



# RSM NJB - OFFICIAL RULE BOOK

RSM NJB Document

Last updated: April 4, 2023



Table of Contents

**SECTION 1 - OFFICIAL RULE BOOK ..... 5**

1.1 SAFETY FIRST..... 5

    1.1.1 CONCUSSION ..... 5

    1.1.2 JEWELRY ..... 5

1.2 FORFEIT TIME..... 5

1.3 PRE-GAME CONFERENCE..... 5

1.4 COACHES MUST SIT RULE ..... 6

1.5 COACH CONDUCT..... 6

1.6 SPECTATOR CONDUCT ..... 6

1.7 PLAYER CONDUCT..... 7

**SECTION 2 - LENGTH OF PLAYING PERIODS..... 7**

2.1 DIVISIONAL GAMES ..... 7

    2.1.1 RUNNING CLOCKS..... 7

    2.1.2 PERIOD TRANSITION ..... 7

**SECTION 3 - CLOCK ..... 7**

**SECTION 4 - HALF TIME ..... 7**

**SECTION 5 - OVERTIME..... 8**

**SECTION 6 - TIME-OUTS ..... 8**

**SECTION 7 - FREE THROW BONUS ..... 8**

**SECTION 8 – PLAYER PARTICIPATION (WINTER LEAGUE ONLY) ..... 8**

8.1 PENALTY ..... 8

8.2 LATE PLAYERS..... 9

8.3 SICKNESS, INJURY OR HEALTH PROBLEMS ..... 9

    8.3.1 UNABLE TO CONTINUE PLAY ..... 9

8.4 FOUL OUTS AND EJECTIONS..... 9

8.5 DISCIPLINE..... 10

**SECTION 9 - PLAYER ADVANTAGE RULE (BOYS DIVISION 1 & 2 ONLY)..... 10**



9.1 ONE PLAYER..... 10

9.2 TWO PLAYER..... 10

9.3 THREE PLAYER..... 10

**SECTION 10 - FIVE (5)-PLAYER RULE (BOYS DIVISION 1 & 2 ONLY) ..... 10**

**SECTION 11 – SIX (6)-PLAYER RULE (ALL DIVISIONS)..... 10**

11.1 6 PLAYER – SIT OUT POLICY ..... 11

11.2 6 PLAYER – FOUL OUT POLICY ..... 11

**SECTION 12 - MERCY RULE..... 11**

12.1 REMOVAL OF TOP PLAYERS..... 11

**SECTION 13 - DIVISION 3 & 4 ..... 11**

13.1 DEFENSE..... 11

13.1.1 Transition Rule ..... 12

13.1.2 Half-Court Press ..... 12

13.1.3 Full-Court Press ..... 12

13.2 FREE THROWS..... 12

13.2.1..... 12

13.3 - ADDITIONAL RULES..... 13

13.3.1 1st Pass / Back Court..... 13

13.3.2 Key Violation..... 13

13.3.3 Insufficient Action..... 13

**SECTION 14 - DIVISION 2 ..... 13**

14.1 DEFENSE..... 13

14.1.1 Half-Court Press ..... 13

14.1.2 Full-Court Press ..... 13

14.1.3 PENALTY: Any illegal defense..... 13

14.2 FREE THROWS..... 14

**SECTION 15 - DIVISION 1 ..... 14**

15.1 DEFENSE..... 14



15.1.1 Full-Court Press ..... 14

15.2 FREE THROWS..... 14

**SECTION 16 – MISCELLANEOUS RULES AND REGULATIONS ..... 14**

16.1 – PLAYING UP..... 14

**APPENDIX ..... 15**



## SECTION 1 - OFFICIAL RULE BOOK

The National Federation High School Basketball Rule Book shall be the official rules for all NJB games. As such, the "10-second back court rule" and "5-second closely guarded rule" shall apply in both the boys and girls games and no shot clock will be used. Local chapters may adopt exceptions to the rules only when permitted by NJB National Headquarters.

### 1.1 SAFETY FIRST

The safety and well-being of our players is always NJB's main concern. Referees may stop games at any time to investigate the condition of a player who may be hurt and shall resume play as soon as the situation reasonably allows. Coaches on the court for injuries are not required to remove the player. The player may remain in the game at the discretion of his coach and the referee. The player's safety is the determining factor.

#### 1.1.1 CONCUSSION

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.

#### 1.1.2 JEWELRY

Jewelry is prohibited. All body piercings must be removed and cannot be covered with tape. Religious jewelry and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

### 1.2 FORFEIT TIME

Forfeit Time is ten (10) minutes after scheduled game time. If requested, referees are required to remain at the game site and work an organized practice game or controlled scrimmage, allowing adequate time to start the following game on schedule.

### 1.3 PRE-GAME CONFERENCE

Coaches and referees shall meet as soon as possible following the end of the previous game to discuss applicable divisional rules. Recommended: one minute maximum.



#### 1.4 COACHES MUST SIT RULE

All coaches shall remain seated on their team bench during the contest. Coaches are permitted to stand temporarily to cheer a play or instruct players but must then return to their seat.

#### 1.5 COACH CONDUCT

Each NJB coach shall be totally responsible for the conduct of his assistant coaches, players, fans, and himself. Absolutely no abusive or vulgar language will be tolerated towards players or game officials. No smoking will be permitted on the playing courts. No alcoholic beverages or illegal drugs will be allowed at any NJB function.

Penalty - After the official warning at the coaches/referee pre-game meeting, the NJB Blue Card shall be issued. (The Blue Card is for all Adults)

1st infraction - First technical foul charged to the Head Coach

2nd infraction - Second technical foul charged to the Head Coach. The Head Coach is ejected from the game and must exit the gymnasium.

3rd infraction - Game is over and the offending team is placed on immediate suspension.

Note: If a coach or parent is ejected from a game, they shall be suspended for 2 games following the ejection. If this happens twice in the same season, that coach shall be dismissed for the remainder of the season and is not eligible to coach in the Championship Series Tournament or any All-Star Tournaments. Reinstatement of the offending coach to participate in the next season will be at the discretion of the local board of directors. Fighting - as defined by NJB and NFHS will result in a minimum of 2 games suspension.

#### 1.6 SPECTATOR CONDUCT

It is necessary that proper conduct be a requirement of parents and all spectators at all times. Neither swearing or harassment of game referees will be permitted. Spectators shall at no time use signs, gestures, noise makers, degrading comments toward opposing coaches, players, other spectators, or game referees. Penalty - The Head Coach of the offending team shall be issued a Blue Card for the misconduct of any of the team's spectators. Any chapter official may request that the offending spectator vacate the facility immediately. If the offending spectator refuses to leave the facility, the basketball game shall be suspended until the spectator vacates the premises. Chapter officials have the authority to summon law enforcement agencies for assistance. In addition, the offending spectator may not attend the following contest. 2 game suspension shall



be enforced. NJB requires excellent sportsmanship and respect of all participants. This policy will be enforced to the maximum level. Spectators shall behave at all times.

## 1.7 PLAYER CONDUCT

Poor sportsmanship, fighting, or disrespect for the opposing team and game referees will not be tolerated. Players will refrain at all times from arguing with the referees. The game referees are instructed to eject any player for any infraction. Penalty - If a player is ejected from a contest, that player will receive a minimum 1 one game suspension. If an action occurs a 2nd time during the season, the player will be dismissed and lose the privilege of playing National Junior Basketball. Any player that physically assaults/fights with another player or game official shall receive a mandatory 2 game suspension. Reinstatement of suspended player to participate for the remainder of the seas.

## SECTION 2 - LENGTH OF PLAYING PERIODS

### 2.1 DIVISIONAL GAMES

Divisional games will consist of five (5) eight-minute periods with a running clock.

#### 2.1.1 RUNNING CLOCKS

Running clock stops only for:

- a) Time-outs - Head coach or player on the court may request a time-out.
- b) Shooting Fouls - Clock runs during fouls except in the last 2 minutes of the game if the point difference is 9 points or less.

#### 2.1.2 PERIOD TRANSITION

One (1) minute allowed between periods to make substitutions. This is not a time-out. Coaches may instruct players while they line up at the scorer's table.

## SECTION 3 - CLOCK

If the point difference is nine (9) points or less any time during the final two (2) minutes of the last period, the clock shall be regulation time for the balance of the period. This does not apply to overtime periods.

## SECTION 4 - HALF TIME



The 1st and 2nd periods shall constitute the 1st half. The 3rd, 4th, 5th and overtime periods shall constitute the 2nd half. Half time shall be two (2) minutes in duration for all divisions.

#### SECTION 5 - OVERTIME

Overtime periods shall be two (2) minutes in duration. The first minute shall be a running clock (see Section 2.1.1) and the last minute shall be a regulation (stop) clock. Additional overtime periods shall be one (1) minute regulation clock. If score is still tied after second overtime, decision goes to team first to score. Teams are limited to one time-out in each overtime period.

#### SECTION 6 - TIME-OUTS

Time-outs will be 45 seconds in duration. Each team will be allowed (1) timeout in the first half and two (2) time-outs in the second half and one (1) for each overtime period. Unused time-outs cannot be carried over to the second half or into overtime. They must be used or they will be lost.

#### SECTION 7 - FREE THROW BONUS

Penalty free throws will be shot on the 10th team foul in each half. Bonus free throws are 1 and 1. There are no 2 shot double bonus situations.

#### SECTION 8 – PLAYER PARTICIPATION (WINTER LEAGUE ONLY)

Every player who is in attendance at the start of the game must play one full continuous period in each half. Also, each player must sit out one full continuous period before the start of the 5th period, so as not to play the entire game. All player participation must be fulfilled by the end of the 4th period. No free substitution is allowed before the 5th period.

EXCEPTION: Medical reasons, 5 and 6 Player Rules.

RSM NJB does not follow NJB Player Participation Rules outlined in sections 9, 10 and 11. However, they will be used in the Championship Series when we play other chapters.

\*\*\* THE PLAYER PARTICIPATION RULE SHALL BE STRICTLY ENFORCED \*\*\*

#### 8.1 PENALTY

Coaches failing to comply with the player participation rule may be suspended for the following game and the offending team may forfeit the contest. All protests must be in good judgment; executed properly and submitted only after all attempts to rectify the situation fail. The protest must be entered in the official score book before the game is completed. The offended coach will



notify the local chapter and the chapter will render its decision within three (3) days following the game. The local board reserves the right to discipline the coach, not excluding a suspension.

## 8.2 LATE PLAYERS

If a player arrives late to the game, that player's participation begins at the start of the next full period. A late player arriving prior to the start of the 2nd period must play the 2nd period. All late players arriving prior to the start of the 4th period must play the entire 3rd and/or 4th periods. A late player's non-participation in the 1st period satisfies the requirement to sit out one full continuous period.

## 8.3 SICKNESS, INJURY OR HEALTH PROBLEMS

A player temporarily removed from a game for injury or health reasons may re-enter at the discretion of the coach and the referee. If there is blood, the player will be removed from the game until the bleeding stops and the wound bandaged. A uniform saturated with blood must be changed for a blood-free uniform. A partial period of play by an injured player will be considered one full period of participation. The substituting player is still required to sit out one full continuous period during the game.

NOTE: Teams must have five (5) players to start the game but medical reasons, participation rules, ejections or foul outs may cause a team to play with four (4) or less players.

Exception: When a player is taken out of the game for sickness, injury, or health problems, but returns to the game before the SECOND DEAD BALL the period of time played by the substitution player will be considered as "sit-out" time.

### 8.3.1 UNABLE TO CONTINUE PLAY

If a player is unable to continue playing for the remainder of the game, for any reason, the coach shall enter the player's name, number and clock time in the official score book. The player shall be ineligible to participate further. No penalty will be assessed.

## 8.4 FOUL OUTS AND EJECTIONS

Only a player who has met all conditions of the player participation rule can replace the disqualified player. If a substitution made before the 5th period to replace a disqualified or injured player affects the team's ability to comply with the player participation rule, the team must finish the period with less than five players on the court.



## 8.5 DISCIPLINE

If a player misses consecutive practices without an excuse, the coach will notify the player's parents. If this continues, the coach may notify the Player Agent and the player may not be eligible to play the next scheduled game. The local board of directors must approve this. Notification should be given to the Referee Coordinator and game site management staff.

### SECTION 9 - PLAYER ADVANTAGE RULE (BOYS DIVISION 1 & 2 ONLY)

If a team has one or fewer players present and physically able to play at tip-off, the player advantage rule shall take effect. If player(s) arrive during the course of the game the rule will revert to the lesser penalty and if a player arrives to give the team an equal number of players as the opposing team, no further penalty will be invoked.

#### 9.1 ONE PLAYER

If a team has one less player than the opposing team, the opposing coach shall choose which one (1) player to sit out the second and fourth periods. EXCEPTION: Five and Six-Player Rule

#### 9.2 TWO PLAYER

If a team has two less players than the opposing team, the opposing coach shall choose which two (2) players to sit out the second and fourth periods. EXCEPTION: Five and Six-Player Rule

#### 9.3 THREE PLAYER

If a team has three less players than the opposing team, the opposing coach shall choose which two (2) players to sit out the second and fourth periods. EXCEPTION: Five and Six- Player Rule.

NOTE: All players must satisfy the Player Participation Rule

### SECTION 10 - FIVE (5)-PLAYER RULE (BOYS DIVISION 1 & 2 ONLY)

If a team has only 5 players present and physically able to play at tip-off, the opposing team shall be awarded points: No Player Advantage Rule Enforced.

Boys Division 1 and 2: 10 points. 5 points prior to the tip-off and 5 points at the start of the 2nd half

### SECTION 11 – SIX (6)-PLAYER RULE (ALL DIVISIONS)



### 11.1 6 PLAYER – SIT OUT POLICY

A different player must sit each period. If a team has only six (6) players to start the game, the opposing coach will choose the player to sit the 1st period. In this situation only five (5) of the six (6) players are able to sit one period and one (1) player is allowed to play the entire game. EXCEPTION: Not applicable if the opposing team has only five (5) players.

### 11.2 6 PLAYER – FOUL OUT POLICY

If a team with 6 players has a player foul out during the game, the player sitting out cannot enter the game for the remainder of that period. They must sit out in order to satisfy the requirement to sit out 1 full, continuous period.

Teams may finish a period with less than 5 players. The team with 6 players shall not be allowed any free substitutions in the 5th period.

## SECTION 12 - MERCY RULE

If a team has a 20-point lead any time during the game, the scorekeeper shall notify the referee to implement the mercy rule. The team with the lead cannot employ full-court or half-court pressure and must play defense with both feet inside the 3-point area at all times. The clock will run at all times, except for time-outs, until the difference is 10 points or less.

### 12.1 REMOVAL OF TOP PLAYERS

If the mercy rule is in effect at the start of, or any time during the 5th period, it is recommended for the opposing coach to select a maximum of 3 players to sit out the balance of the game or until the difference in the score of the game is 10 points or less. Eligible substitutes must be available, and the removal of players cannot force a team to play with fewer than 5 players.

Penalty - 1st offense = warning, 2nd offense = technical foul.

## SECTION 13 - DIVISION 3 & 4

### 13.1 DEFENSE

Teams may play zone or man defense at any time during the game. Zone defense is recommended.



### 13.1.1 Transition Rule

Once a team secures the rebound or inbounds the ball and is advancing in transition, defensive players may not play defense until they have retreated below the attack line. All defensive players must stay below the attack line until the ball crosses the attack line for the first time of that possession.

The attack line shall be designated by site director and game referees; example: volleyball line

### 13.1.2 Half-Court Press

Allowed in the 2nd Half. Defense must allow dribbler to cross the half-court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.

### 13.1.3 Full-Court Press

Allowed during the 5th period and overtime.

Penalty - Any illegal defense - one warning per half. Technical fouls for additional occurrences in each half.

NOTE: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense at the point of contact with no penalty.

## 13.2 FREE THROWS

The free throw line will be ten (10) feet from the face of the backboard. A shooter's foot may touch but not completely cross over the line. A maximum of 6 players, 4 defensive and 2 offensive, may occupy the free-throw lane. The space below block on either side shall be occupied.

### 13.2.1

Each player will shoot a free throw prior to the start of the game. Each successful free throw will be recorded in the score book and count in the team's overall score. One referee per team will simultaneously administer the free throws at each team's respective 1st half baskets.

Both teams will shoot an equal number of free throws. A team with fewer players than their opponents will be awarded additional free throws to balance the total team attempts. That team's coach shall select shooters who have missed their first attempt. If all players have made their free throws, the coach may select any player to shoot the extra free throws. Players who made free throws may not attempt a second shot until all teammates have made a free throw.



### 13.3 - ADDITIONAL RULES

#### 13.3.1 1st Pass / Back Court

Only shots that hit the rim or backboard will require a pass to be made in the back court. The required pass must be started and completed in the back court before the ball can be advanced to the front court. On shots that do not hit the rim or backboard, no pass is required. This rule will not be enforced during the 5th period and overtime.

Penalty - Violation - ball awarded to defense at half court.

#### 13.3.2 Key Violation

An offensive player may not be in the 15-foot key area for three (3) continuous seconds.

Penalty - Violation.

#### 13.3.3 Insufficient Action

The offensive team has five (5) seconds after crossing half-court to cross the attack line and start their offense.

Penalty - 1st offense = warning, 2nd offense = violation.

## SECTION 14 - DIVISION 2

### 14.1 DEFENSE

Any type of defense is allowed during the game.

#### 14.1.1 Half-Court Press

No backcourt pressure allowed during the first half (periods 1 & 2). Defense must allow dribbler to cross the half-court line with both feet and the ball before applying pressure. A loose ball or pass in flight must cross the half-court line before the defense may apply pressure.

#### 14.1.2 Full-Court Press

Any type of full-court press is allowed in the second half of the game (Periods 3, 4, 5).

#### 14.1.3 PENALTY: Any illegal defense

one warning per half. Technical fouls for additional occurrences in each half. NOTE: If the illegal defense is unintentional in the referee's judgment, the ball shall be awarded to the offense at the point of contact with no penalty.



## 14.2 FREE THROWS

The free throw line will be twelve (12) feet from the face of the backboard. A shooter's foot may touch but not completely cross over the line. A maximum of 6 players, 4 defensive and 2 offensive may occupy the free throw lane. The space below the block on either side shall be occupied.

## SECTION 15 - DIVISION 1

### 15.1 DEFENSE

Any type of defense is allowed during the game.

#### 15.1.1 Full-Court Press

Teams may employ a full-court press at any time during the game.

### 15.2 FREE THROWS

The free throw line will be fifteen (15) feet from the face of the backboard. A maximum of six (6) players, four (4) defensive and two (2) offenses may occupy the free throw lane. Area of lane closest to the shooter will remain empty. The shooter's feet cannot cross or touch the free throw line until the ball hits the rim.

## SECTION 16 – MISCELLANEOUS RULES AND REGULATIONS

### 16.1 – PLAYING UP

Any player registering for the current season has the option of playing up if he/she believe they have the skill and physical ability to compete at the next level up. As per our chapter policy, to enforce fairness among teams, all "play-up" prospects MUST attend the evaluation date/time slated for their age division and the scrimmage for the desired level up. This will ensure that the evaluators are able to assess the viability of the player at the next level. If it is deemed that the player is not at a level to play up the player will be required to play at his/her age division. The goal is to create a fair playing field based on skill if you are playing out of your division. Some scenarios for playing up will create a disadvantage for the receiving team if a player is under-skilled/undersized and would not be fair to the other players. (Exceptions will be handled by the respective player agent for that age group division)



## APPENDIX

### **2021-22 DIVISION GROUPINGS**

DIVISION 1 – Boys 7/8 (Ball 29.5), Girls 6/7/8 (Ball 28.5)

DIVISION 2 – Boys 4/5/6 (Ball 28.5)

DIVISION 3 – Boys 2/3/4 (Ball 27.5), Girls 2/3/4/5 (Ball 27.5)

ROOKIES – Boys (Ball 27.5) & Girls Kinder/1st (Ball 25.5)