



### Junior Division Goals

- This a step above our developmental division and is focused on teaching the fundamentals to new players while improving the fundamentals of our returning players.
- Technique, thought process and form should be highlighted.
- Basketball skills, rules and strategies will continue to be taught during the season.
- The girls will remain competitive and will still demonstrate good sportsmanship.
- Provide an equitable amount of playing time for the girls participating.
- Promote increased self-esteem among the girls.
- Provide a safe environment for girls to learn and play the game of basketball.

### Junior Division Game Rules

- All games will consist of two 16-minute halves with running clock. The exception is the final two minutes of each half when the clock will stop for all referee whistles. The clock will also stop for all time outs and free throws.
- Halftime will be 3 minutes.
- Games that are tied at the end of regulation will play a 2 minute overtime. If the game is still tied after the overtime period both teams will take part in a FT shootout. Each coach will choose one of their own players to take a FT. (A new player must be chosen for each round of the FT shootout) If a team has an advantage after both teams shoot a FT, the game is over and the win is given to the team with the FT advantage. All players must be exhausted until a player can repeat an attempt.
- In the playoffs, teams will play consecutive 2 minute overtime periods, with 1 time PER OVERTIME, until the game is decided.

- Each team is given 3 timeouts per game. One minute thirty seconds each. There will be 1 timeout given to each team if there is overtime. Timeouts remaining at the end of regulation are not carried to the overtime.
- A jump ball will start the first half only; after that we will go to alternating possessions.
- Man to man defense will be played the entire game.
- The defensive team will pick up man to man defense at half court once the offensive player is established in the front court.
- More specifically, once a team gains possession off of a rebound, the team that is now on defense has to drop back into their defensive end. It is only at that point where they pick up an offensive player and only once that player has made the INITIAL entry past the half court line.
- There is no double teaming a player on the perimeter. However, helping out when a player has moved into the paint/key/lane and switching on a pick are allowed. In theory, double teaming inside the paint/key/lane is allowed.
- Teams may only apply a full court defense in the final 2 minutes of each half. No team may apply full court defense when leading by 10 points or more.
- Each player is allowed 5 fouls before fouling out of the game.
- If a player's fouling out results in a team having less than 5 players, a fouled out player chosen by the opposing coach may continue to play. This player is not allowed to score. If the player is fouled while attempting to shoot, the team will be awarded an inbound attempt instead of free throws by the player. Also, each additional foul (after their 5th foul) committed by this player will result in 2 points being awarded to the opposing team. The rule is necessary due to the man to man play this division employs.
- Players in this division must begin their FT attempts behind the free throw line. During the may cross over the line but are encouraged to finish behind the line if possible.
- Players lined up on either side of the key are only able to enter the lane on a foul shot when the ball is released from the shooter's hand. The shooter, and anyone outside of the 3-point line, must wait until the ball hits the rim.
- All players must play at least the equivalent of one full half or 16 minutes.
- The game clock will stop every 4 minutes for substitutions. Play will continue until the next dead ball. At that point, ALL of the players that are on the bench will be substituted into the game.
- Each team will consist of two groups: (A) - their top 5 players & (B) - their next 5 players.
- The substitution pattern for all Junior Division games will be as follows:
  - 1st Half            16:00 to 12:00 - A players
  - 12:00 to 8:00 - B players
  - 8:00 to 4:00 - A players
  - 4:00 to 0:00 - B players

The pattern will flip at halftime:

- 2nd Half            16:00 to 12:00 - B players  
                          12:00 to 8:00 - A players  
                          8:00 to 4:00 - B players  
                          4:00 to 0:00 - A players
  
- A players are NOT ALLOWED TO SCORE during the B player periods. They are still allowed to develop other parts of their game by playing defense, rebounding and passing the ball.
- With this format, the intention is for the better players to play against each other while the developing players also play against each other.
- When A players need to play with B players coaches need to use their weakest A player first and work their way up to the better A players.
- For teams with 5 or 6 players, there are no A/B restrictions for the team.
- All coaches, parents and fans should recognize the importance of our league developing players and furthering the love of basketball, not the importance of winning games.
- Grouping players together with similar skill levels ensures that all players can learn at their own rate of development!!! WINS NEED TO BE DECIDED BY WHAT THE PLAYERS HAVE LEARNED, NOT BY THE ADVANTAGE OF SUBSTITUTIONS!!!
- Coaches are responsible for ensuring all members of their team practice good sportsmanship during the game. This includes but is not limited to supporting the referees and not making derogatory comments towards or about them, not allowing players to trash talk or make remarks towards other players and not running up the score on teams.
- Taunting or any form of physical abuse by one player to another will result in an ejection from the game. This will result in a one game suspension to be served in the next game the team plays.
- No jewelry is to worn during game play.
- If a coach receives 1 technical foul in a game, they will suspended for the next game. Per regular basketball rules, 2 technical fouls in a game result in an ejection from the current game. Three technical fouls in a season will result in the coach being removed from their coaching duties for the rest of the season. The point is clear: as role models and leaders we should never get to the point of having to worry about this rule.

**Updated 09/26/17**