



Jr. NBA EASTERN LEAGUE: RULES & REGULATIONS

Game Time: Two 16-minute halves.

Overtime: One 3-minute period, if time permits.

Game Clock: Runs until the last 2 minutes of each half, at which point the clock will stop for every whistle.

Time Outs: Teams get 3 timeouts per half; two 30-second and one 1-minute.

Uniforms: All players MUST wear full uniforms (shorts and reversible jersey) and a white t-shirt underneath to play in the game. **If a player does not have their full uniform, a technical foul will be given to their team.** No more than one technical foul per game.

Shoelaces: It is recommended that all players have their shoes tied and double-knotted. Players will be subbed out immediately to tie their shoes.

During the regular season, each player will play around 50% of the game, at a minimum.

Entering and Exiting the Court: Players will kneel by half court and wait for the referees to invite them onto the court. Players are encouraged to run on and off the court to speed up the game as the clock runs. Players leaving the bench to use the bathroom or water fountain MUST walk around the outside of the court to get out of the gym, and then walk the same way to get back to their team's bench.

Defense: Half-court defense only. When the defensive team “rebounds” the basketball, the opposing team must head back to their defensive half of the gym. If the “rebounding” team attempts to “push the ball” (fast break), then the defensive team can use full-court pressure otherwise, full-court pressure is allowed ONLY during the last 2 minutes of the game.

Violations: 3-second violation in the paint, 5 seconds to inbound the basketball, defenders MUST stand at least 3 feet away from the inbounder, 10 seconds to bring the basketball across half court, and 5-second defensive in the paint.

Sportsmanship: yelling, coughing, clapping hands, whistling, stomping, or any unsportsmanlike conduct (verbal or physical) will not be tolerated. **THIS IS THE FIRST WARNING**; any incidents during the game will result in technical fouls or removal from the gymnasium. This applies to players, coaches, and spectators. If there is any unsportsmanlike conduct during a free throw shot, the shooter will receive an additional shot.

No necklace, bracelet, watches, or phones are allowed on the court or the bench.