

Jr. Skyforce Recreational Basketball League

(Grades 2nd-8th)

2019-2020

Rules

South Dakota Interscholastic Basketball Rules will govern play with the exception of the following rules:

- Teams will have a 5-minute grace period to start game or game will be forfeited.
- The intermediate size basketball (28.5) will be used for all leagues.
- Free throws will be administered for Technical or Intentional Fouls.
- 3 point shots will be scored in gyms that have the arc on the floor.
- Time-outs. (Each team will be allowed **two** 30 second timeouts per half)
 - If necessary, 1 time-out for each overtime period played.
 - Unused time-outs do not carry over at all.

Rules for Jr. Skyforce Recreational League (2nd-8th grade)

- **2nd-8th grade Boys and Girls**
 - Teams may full court press the last 2 minutes of each half. (man-to-man)
 - A team may only full court press to a 10 point lead.
 - Once the 10 point lead is met the defensive team must immediately drop back to half court.
- **2nd-8th Grade Boys & Girls**
 - Teams can play man-to-man & zone defense

Free Throws: 2nd-8th Grade

- Personal fouls **will** be tracked.
 - Once a **player reaches 5 personal fouls** he or she will be disqualified to play the remainder of the game. Once a **team reaches 7 team fouls**, one-and-one free throws will be awarded to the opposing team. If they make the shot the shooter gets another shot. If they miss anyone except the shooter can rebound it.
 - If a team reaches **10 team fouls in one half**, double bonus will occur and the player will get to shoot 2 free throws no matter what.
 - Team fouls will be cleared each half.
 - All teams will shoot free throws from the free throw line. We can adjust the distance if necessary, violations will be called accordingly..

Playing Requirement & Game Length (Recreational teams only)

- At least eight (8) players must play 2 full quarters
- All games will consist of 4 nine minute quarters; the clock will only stop for time outs and the last 2 minutes of each half, on all whistles, 2 minute half time, and if necessary, **2 minute overtime. The second O.T. will be sudden death- first team to score wins. A 20 point lead at any time in the game will result in running clock with exception of timeouts.**

Jr. Skyforce Competitive League

(3rd-8th grade)

2019-2020

Rules for Jr. Skyforce Competitive League (3rd-8th grade)

- Man to man & Zone defense can be played at any time during the game.
- Teams may full court press at any time during the game. (Man to Man or Zone)
 - A team may only full court press to a 10 point lead.
 - Once the ten point lead is met the team in the lead must immediately drop back to half court
- Each player will receive 5 personal fouls
 - 2 free throw shots will be awarded for any technical or intentional fouls.
 - If a player receives two technical fouls they will be ejected & suspended for the next game.
 - If a coach receives two technical fouls he or she must leave the gym immediately. Assistant or a parent must coach the remainder of the game.
 - All teams will shoot free throws from the line. Violations will be called accordingly.
 - A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter.

Game length

- All games will consist of 4 nine minute quarters; the clock will only stop for time-outs and the last 2 minutes of each half on all whistles, 2 minute half time, and if necessary **2 minute overtime. The second OT will be sudden death- first team to score wins. A 20 point lead at any time in the game will result in running clock including the final 2 minutes of each half, with the exception of time out.**

We not only build skills, we build character. In everything we do, we emphasize the YMCA's core character values of Caring, Honesty, Respect and Responsibility.

Jersey Requirement

Teams may wear non Jr. Skyforce jerseys only if they opted out. Any team that did not opt out must wear Jr. Skyforce jerseys. A forfeit will be the result for any team out of uniform.