

## **2025 North Central Kansas Jr. Basketball League Rules**

### **3<sup>rd</sup> and 4<sup>th</sup> Grade Boys and Girls**

1. Each player will play as close to an equal amount of time as possible to carry out league and recreational philosophy.
2. Defensive double-teaming is only allowed when the offensive player with the ball is in the lane. If defensive double-teaming occurs outside of the lane, the first two violations are warnings, and subsequent violations will result in a technical foul.
3. Defensive players cannot reach in to tip or steal the dribble out of the opponent's hands. **The 5 second rule will be enforced with the offensive player to prevent stalling!**
4. The game is comprised of 4 quarters that are 6 minutes in length. There will be a 5-minute halftime and 5-10 minute warm up. **Games will begin with a jump ball.**
5. Each team is awarded 4 60-second timeouts per game. Teams will receive 1 additional timeout should the game go into overtime.
6. During the regular season, only one overtime period will be played. If at the end of the first overtime the game is tied, the result of the game will be a tie.
7. **No full-court press is allowed!!!** The defense may not extend past the three-point line until the ball crosses half court. Exception, on a fast break once ball passes half court you can use traditional half-court defense. The only time a full court press can be used is: In the final 30 seconds of the game and only if the score is within 5 points! Including overtime periods.
8. A running clock will be used should the margin of score exceed 20 points. This rule only applies to the fourth quarter of games! Once the running clock begins, it will remain in effect throughout the game, regardless of whether the scoring margin drops back below 20 points. Only a timeout or the end of a period will stop the clock once the running clock has started.
9. Both man-to-man and zone defenses may be used.
10. The double bonus (2 shots) begins on the 5<sup>th</sup> team foul of each quarter. Team fouls are reset at each quarter. Team fouls are not reset at the end of the second half should the game go into overtime.
11. Each player is allowed 5 personal fouls before being removed from the game. Technical fouls count towards a player's personal foul count and towards the team foul count.
12. **Coaches should remain in the coaches' box during play.** Failure to do so may result in a technical foul for that coaches' team. This rule will be enforced by the officials.

13. Substitutes must report to the scorer's table to enter the game, and then wait for the official's beckoning signal to enter the court.
14. Teams are required to wear the same color of jersey/shirt. Jerseys/shirts must be numbered.
15. **Participants may shoot free throws from 12 feet** (use tape if school permits).
16. **A 27.5 basketball will be used. Each team will provide their own warm-up balls.** The host team will provide the game ball.
17. Any behavior by coaches or players deemed by game officials to be unsportsmanlike will result in a technical foul and/or ejection. Any behavior by coaches, fans or other personnel deemed by the director to be unsportsmanlike will result in ejection. Stress sportsmanship for the proper guidance of the kids.
18. Any and all disputes will be settled by the director of the facility. If the director is not present, the officials will have the authority to be the deciding factor.
19. All other rules will follow the Kansas State High School Activities Association (KSHSAA) rule book.
20. League fees must be provided to the Plainville Recreation Commission at the end of season. Registration fees are \$60 per team/per weekend. PRC Address is: 110 South Main Street Plainville, KS 67663.