

MJCCA (Zaban) YOUTH BASKETBALL RULES

	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	BBYO Teen League	SOAR
Teams/Official	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.	5 vs 5. 2 officials.	5 vs 5. 2 officials.
Goal Height	8 feet	8 feet	9 feet	9 feet	Regulation (10 feet)	Regulation (10 feet)	9 feet
Ball	Intermediate- 28.5	Intermediate- 28.5	Intermediate- 28.5	Intermediate- 28.5	Boys-29.5; Girls-28.5	Regulation- 29.5	Intermediate- 28.5
Clock	8 min quarters. Running clock, clock stops for free throws, and on all whistle in the last 2 minutes of the 4 th quarter, and for substitutions at the 4 minute mark of each quarter.					2-20 min halves. Running clock. Stop clock last 2 min each half.	Same as all non BBYO Leagues
Halftime	3 minutes	3 minutes	3 minutes	3 minutes	3 minutes	3 minutes	3 minutes
Overtime	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)	1st OT 3 min. All others 1 min.	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 time out				4 min mark 1 st , 2 nd 3 rd qtr	4 min mark of each quarter. Free sub last 2 min of game.	Same as non BBYO Leagues
Timeouts	(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)	(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) 60-sec timeouts per game. 1 additional per OT. TOs do carry over.	(4) 2 timeouts per half 1 overtime timeout only (TOs do not carry over)
Lane Violation	5 seconds	5 seconds	4 seconds	4 seconds	3 seconds	3 seconds	NA
Free Throws	10 foot mark. Each player shoots 2 FT at halftime.	10 foot mark. Each players shoots 2 FT at the end of 2 nd quarter.	12 foot mark.	12 foot mark. Each player will shoot 1 FT at the end of the 1 st and 3 rd quarters.	Regulation (15 feet).	Regulation (15 feet).	10 foot mark
Defense	*Defense must start with 1 foot in the lane. *Once offense crosses half-court the defense can come out of the lane. * Man to man defense only. * No double teams, but defensive switching is legal. *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. *During the last two minutes of each half once the offense crosses half-court the defense can come out of the lane. *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 if a team goes up by 15 points	Any defense allowed. Mercy Rule: if a team is up by 30 or more points with 3 minutes left the game is over.	Any defense allowed; no stealing (taking the ball straight out of players hand)
Pressing	Not allowed	Not allowed	Allowed only in the last 2 m & last 1 minute of OT 2 minutes of 2 nd & 4 th quarters T. Void if lead is 15+	Allowed; void if lead is 15+	Allowed; void if lead is 20+	Not allowed	
Fastbreaks	Allowed. When offense fastbreaks the defense may defend anywhere on the court.				Allowed, no limitations	Allowed, no limitations	No Fastbreaks
OFFICIALS: -All league specific rules are on this grid. If a rule is not addressed here default to GHSA. -Hold a pre-game meeting with coaches from both teams to ensure everyone is on the same page and has the same understanding of the rules. This is imperative. -All players with braces must wear a mouthpiece -All games have a 5-minute grace period (10 minutes for Teen league). -In the leagues that are 4 vs 4 a team must have 3 players to start or it is a forfeit. The 5 vs 5 leagues may start with 4 players as needed.							