

JUNIOR JAMMER BASKETBALL

2014 FALL LEAGUE
RULES & REGULATIONS



NORMAN
parks and recreation
www.juniorjammer.com

JUNIOR JAMMER BASKETBALL RULES AND REGULATIONS

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Junior Jammer Basketball Junior Jammer Basketball League Administration

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Questions???

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I. ELIGIBILITY

A. League Divisions and Determining Ages

Leagues in Junior Jammer Basketball shall be set in the following age divisions:

<u>Leagues</u>	<u>Age Determining Dates</u>	<u>Play Up Dates</u>
Junior Jammer Coed	September 1, 2006 - March 1, 2008	Cannot play up in Coed Leagues
Junior Leagues	September 1, 2004 - August 31, 2006	Cannot play up in Junior Leagues
Jammer Leagues	September 1, 2002 - August 31, 2004	September 1, 2004 – August 31, 2005
Senior Leagues	September 1, 2000 - August 31, 2002	September 1, 2002 – August 31, 2003

B. Age Determining Date/Grade Exception Rule

September 1, 2013 shall be the determining date for the age of the competitor for Junior Jammer Basketball leagues. Eligibility to participate in the league is based on the age determining date. The grade of the athlete is not a consideration.

Junior Jammer Basketball participants are not eligible to play in a league if their birthday does not fit into the set age parameters.

C. Player Participation Restrictions

- Player can only play on one team per league.
- Males can only play in Boy Leagues.
- Females can only play in Girl Leagues.
- All participants must be registered and paid in full to participate in the Junior Jammer Basketball league.

D. Residency

- Participant must live in Norman city limits, attend any school public or private inside Norman city limits or receive City of Norman Utilities.

II. RULES

The official Junior Jammer Basketball playing rules will be the National Federation of State High School rules for the current year unless modified by the following:

A. Participation

- The coach shall try to play each player at least half of each game.

B. Game Length

- All leagues will consist of four (4), six (6:00) minute quarters.

C. Opening Possession

Coed & Junior Leagues

- Opening possession will be determined with a coin flip before the start of the game.

Jammer & Senior Leagues

- Opening possession will be determined by a jump ball at mid-court.

D. Halftime

- Every Junior Jammer Basketball game will have a three (3:00) minute halftime.

E. Game time

- At least four (4) players must be present for a team to start a game. If there are not enough players to start a game, there will be a ten (10:00) minute grace period given to the team. Once there are four (4) players there to start the game, the game will begin. After the grace period expires the game becomes a forfeit. No exceptions.

F. Running Clock

Clock will run during the exception of the following:

- The game clock will stop on every whistle in the last minute of every quarter.
- Officials' timeout.
- Coaches' timeout.
- Shooting fouls.
- Injuries.

G. Timeouts

- Each Team is allowed two (2) timeouts per half; timeouts do not carry over from half to half.
- Timeouts will last one (1:00) minute.
- Only the head coach or the players on the court can call timeouts.
- All timeouts called in the backcourt will automatically be advanced to the frontcourt. (Coed, Junior & Jammer Leagues ONLY)
Ball must be inbounded to the frontcourt. Balls inbounded to backcourt will be a violation.

H. Soft Violations

This rule only applies to Coed and Junior Leagues

- Back court violation
- Using the half court line to gain an advantage will be a violation and result in a turnover.
- Ten (10) second violation
- Not advancing the ball across the half court line in a timely fashion will result in a violation.

I. Warm-Up

- There will be a minimum five (5:00) minute warm-up time in between games.

J. Basketball Sizes

The following will be the size of basketball used for each league.

<u>Leagues</u>	<u>Basketball Size</u>
Coed League	27.5 Junior
Junior Boys Leagues	28.5 Intermediate
Junior Girls Leagues	27.5 Junior
Jammer Boys Leagues	28.5 Intermediate
Jammer Girls Leagues	28.5 Intermediate
Senior Boys Leagues	28.5 Intermediate
Senior Girls Leagues	28.5 Intermediate

K. Coaching Box & Bench Personnel Restrictions

- There will be a maximum of two (2) adults/coaches on a bench.
- Only one (1) coach can stand during games, the coach(s) must stay in assigned coaches box.
- Only head coach may address the game officials during the game.
- Only athletes whose names appear on the roster with the league records may sit on the player's bench.
- Young children not on the team will not be allowed to sit on the bench with the team.
- Coaches must be at least 16 years of age.
- Coaches cannot wear anything that endorses alcohol, tobacco, drugs or sexually incentive clothing or headwear. League officials have full and final authority to interpret this rule.
- Coaches cannot be in the bench area while intoxicated on alcohol or any illegal substance.
- No tobacco or tobacco use in all Junior Jammer game sites.

L. Defense

- Check specific league rules for defensive rules in that league.

M. Front Court Inbounding & Stalling

This rule only applies to Coed, Junior and Jammer Leagues

- Once the ball crosses half court line during an offensive possession for any reason it cannot be inbounded to the backcourt after a dead ball.
- Any purposeful actions that can be interpreted as stalling by game officials can be called "delay of game" and will be ruled as a violation.

N. Mercy Rule (Rule of 15)

- Once a team has 15-point lead, the team with the lead must play defense behind the three-point arc.
- When the team with the deficit gets the rebound the winning team must retreat to behind the three-point arc. Any player on the team that is down by 15 or more points has the right to dribble down the court unimpeded.
- Teams ahead by 15 points or more at any point of the game must play defense according to the above rule.
First offense: Warning
Second offense: 2 shot technical
Additional offenses: 2 shot technical charged to head coach.

O. Team Roster

- **Minimum of seven (7) players must be on a roster.**
- **Maximum of ten (10) players can be placed on a roster.**
- **The Norman Parks and Recreation Department set team rosters. Players cannot be added or removed without approval of the Norman Parks and Recreation Department and the Junior Jammer Basketball league administration.**

P. Ejections

- **Any ejection of a player, coach, bench personnel or fan will be placed on probation from entering a Junior Jammer Basketball game until released from probation from the Norman Parks and Recreation and the Junior Jammer Basketball administration.**
- **Any ejection from a game will lead to an automatic suspension for the remainder of the current game and the following game.**
- **A second ejection during a season will result in permanent removal from the league without refund.**
- **Post-game ejections are a one game suspension from team bench. Post game ejections are an ejection of player/coach for unsportsmanlike behavior during or post game toward a league official or unsportsmanlike action that is not in the interest of the league or its participants. Post-game ejections are minimum one game and can be administered by league administration.**

Q. Protest

- **No protest will be taken during the regular season. Protests will be taken during the playoffs ONLY!**
- **Protests during the playoffs must be made in writing within two (2) hours of the completion of the game being protested. A fee of \$100 cash (refunded if protest is upheld) must accompany the protest. The written protest must be submitted to the Junior Jammer Basketball league administration. All decisions of the Protest Committee shall be final.**
- **The Protest Committee will be made up of officials from the Junior Jammer Basketball league administration, Norman Parks and Recreation Department and possibly game officials.**

R. Coaches

- **All coaches must be volunteers.**
- **All coaches will be assigned by the Junior Jammer League.**
- **All coaches must be willing to take and pass a background check.**
- **The City of Norman and the Norman Parks and Recreation Department reserves the right to remove a coach at any time for breaking league policies, ethical reasons or giving false information to the league.**

S. Officials/Referees

Junior Jammer Coed	One official will work all regular and post-season games.
Junior League Leagues	Two officials will work all regular and post-season games.
Jammer League Leagues	Two officials will work all regular and post season games.
Senior League Leagues	Two officials will work all regular and post-season games.

T. Practice

- **Practice cannot start for the 2013 Fall Junior Jammer can start on September 26th and practice must stop after the team's final game.**
- **The Junior Jammer Basketball *League* and the Norman Parks and Recreation Department will only provide liability to Norman Public School elementary gymnasiums.**
- **Each team can only practice one time per week in a Norman Public School facility.**
- **Violation of any practice rules could possibly lead to banning of practice in the Norman Public School facilities.**

U. Jersey

- **Home Team on the scoreboard will wear White Jerseys.**
- **Visiting Team on the scoreboard will wear Red Jerseys.**
- **All teams and participants in all leagues must wear a Junior Jammer Jersey.**

V. Game Cancelations

- **All games that are effected due to weather/facility situations, coaches and parents will be notified through email, website www.juniorjammer.com or call 292-9703 and listen to the phone recording.**

W. Unpublished Rules

- **All rules not listed in the handbook will be decided and ruled upon by the Junior Jammer Basketball league administration.**
- **All decisions made by the league administration will be final.**

III. REGULAR SEASON

- Coed & Recreation Leagues will play 8 total games, 7 regular season games and 1 playoff game.
- Team Leagues will play 6 regular season games and a single elimination post-season tournament.
- League standings will not be officially kept by the Junior Jammer Basketball league administration.
- If there are not enough teams to form both a Recreation & Team leagues in an age division then both leagues will combine into a Team League format.
- There is a possibility of teams playing double headers.
- If the game should end in a tie during the regular season, the game will remain a tie.

Days of Games

Junior Jammer Coed	Monday Nights
Junior League Leagues	Friday Nights & Saturdays
Jammer League Leagues	Thursday Nights & Saturdays
Senior League Leagues	Tuesday Nights & Saturdays
<u>POSTSEASON GAMES FOR ALL LEAGUES</u>	Weeknights & Saturdays

Game Rescheduling

- Only the Junior Jammer Basketball league administration can reschedule games.
- League administration cannot and will not reschedule games due to a team's personal conflicts. The Junior Jammer Basketball league does not and will not look at school schedules, church schedules, community schedules or any other organizations schedules before making the game schedules. Any scheduled game missed by a team will result in a forfeit. The league cannot and will not reschedule games unless the Junior Jammer Basketball league administration finds it in the best interest of the league, City of Norman, Norman Parks and Recreation or the safety of the participants to reschedule the game.

IV. POST SEASON

- Coed & Recreation leagues will play a one game playoff.
- Because league standings are not kept, the league will place teams at random into the post-season tournament.
- Team Leagues will play in a single elimination post-season tournament.
Teams that do not want to participate in the tournament must inform the league office two weeks prior to their final game.
- In the event of a tie in a post season game there will be overtime periods of three (3:00) minutes until a clear winner is declared through play of overtime periods.
- Any league can play on any day of the week in the post-season tournament.
- **GAMES CANNOT BE MOVED IN THE POST SEASON.**

V. MISCELLANEOUS

A. Referee Inquires

- All referee complaints must be in writing and sent to junior.jammer@normanok.gov. Absolutely no complaints or protest can be taken in person by staff.

B. Refund Policy

- Refunds are given upon written request to the Junior Jammer Basketball *league* office. The request must be made before the first scheduled game. Only the league registration fees can be refunded. Late Fees and Scholarship Fees will not be refunded. Request(s) can be sent to junior.jammer@normanok.gov.
- Refunds will have a \$10 per child registration fee taken out of the refund.

C. Scholarships

- Applicants for scholarships must be a resident of Norman, OK or attend a Norman Public School.
- All Scholarship applicants must show proof of that their child(ren) are currently participating in the free lunch program at a NPS school.
- All scholarships are non-refundable.

D. Jerseys

- Every player must wear an official Junior Jammer Basketball jersey. No exceptions.
- No refunds on jersey sales and no exchanges with used jerseys.

E. Team Pictures

- An independent contractor is hired by the Parks and Recreation Department to take pictures for the Junior Jammer Basketball league. All questions and inquires about pictures must go through the contractor. The contractor is the only professional photographer that will be allowed to take pictures at Junior Jammer Basketball sanctioned gymnasiums.

F. Outside Food and Drinks

- Junior Jammer Basketball does ask that no outside food and drink be brought inside a Junior Jammer gymnasium during games. Team drinks and snacks are permitted for Junior Jammer participants.

G. Team Awards

- Every Child will receive a participation certificate from the Junior Jammer Basketball league.

H. Player Injuries

- Players injured with any type of head injuries must provide the Junior Jammer Basketball league administration with doctor's clearance before playing again.
- Players with any type of cast must be approved through the league office before playing.

VI. COED RULES

The official Junior Jammer Basketball playing rules will be the National Federation of State High School rules for the current year unless modified by the following:

Official Game Time

- Four (4) quarters at six (6:00) minutes each quarter.
- The clock will run continuously and will only be stopped for timeouts, injuries, and free throws and in the last one (1:00) minute of each quarter on all dead ball situations.
- If the game should end in a tie, the game will end and remain a tie.
- In the event of a tie in a post season game there will be overtime periods of three (3:00) minutes until a clear winner is declared through play of the overtime quarters.

Timeouts

- Each team is allowed two (2) timeouts per half; timeouts will not carry over from half to half.
- Timeouts will last one (1:00) minute.
- Only the head coach or the players on the court can call timeouts.
- All timeouts called in the backcourt will automatically be advanced to the frontcourt. Ball must be in-bounded to the frontcourt. Balls in-bounded to backcourt will be a violation.

Opening Possession

- Opening possession will be determined with a coin flip before the start of the game.

Scoring

- There will be one point awarded if a player's shot hits the square on the backboard. This rule only applies to shots that do not go through the cylinder.
- A free throw must go through cylinder for a point to be awarded.
- If a foul does occur on the shot, a basket hitting the square will not count. Only baskets going through the cylinder will count during a foul.
- Shots made behind the three-point line will be worth three points. Any shot that hits the square will be awarded one point.

Defense

- Defense is allowed inside the three point line only.
- No full court or half-court defense of any kind is allowed. Once the ball is in the possession of a player the opposing team must retreat to inside the three point line. Any player that has the ball has the right to cross into the three point line unimpeded.

Front Court Inbounding & Stalling

- Once the ball crosses half court line during an offensive possession for any reason it cannot be inbounded to the backcourt after a dead ball.
- Any purposeful actions that can be interpreted as stalling by game officials can be called "delay of game" and will be ruled as a violation.

Goal height and ball size

- Goal height – 7.5 feet
- Free throws will be shot from the regular foul line (13.5 feet).
- Ball size – Junior Size (27.0)

Participation

- The coach shall try to play each player at least half of each game.

Miscellaneous

- Soft backcourt violations are in effect.
- Soft ten (10) second back court violations in effect.
- No lane violations.
- Ten-minute rule. A forfeit is called ten (10:00) minutes after the scheduled game time if one team does not have enough players to start the game.
- A team may start and end a game with as few as four (4) players.
- Only the head coach is allowed to stand in the bench area and must stay in the designated coach's box.
- Only two coaches allowed on the sideline per team.

VII. JUNIOR LEAGUES

The official Junior Jammer Basketball playing rules will be the National Federation of State High School rules for the current year unless modified by the following:

Official Game Time

- Four (4) quarters at six (6:00) minutes each quarter.
- The clock will run continuously and will only be stopped for timeouts, injuries, and free throws and in the last minute (1:00) of each quarter on all dead ball situations.
- If the game should end in a tie during the regular season, the game will remain a tie.
- In the event of a tie in a post season game there will be overtime periods of three (3:00) minutes until a clear winner is declared through play of the overtime quarters.

Timeouts

- Each team is allowed two (2) timeouts per half; timeouts will not carry over from half to half.
- Timeouts will last one (1:00) minute.
- Only the head coach or the players on the court can call timeouts.
- In overtime each team is allowed one timeout per period. Timeouts do not carry over.
- All timeouts called in the backcourt will automatically be advanced to the frontcourt.
- Ball must be in-bounded to the frontcourt. Balls in-bounded to backcourt will be a violation.

Opening Possession

- Opening possession will be determined with a coin flip before the start of the game.

Defense

- No full court defense of any kind is allowed. Once the ball is in the possession of a player the opposing team must retreat to the backcourt. Any player that has the ball has the right to cross half court unimpeded.
- Ten (: 10) second violation will be in effect.

Front Court Inbounding & Stalling

- Once the ball crosses half court line during an offensive possession for any reason it cannot be inbounded to the backcourt after a dead ball.
- Any purposeful actions that can be interpreted as stalling by game officials can be called "delay of game" and will be ruled as a violation.

Goal height and ball size

- Goal height – 8.5 feet.
- Free throws will be shot from the regular foul line (13.5 feet).
- Ball size: Girls Junior (27.0)
 Boys Intermediate (28.5)

Mercy Rule (Rule of 15)

- Once a team has 15-point lead, the team with the lead must play defense behind the three-point arc.
- When the team with the deficit gets the rebound the winning team must retreat to behind the three-point arc. Any player on the team that is down by 15 or more points has the right to dribble down the court unimpeded.

Participation

- The coach shall try to play each player at least half of each game.

Miscellaneous

- Soft backcourt violations are in effect.
- Soft ten (: 10) second back court violations in effect.
- No lane violations.
- Ten-minute rule. A forfeit is called ten (10:00) minutes after the scheduled game time, if one team does not have enough players to start the game.
- A team may start and end a game with as few as four (4) players.
- Only the head coach is allowed to stand in the bench area and must stay in the designated coach's box.
- Only two coaches allowed on the sideline per team.

VIII. JAMMER LEAGUE

The official Junior Jammer Basketball playing rules will be the National Federation of State High School rules for the current year unless modified by the following:

Official Game Time

- Four (4) quarters at six (6:00) minutes each quarter.
- The clock will run continuously and will only be stopped for timeouts, injuries, free throws and in the last minute (1:00) of each quarter on all dead ball situations.
- If the game should end in a tie during the regular season, the game will remain a tie.
- In the event of a tie in a post season game there will be overtime periods of three (3:00) minutes until a clear winner is declared through play of the overtime quarters.

Timeouts

- Each team is allowed two (2) timeouts per half; timeouts will not carry over from half to half.
- Timeouts will last one (1:00) minute.
- Only the head coach or the players on the court can call timeouts.
- In overtime each team is allowed one timeout per period. Timeouts do not carry over.
- All timeouts called in the backcourt will automatically be advanced to the frontcourt.
- Ball must be in-bounded to the frontcourt. Balls in-bounded to backcourt will be a violation.

Defense

- No full court defense of any kind is allowed. Once the ball is in the possession of a player the opposing team must retreat to the backcourt. Any player that has the ball has the right to cross half court unimpeded.
- Ten (:10) second violation will be in effect.

Front Court Inbounding & Stalling

- Once the ball crosses half court line during an offensive possession for any reason it cannot be inbounded to the backcourt after a dead ball.
- Any purposeful actions that can be interpreted as stalling by game officials can be called "delay of game" and will be ruled as a violation.

Mercy Rule (Rule of 15)

- Once a team has 15-point lead, the team with the lead must play defense behind the three-point arc.
- When the team with a deficit gets the rebound the winning team must retreat to behind the three-point arc. Any player on the team that is down by 15 or more points has the right to dribble down the court unimpeded.
- Once a team is ahead by 15 points, the score on the scoreboard will cease. The official score will be kept in the scorebook.

Participation

- The coach shall try to play each player at least half of each game.

Ball Size

- Intermediate (28.5)

Miscellaneous

- Backcourt violations are in effect.
- Five seconds (:05) lane violations.
- Five seconds (:05) to inbound the ball.
- Ten seconds (:10) back court violations.
- Ten-minute rule. A forfeit is called ten (10:00) minutes after the scheduled game time if one team does not have enough players to start the game.
- A team may start and end a game with as few as four (4) players.
- Only the head coach is allowed to stand in the bench area and must stay in the designated coach's box.
- Only two coaches allowed on the sideline per team.

IX. SENIOR LEAGUE

The official Junior Jammer Basketball playing rules will be the National Federation of State High School rules for the current year unless modified by the following:

Official Game Time

- Four (4) quarters at six (6:00) minutes each quarter.
- The clock will run continuously and will only be stopped for timeouts, injuries, free throws and in the last minute (1:00) of each quarter on all dead ball situations.
- If the game should end in a tie during the regular season, the game will remain a tie.
- In the event of a tie in a post season game there will be overtime periods of three (3:00) minutes until a clear winner is declared through play of the overtime quarters.

Timeouts

- Each team is allowed two (2) timeouts per half; timeouts will not carry over from half to half.
- Timeouts will last one (1:00) minute.
- Only the head coach or the players on the court can call timeouts.
- In overtime each team is allowed one timeout per period. Timeouts do not carry over.
- All timeouts called in the backcourt will automatically be advanced to the frontcourt.
- Ball must be in-bounded to the frontcourt. Balls in-bounded to backcourt will be a violation.

Defense

- All Defenses are allowed.

Mercy Rule (Rule of 15)

- Once a team has 15-point lead, the team with the lead must play defense behind the three-point arc.
- When the team with a deficit gets the rebound the winning team must retreat to behind the three-point arc. Any player on the team that is down by 15 or more points has the right to dribble down the court unimpeded.
- Once a team is ahead by 15 points, the score on the scoreboard will cease. The official score will be kept in the scorebook.

Participation

- The coach shall try to play each player at least half of each game.

Ball Size

- Intermediate (28.5)

Miscellaneous

- Backcourt violations are in effect.
- Three seconds (:03) lane violations.
- Five seconds (:05) to inbound the ball.
- Ten seconds (:10) back court violations.
- Ten-minute rule. A forfeit is called ten (10:00) minutes after the scheduled game time if one team does not have enough players to start the game.
- A team may start and end a game with as few as four (4) players.
- Only the head coach is allowed to stand in the bench area and must stay in the designated coach's box.
- Only two coaches allowed on the sideline per team.

X. SPORTSMANSHIP & COACHES ETHICS

Sportsmanship

It is the obligation of coaches, parents, players, administrators, volunteers, and other representatives of the Junior Jammer Basketball program to practice the highest principles of sportsmanship and to observe the ethics of competition. Good sportsmanship is defined as qualities of behavior, which are characterized by courtesy and genuine concern for others. The display of good sportsmanship is a statement of the individual's understanding and commitment to fair play, ethical behavior and integrity.

Coaches' Ethics

The coach must be aware that he or she can be either a positive or a negative influence upon the development of the athlete. In all of his or her personal contacts with athletes, officials and parents coach shall strive to set an example of the highest ethical and moral conduct. In keeping with that goal, all Junior Jammer Basketball coaches should observe the following ethical guidelines

The coach shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The coach must always consider the personal safety of the athlete.

The coach shall be thoroughly acquainted with the rules and regulations of competition, and shall be responsible for their interpretation to team members. The coach shall not try to seek an advantage by circumventing the spirit or letter of the rules.

Game officials shall have the respect and support of the coach. The coach shall not indulge in conduct that will incite the players or spectators against the officials. Public criticism of the officials or players is unethical.

The coach should respect his opponents, display gracious behavior during competition and require his or her players to conduct themselves in similar fashion. Before and after the contest, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

Coaches shall actively use their influence to enhance sportsmanship by spectators.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse, and shall, under no circumstances authorize their use.

The coach must recognize the importance of the athlete's academic development and promote the proper balance between athletic and academic activities.

Parents Code of Conduct

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.

I will treat all players, coaches, fans and officials with respect.

I will place the emotional and physical well being of my child ahead of my personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.

I will remember that the game is for youth - not adults.

I will do my best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans and officials with respect.