

**ST. SEBASTIAN  
JUNIOR ARROWS BASKETBALL  
2019 RULES / GUIDELINES**

**I. GENERAL RULES:**

1. Official Rules: The rules of the Junior Arrows Basketball League are based off of the rules of the National Federation of State High School Associations (NFHS) and Michigan High School Athletic Association (MHSAA). It is imperative that each coach has a working knowledge of the NFHS and MHSAA rules in addition to those rules governing CYO Athletics.
2. The main purpose of this program is to teach our young athletes the game of Basketball, promote team concept, GOOD SPORTSMANSHIP, FAIR PLAY, and discipline, and most importantly, to HAVE FUN while doing it.
3. Coaches will have individual responsibility for running their team.
4. A team must be able to field the minimum number of three (3) players at game time. THERE WILL BE NO SUBSTITUTIONS FROM OTHER TEAMS TO COMPLETE THE MINIMUM NUMBER OF PLAYERS AT GAME TIME REQUIREMENT. If this minimum is not met, the game will be forfeited.
5. K through 2<sup>nd</sup> graders will play separate from 3<sup>rd</sup> and 4<sup>th</sup> graders.
6. One coach from each team shall be on the floor during the games in order to help instruct the players as they play. Coaches will also act as referees during game play, and will enforce rules violations by both teams. As this league is intended to develop fundamental basketball skills, it is acceptable for a coach to stop the game for situational instruction at any time. However, the game clock will continue to run during these stoppages to maintain game day schedules.
7. If a player is ejected, fouls out, becomes ill or injured and is unable to finish the game, the team may finish the game with no less than (3) players.

**II. GAME / PLAYING RULES:**

1. Four (4), ten (10) minute running-time quarters will constitute a game. Start and stop time will apply with one (1) minute left in the 3<sup>rd</sup> and 4<sup>th</sup> quarters and timeouts. At approximately the 5:00 mark of each quarter, the clock will be stopped for a substitution opportunity. The duration of the stoppage shall be no more than 1 minute.
2. Every player must appear in a minimum of 2 quarters. Each player may appear in a maximum of 3 quarters. No player may appear in all 4 quarters. Overtime - no restrictions on playing time. It is the responsibility of the coaches to enforce this
3. All players will wear a colored wrist band while they are on the court during the game. These wristbands are intended to indicate defensive matchups; however, guarding an opponent with a different color wristband IS allowed in fast break situations.
4. There will be an approximate ten (10) minute pre-game warm-up period. This warm-up period may be reduced at the discretion of the league director due to time constraints.

5. There will be an approximate two (2) minute half time period. Teams must remain in the gym during half time.
6. Each team will have one (1) sixty (60) second timeout per quarter if necessary.
7. There will be a jump ball to start the 1st and 2nd quarters. The possession arrow will be used the rest of the game in lieu of the jump ball.
8. When the ball is inbounded, the defensive team will stay three (3) feet inside the line.
9. **K - 2nd grade:** Defense must remain inside the 3-point line. When possession changes, the defensive team must make every effort to return to their defensive basket as quickly as possible. Man to man defense is mandatory (no zone defense).  
**3rd - 4th grade:** Defense must remain behind the half court line. Pressing is not allowed. Man to man defense is mandatory (no zone defense).
10. Three (3) point shots will be counted for three (3) points.
11. Traveling and double dribbling will be called at the discretion of the official for K - 2<sup>nd</sup> graders.
12. Traveling and double dribbling will be called at the 3<sup>rd</sup> and 4<sup>th</sup> grade level. (Note: 1<sup>st</sup> and 2<sup>nd</sup> graders playing at this level will be called for these violations).
13. A player will foul out of the game after five (5) fouls. The officials have sole discretion in determining how the fouls are to be called for each grade level. A typical foul that will be called would be any hit to the body of a player shooting the ball at the basket will be an automatic two (2) shots from the foul line.
14. A player will have 15 seconds to bring the ball across the 3/4 line with a minute left in the game. Failure to do so will result in a turnover.
15. If the game is tied after the end of regulation, a three (3) minute overtime period will be played. If the score is still tied after two (2) overtime periods, the third overtime will be sudden death (next basket wins).

### III. MISCELLANEOUS:

1. The Junior Arrows youth basketball program coordinator will handle all discrepancies and his/her decision will be final.
2. It is possible that these guidelines may be amended as the program progresses with the intent of making necessary improvements. All coaches will be notified in writing of any changes.
3. Verbal abuse of the officials will not be tolerated from anyone. Violation of this rule will result in penalties up to and including the removal from the offender (or the child(ren) of the offender) from the Junior Arrows Basketball program at the discretion of the Junior Arrows youth basketball program coordinator.