

MJCCA (Zaban) Youth Basketball Rules

	1 st grade- CoEd	2 nd grade- BOYS	2 nd /3 rd grade- GIRLS	3 rd /4 th grade- BOYS	4 th /5 th grade- GIRLS	5 th & up Boys 6 th & up Girls
Teams/Official	4 vs 4	4 vs 4 (1 official)	4 vs 4 (1 official)	4 vs 4 (1 official)	4 vs 4 (1 official)	5 vs 5 (2 officials)
Basket Height	8 foot	8 foot	8 foot	9 foot	9 foot	Regulation (10ft)
Ball	Junior- 27.5"	Intermediate- 28.5"	Intermediate- 28.5"	Intermediate- 28.5"	Intermediate- 28.5"	Boys-29.5"; Girls-28.5"
Clock	8 min quarters. Running clock	8 min quarters. Running clock: clock stops for free throws and on all whistles in last 2 minutes of the 4 th quarter only. Clock also stops during the substitutions at the 4-minute mark of each quarter.				
Halftime	3 minutes	3 minutes	3 minutes	3 minutes	3 minutes	3 minutes
Overtime	N/A	3 minutes (1 OT only).	3 minutes (1 OT only)	3 minutes (1 OT only)	3 minutes (1 OT only)	3 minutes (1 OT only)
Substitutions	Substitutions are made at the 4-minute mark of each quarter. Clock stops for subs but this cannot be used as a timeout.					4 min mark in 1 st , 2 nd 3 rd qtr
Timeouts	(4) 2 timeouts/half	(4) 2 timeouts per half 1 overtime timeout only (TOs do not carry over)	2 timeouts per half 1 overtime timeout only (TOs do not carry over)	(4) 2 timeouts per half 1 overtime timeout only (TOs do not carry over)	(4) 2 timeouts per half 1 overtime timeout only (TOs do not carry over)	(4) 2 timeouts per half 1 overtime timeout only (TOs do not carry over)
Lane Violation	N/A	5 seconds	5 seconds	4 seconds	4 seconds	3 seconds
Free Throws	<u>Short-distance (10ft)</u> *No FT on fouls. *Each player shoots 1 FT at end-of-quarter.	<u>Short-distance (10 ft)</u> Each player shoots 2 FT at halftime.	<u>Short-distance (10 ft)</u> Each player shoots 1 FT at the end of quarters 1-3.	<u>Short-distance (12 ft)</u>	<u>Short-distance (12 ft)</u> Each player will shoot 1 FT at the end of the 1 st and 3 rd quarters.	Regulation (16 ft)
Defense	**Man-to-Man defense (wristband system). **No steals. **No pressure on inbounds. Each team can have 1 coach on the court.	**Defense must start with 1 foot in the lane. **Once offense crosses half-court the defense can come out of the lane. Outside the lane man-to-man defense only. **Any defense is allowed inside the lane. Each team can have 1 coach on the court. **If a team is leading by 18+ points they must defend with 1 foot in the lane at all times!	**Defense must start with 1 foot in the lane. **Once offense crosses half-court the defense can come out of the lane in the last 2 minutes of each half . Man-to-man or zone may be used at any time. **Each team can have 1 coach on the court.	Man to man or zone may be used at any time. **No defensive pressure allowed until the offensive team crosses half-court.	Man to man or zone may be used at any time. **No defensive pressure allowed until the offensive team crosses half-court.	Any defense allowed
Pressing	Not allowed	Not allowed	Not allowed	Allowed only in the last 2 minutes of 2 nd & 4 th quarters & last 1 minute of OT. Void if lead is 15+		Allowed Void if lead is 15+
Fastbreaks	Not allowed	Allowed. When offense fastbreaks the defense may defend anywhere on the court.				Allowed, no limitations
Ref and score keepers	<u>No ref</u> <u>No score keeper</u> <u>2 coaches</u> <u>Volunteer parent</u>	<u>1 ref</u> <u>No score keeper</u> <u>2 coaches</u> <u>Volunteer parent</u>	<u>1 ref</u> <u>No score keeper</u> <u>2 coaches</u> <u>Volunteer parent</u>	<u>1 ref</u> <u>1 score keeper</u> <u>2 coaches</u>	<u>1 ref</u> <u>1 score keeper</u> <u>2 coaches</u>	<u>2 ref</u> <u>1 score keeper</u> <u>2 coaches</u>