

JUNIOR TROJAN BASKETBALL RULES 2024-25

FRESHMEN DIVISION
Boys grades 1-2 and Girls grades 1-2-3

JUNIOR DIVISION
Boys grades 3-4

SENIOR BOYS DIVISION
Boys Grades 5-6

SENIOR GIRLS DIVISION
Girls Grades 4-5-6

The Michigan High School Athletic Association rules shall apply to all league play except for the following:

1. **AGE LEVEL:** All players must be currently enrolled in 1st–6th grades. A 28.5” basketball will be in the **Senior Boys, Senior Girls** and **Junior Boys** divisions on a 10 foot rim. A junior-sized 27.5” basketball will be used in the **Freshmen Division** on an 8 foot rim.
 2. Regular basketball rules will be followed with reasonable allowance in judgment for the age and skill of the participants. **In the Freshmen Division, double dribble and traveling infractions will stop play, but teams shall not lose possession of the ball. It will be to the official’s discretion when the team will forfeit the ball to its opponent.**
 3. **PRE-GAME: Senior Girls Division and Freshmen Division only** – The game will begin with 10 free throws by each team. Each player will shoot a free throw in reverse draft order (will be provided). Points will be awarded to each team based on how many free throws are made (1 point each) with a cap of 5 point differential (e.g. 5-0, 6-1, 7-2). Teams with less than 10 players present will still shoot 10 free throws continuing in the reverse draft order.
 4. **STEALING: (Freshmen, Junior, and Senior Girls) NO STEALING OF THE DRIBBLE OUTSIDE THE THREE POINT LINE UNTIL ONE MINUTE REMAINING IN THE GAME (within 6 points).** Violation of this will be strictly enforced. If a player loses control of the ball on their own (e.g. dribbles off foot or knee), it is a live ball and all ten players may attempt to gain control. **Senior Boys Division will follow regular MHSAA rules for stealing.**
 5. **GAME LENGTH/TIMEOUTS:** Games will consist of four (4) quarters of eight (8) minutes each for a total of 32 minutes. Clock will be stopped at the 4 min mark for substitutions in each quarter. The clock will only stop for substitutions, injuries, timeouts, free throws and the last minute of each game (if point differential is within 6 points). Each team is allowed two 30-second timeouts per half. The referee may stop the clock at his/her discretion. There will be a 3-minute halftime period.
 6. **OVERTIME:** Should a tie exist after thirty-two (32) minutes, an overtime period of two (2) minutes will be played. Overtime periods will begin with a jump ball. **** All Divisions:** If a tie still exists after the 2-minute overtime, a “shoot-off” will determine the winner. Each team will choose 3 players to shoot one free throw each – teams will alternate shooting a free throw and points will be added to score. After 3 players shoot for each team and a tie still exists, teams will select another player from the bench to shoot a free throw until a winner is determined. Each player on the team must shoot a free throw before a player may shoot again.
 7. **SUBSTITUTIONS: Substitutions will only be allowed at the end of each 4-minute period – except for an injury or fouling out. Every player that is not playing at the end of the period should play the next period.** Each player must play a minimum of two 4-minute periods *each half*. Sixteen (16) minutes is mandatory for every player. Each player must sit out at least one 4-minute period per game and may not play more than twenty-eight (28) total minutes, unless there are 6 players or less present. Games are four 8-minute quarters – broken up into two 4-minute periods.
 - The clock will stop as close to the 4 min mark of each quarter as possible. **Substitutions will be made on a DEAD BALL situation only, not in the middle of a possession.**
 - 5 v. 5
 - With 10 players – All players must sit 4 periods, no player shall sit more than 4 periods
 - With 9 players – All players must sit 3 periods, no player shall sit more than 4 periods
 - With 8 players – All players must sit 3 periods, no player shall sit more than 3 periods
 - With 7 players – All players must sit 2 periods, no player shall sit more than 3 periods
 - With 6 players – All players must sit 1 period, no player shall sit more than 2 periods
- Player headcount is determined at the END of the first 4-min period - meaning if player #9 shows up with 4:01 remaining the first period, substitution rules for 9 players shall be applied for the entire game.*
8. **REFEREES:** Coaches and players will refrain from criticizing officials or engaging in a negative manner. We promote positivity and sportsmanship. We encourage all coaches to calmly and civilly communicate with referees before, during and after games. PLEASE REFRAIN FROM NEGATIVE BEHAVIOR OR INTERACTIONS TOWARD OFFICIALS AND SET A POSITIVE EXAMPLE FOR PLAYERS.

9. **3-SECOND RULE:** The three-second rule will be enforced at referee's discretion, but coaches must encourage players to adhere to the rule.
10. **TECHNICAL and FLAGRANT FOULS:** Any technical foul assessed to a player or coach for unsportsmanlike activity will result in the opposing team receiving an automatic 2 points and the ball out of bounds. Deliberate or flagrant fouls will result in the team of player who was fouled awarded 2 automatic points and the ball out of bounds.
 - A player will be automatically ejected from the game for fighting and a TECHNICAL FOUL awarded to the team.
 - A player or coach who uses foul language in a game shall be assessed a TECHNICAL FOUL. S/He shall be ejected from the game for the second offense
 - Any player or coach ejected from a game will be suspended for a subsequent game.
11. **BONUS:** After the opposing team has committed seven (7) fouls in a half, **upon 7th foul, the player fouled will be awarded a one and one bonus free throw.** There is no double bonus. A player committing six (6) personal fouls in a game shall be disqualified and leave the game.
12. **FREE THROWS:** The player shooting the free throw must shoot behind the free throw line. **Freshmen, Junior and Senior Girls** Divisions - the free throw line will be moved up at the referee's discretion. Clock will stop on the first free throw and run once the player gets the ball for the second free throw.
13. **HALF-COURT DEFENSE:** Once a defensive player obtains sole possession of the ball, the opposing team must retreat over the ten-second line before they may start playing defense.
14. **PRESS:** **Senior Boys** and **Senior Girls** Division: Full court press will be allowed only during the last minute of the final period (and last minute of overtime) **IF the game is within 6 points** for the team that is ahead. **The team that is behind may press in last minute of final period (and last minute of overtime) regardless of point differential.**
 - **Junior Boys** and **Freshmen** Division: No full-court defense allowed during any point in the game, but *stealing of the basketball is allowed outside the 3-point line during last minute of final period (and last minute of overtime) if game is within 6 points.*
15. **ZONE DEFENSE:** Are NOT allowed; teams must play MAN to MAN. After one warning during the game, a TECHNICAL FOUL will be awarded for future violations. Man-to-Man defense is to be played with a reasonable distance (no specific number of feet) and with reasonable effort to follow your player. No four corners (spread) offenses are allowed.
16. **DOUBLE TEAM:** There should be no **DESIGNED HARD TRAPS** (i.e. No trappings in the corners or as the ball comes over the time-line). Double-teams that occur due to ball screens and players penetrating toward the basket (help defense) are allowed. At no time should a coach specifically design a defensive set play to create a double team. The purpose is to further develop the concept of "help and recover" or "switch" on defense only.
17. No player shall be allowed to participate while wearing necklaces, rings, other jewelry or protective casts or brace, etc. which represent a danger of injury to the player or his opponents. In the case of a dispute regarding whether an item represents a hazard, the judgment of the referee or Coach Horne shall be final.
18. The league is not responsible for any team activity apart from regularly scheduled practices and games. It shall become the coaches' or parent's responsibility and liability for the safety and well being of the youth to, and from, any activity.
19. Please read all JTB rules before the start of the season. Referees will explain rule violations and infractions to new players and coaches at their discretion (especially at the start of the season), but at no time should players or coaches verbally challenge a referee's call.
20. **Only ONE head coach and ONE assistant coach will be allowed per team. Only the head coach is allowed to stand during the game and he/she should adhere to the coaching box rules within reason.** Exceptions may be made if coaches do not have children playing in the league.
21. This is an instructional league with the sole purpose to provide kids with a good basketball experience. Let's teach our kids the fundamentals of the sport AND GIVE THEM A POSITIVE EXPERIENCE!!!