extra period
- Set Defense – Only player-to-player defense throughout the competition
- Pressing Defense – Player-to-player defense may be extended full court in the 4th period and each extra period. Leading team may not extend the defense over half court when leading by twenty-five (25) points or more
- Double-Team/Crowding – Double-team/crowding is not allowed throughout the competition
- Stealing From the Dribbler – Coach's discretion throughout the competition

HIGHLIGHTED RULES

- Backcourt Timeline – Ten (10) seconds
- Shot Clock – Not applicable
- 5 Seconds Closely Guarded – Only when the offensive player is holding the basketball.
- Clock Stoppage – On any dead ball
- Length of Time for a Free-Throw – Ten (10) seconds
- Number of Players Permitted on Free-Throw Lane - Offense may have three (3) players on the lane, including the shooter. Defense may have three (3) players on the lane
- Substitutions - Either team may substitute when the clock is stopped. Mandatory for equal playing time in periods 1-3.
- Advancement of Ball after a Timeout - Not applicable

ALL-STAR DIVISION (AGES 12-14)

After warm-ups, the teams will compete in 5v5 competition.

GAME STRUCTURE

- Game Length - Four 8-minute periods
- Time Between Periods – One (1) minute
- Extra Period(s) – Four (4) minutes
- Scoring - Free throw: One (1) point, all field goals: two (2) points, Field goal outside of 3-point arc: three (3) points
- Timeouts - Two 60-second timeouts permitted in the first half of play. Three 60-second timeouts permitted in the second half of play - Maximum of two (2) timeouts permitted in the final two (2) minutes of the 4th period. One 60-second timeout granted for each extra period. Unused timeouts may not carry over to the next half or into extra periods.
- Start of Game Possession - Jump ball

GAME TACTICS

- Playing Time – Coach's discretion throughout the competition
- Set Defense - All allowed throughout the competition at coach's discretion
- Pressing Defense - Pressing allowed throughout the competition. Leading team may not press when leading by 25 points or more
- Double-Team/Crowding - Allowed throughout the competition at coach's discretion
- Stealing From the Dribbler – Coach's discretion throughout the competition

HIGHLIGHTED RULES

- Backcourt Timeline – Ten (10) seconds
- Shot Clock - 30 seconds. Full thirty (30) second reset on offensive and defensive rebounds. Full thirty (30) second reset on any foul.
- Five (5) Seconds Closely Guarded – Only when the offensive player is holding the basketball
- Clock Stoppage – On any dead ball
- Length of Time for a Free-Throw – Eight (8) seconds
- Number of Players Permitted on Free-Throw Lane - Offense may have three (3) players on the lane, including the shooter. Defense may have three (3) players on the lane.
- Substitutions - Either team may substitute on any dead ball. Either team may substitute before the first free throw attempt or after the last free throw if made. A non-scoring team may substitute after any field goal scored in the last two (2) minutes of the 4th period and each extra period. If the non-scoring team substitutes, the scoring team may also substitute
- Advancement of Ball after a Timeout - In the last two (2) minutes of the 4th period and each extra period following a timeout, the ball will be inbounded from the offensive team's front court opposite the scorer's table

BENCH RULES

Two (2) coaches/bench personnel are allowed on the bench.

The top/left team on the schedule shall be the home team. The bottom/right team on the schedule shall be the visiting team. If standing on the court and facing the scorer's table, the home team will sit on the left side of the official scorekeeper and the visiting team will sit on the right. The home team wears light jerseys and the visitor wears dark jerseys. (If the two teams agree, they may interchange jersey colors). All uniforms must be properly tucked prior to entering the game.

A team may only have team verified players and coaches on the bench(maximum 10-11 players and 2 coaches/bench personnel). Violation of this rule shall result in a one-shot technical foul and removal of the player or bench personnel. At least one (1) person age eighteen (18) or older must be on the bench at all times.

REFEREES

- There will be two (2) referees per game for all games.

PROTESTS

- All referee calls are final.
- Any scoring protests will use the official scorebook as the final determinant.

PRE-GAME RULES

- Every player and coach will shake hands with referees pre-game.
- Teams will receive a minimum of three (3) minutes to warm up prior to the start of the game.

Post-Game Rules

- Players and coaches will shake hands at the end of all games.

EQUIPMENT STANDARDS

Uniforms

The home team wears light jerseys and the visiting team wears dark jerseys (unless both teams agree to switch). Players may wear undershirts, sleeves, tights, wristbands and headbands. All items must be black, gray, white or the predominant color of the jersey. Undershirts must be a single solid color and must have sleeves that are the same length and cannot have frayed or ragged edges.

Basketballs

Two (2) basketballs per team per court shall be provided for warm-ups.

Apparel & Equipment

Apparel in association with the Jr. NBA/Jr. WNBA Leagues will be managed and sold through an online portal.

COACHING INFORMATION

Coach Limits

Teams may have multiple volunteer coaches to facilitate practices, but bench personnel is capped at two (2) coaches per team.

Coach Attire

Coaches and/or bench personnel must wear a polo, t-shirt, sweater, dress pants or dress shorts, and closed toe shoes for all games. No headwear of any kind is allowed. No sandals, athletic shorts, tank tops, sleeveless shirts, or sweats are permissible. Failure to meet this requirement will result in an inability to coach the team. Coaches will be reminded of the attire guidelines as necessary at the start of each game.

Coach Training

There are two (2) required pre-season meetings for all coaches. One to be held by the operator to review rules and expectations. The other training will be a virtual Jr. NBA/Jr. WNBA coaching clinic aimed at supporting each age segment appropriately.

RESPECT FOR THE GAME PROGRAM (RECOMMENDED)

Respect For The Game - Credit System
We feel the youth basketball community should be acknowledged and rewarded for their hard work and positive contributions to improve the game. That's why Jr. NBA/Jr. WNBA Leagues have developed a program that helps track positive participation. The Respect for the Game program supports players, coaches, and parents, and reinforces their positive actions. By focusing on and highlighting Respect for the Game, we can ensure a positive youth basketball experience.

See below for the Referee Respect Program, Positive Parent Challenge, Coaches Credit System, and The Baller Bonus.

Referee Respect Program
At the conclusion of every game, both team coaches will hand a card to an official indicating what trait that official best demonstrated during the game. These cards must be at the scorer's table for the coaches to utilize post-game. After receiving and acknowledging the card, the officials will return the card to the scorer's table. PDF printouts of these cards can be found on Jr. NBA/Jr. WNBA League website.

Positive Parent Challenge
Every Jr. NBA/Jr. WNBA Leagues game includes the positive parent challenge. That means parents and spectators are only allowed to use positive comments during gameplay. There will be signage and reminders to ensure that all parents and spectators are aware of the program. This program leans on participating parents and spectators to hold others accountable if they are behaving or speaking inappropriately.

Coaches Credit System
The Jr. NBA/Jr. WNBA will provide a printable pdf to put on a box at the front of the facility so that parents and players can drop notes for their coaches. Notes can be anonymous or include the player/parent name and should simply acknowledge something the player/parent is grateful for about the coach. The notes can be short and simple. The operator will collect the notes and give them to the coaches on the days of their practices.

Player Credits "Baller Bonus"
In an effort to develop young players holistically on and off the court, players that demonstrate good citizenship off the court will earn credits and acknowledgment from coaches or league staff. If appropriate, leagues may recognize players who perform well in the Baller Bonus program with an end-of-season certificate. Players may receive credits for any positive off-court acts such as doing well in school, volunteering, completing life skills materials, writing military thank you notes, etc.

COMPLIANCE
If any team/coach/operator/staff are considered to be in violation of the details above, RCX and/or the Jr. NBA/Jr. WNBA reserves the right to dismiss them from the Jr. NBA/Jr. WNBA League and prohibit further participation or affiliation with the Jr. NBA/Jr. WNBA Leagues program.

APPENDIX

Incident Report					
Particulars of incident:					
Date:	Time:	Location:			
Type of incident (please circle below):					
Injury	Illness	Environmental	Notifiable event	Abuse	Other:
Reported by:			Phone:		
Role in the event:			Email:		
Relationship to the victim:					
The injured/abused person:					
Name:			Address:		
Age:	Phone:				
Parent/Guardian Information (if a minor):					
Name:			Address:		
Phone:			Other Parent/Guardian Name:		
The alleged abuser/offender					
Name:			Address:		
Age:	Phone:		Gender: M F		
Witness(s):					
Name:	Phone:	Email:			
Name:	Phone:	Email:			
Name:	Phone:	Email:			
Describe the incident:					
Describe any illness or injury: *What part of the body is affected and how?*					

Describe the nature and extent of injury/abuse: *What damage was caused and how?*		
Describe any property damage: *What damage was caused and how?*		
Analysis: *What do you think caused or contributed to the incident?*		
Prevention: *What action has been taken to prevent a reoccurrence?*		
Have all preventative actions been reviewed and determined by Event Management, and implemented? **Yes** **No**		
Signature:		Date completed:
PLEASE FILL OUT IN THE EVENT OF ABUSE:		
Was there any indication of prior abuse/neglect? Explain.		
Circumstances under which you became aware of the abuse:		
Physical and/or behavioral indicators indentified:		
Names/information of other children in the household:		
Name:	Age:	
Name:	Age:	
Name:	Age:	
Name:	Age:	

PLAYER CODE OF CONDUCT

1. Players will display sportsmanship by respecting the rules and the officials, as well as their opponents, teammates, and selves.
2. Players will exhibit the highest ethical best practices and personal integrity.
3. Players will not harass, bully, haze, ridicule, humiliate, or engage in physical violence towards one another or any other person.
4. Players will treat each other and their coaches with respect at all times.
5. Players will use social media responsibly. Social media activity should never be used to incite, harass, or bully other players, coaches, officials, or any other individuals.
6. Players will not use profanity or tell inappropriate or profane jokes.
7. Players will not be in possession of weapons of any kind, illegal drugs or alcohol, or any other item that is disallowed by the Jr. NBA/Jr. WNBA League.

AUTHORIZED ADULT CODE OF CONDUCT

An “Authorized Adult” refers to any individual, paid or unpaid, who oversees, supervises, chaperones, or otherwise interacts with Youth in and for Jr. NBA/Jr. WNBA Leagues, including but not limited to travel, training, tournaments, practices, games, and/or facilities. This includes, but is not limited to, League Operators, employees, staff, coaches, volunteers, independent contractors, and other third parties such as referees and athletic trainers. “Youth” refers to any minor player associated with a Jr. NBA/Jr. WNBA League.

1. Authorized Adults will exhibit the highest ethical best practices and personal integrity.
2. Authorized Adults will provide a professional work environment that is free from physical, psychological, written, or verbal intimidation or harassment.
3. Authorized Adults will not physically, sexually, or emotionally abuse or neglect a Youth.
4. Authorized Adults will share concerns about Child Abuse, other violations, or inappropriate behavior as required by the organization’s reporting requirements and the law.
5. Authorized Adults will report any suspected Child Abuse of a Youth to the proper authorities.
6. Authorized Adults will accept their personal responsibility to protect Youth from Child Abuse.
7. Authorized Adults will treat Youth with respect at all times.
8. Authorized Adults will maintain appropriate physical and relationship boundaries with Youth.
9. Authorized Adults will adhere to appropriate standards of displaying affection.
10. Authorized Adults will avoid affection with Youth that cannot be observed by others.
11. Authorized Adults will not use profanity or tell inappropriate or profane jokes in the presence of Youth.
12. Authorized Adults will not involve Youth in their personal problems or issues.
13. Authorized Adults will not engage in sexually oriented conversations with Youth, including not discussing their sexual encounters.
14. Authorized Adults will not date or become romantically involved with Youth.
15. Authorized Adults will not use or be under the influence of alcohol or illegal drugs in the presence of Youth.
16. Authorized Adults will not have sexually oriented materials, including printed or online pornography, on Jr. NBA/Jr. WNBA League property or in the presence of Youth.
17. Authorized Adults will not ask Youth to keep secrets.
18. Authorized Adults will not give money or gifts to Youth, except with permission of the program operator.
19. Authorized Adults will not stare at or comment on Youths’ bodies in a non-professional manner.
20. Authorized Adults will never be nude or inappropriately dressed in the presence of Youth and must be appropriately dressed at all times.
21. Authorized Adults will comply with the Jr. NBA/Jr. WNBA League’s policies regarding interactions with Youth outside of the program.
22. Authorized Adults will not engage in prohibited or unprofessional electronic communication with Youth.
23. Private living areas or bedrooms of Authorized Adults are not to be used for program activities or by Youth.
24. Authorized Adults are prohibited from working one-on-one with Youth in a private setting that cannot be interrupted.
25. Authorized Adults are to prohibit and prevent the following prohibited activities: a) hazing; b) bullying; c) derogatory name-calling; d) ridicule or humiliation; and e) sexual activity.
26. Authorized Adults may not have engaged in or been convicted of a Child Abuse offense, however classified, or be a registered sex offender.
27. Authorized Adults are prohibited from acting or speaking to Youth in a way that is unduly harsh, coercive, threatening, intimidating, shaming, derogatory, demeaning, or humiliating.
28. Authorized Adults will adhere to the provisions of this document both during and outside of the Jr. NBA/Jr. WNBA League program.
29. The above Code of Conduct was created for NBA Youth Programming in conjunction with Praesidium, an expert in the prevention of sexual abuse of children.