



JR. NBA & JR. WNBA BASKETBALL ENGLAND MATCH RULES

- Four (4) eight (8) minute quarters. (running clock)
- Games should be played with a Wilson Basketball
- Clock will stop in the last two (2) minutes of the fourth (4th) quarter
- Teams will have ten (10) minutes to warm up prior to the game
- Teams will get five (5) minutes half time break
- Teams will get one (1) minute break at the end of the first (1st) and third (3rd) quarters.
- Each team is allowed two (2) sixty (60) second time-outs per half
- In the result of a tie, an overtime period of four (4) minutes will be played. (again running clock being used and last two (2) minutes clock will stop). Any other overtime period thereafter will be sudden death (first basket wins)
- Players will be fouled out on their fifth (5th) personal foul
- Teams are in the penalty after their fifth (5th) team foul (per quarter)
- Substitutions can be made at dead ball situation of the game
- No zone defence can be played, strictly man to man defence
- Full court press defence cannot be used until 4th quarter
- A tip- off will start the match. From then on a possession arrow will be used to determine which team starts the quarter and gains possession for a jump ball
- Teams must field a minimum of 10 players and will receive 2 points at the start of the game for complying with this rule
- All players must get equal amount of playing time in the first 3 quarters. In the final quarter coaches decide on who and how much players will play
- Teams that turn up more than 5 minutes after the scheduled tip-off time and are not ready to play or fail to show up will forfeit the game
- In the event of a forfeited game, the opposing team will earn a 20-0 point win

LEAGUE CODE OF CONDUCT

Organisation, Preparation and Managing Expectations

- **Efficiency:** Every minute of court time is valuable – don't waste it!
- **Punctuality:** "If you are early, you are on time... if you are on time, you are late!"
- **Accidents will happen...** stay calm and be prepared
- **Set expectations:** explain ground rules early and engage parents/caregivers

Teamwork

- **Stress the importance of working together:** Basketball is a team. The League, players, coaches, referees, fans and everyone that is involved in the game of basketball is a part of a team.
- **Be accountable and hold others accountable:** When you work as a team, you are one part of a machine. Each person needs to be accountable for what they are doing or the machine will break down. Highlight that accountability and working together is what keeps the engine working.
- **Being part of a team means showing commitment and taking responsibility:** When you commit, it is written in stone. Have your players keep their word, both on and off the court. Demand excellence in everything. And have them take responsibility for their actions, knowing their actions affect the team as a whole.

Positive Attitude

- **It is a game so keep it fun:** Everyone should have fun when playing basketball. The league will be deemed a success only if everyone enjoys it
- **The three Es – Encouragement, Enthusiasm and Energy – are essential:** Use encouragement and positive reinforcement as your primary method of motivating everyone. Try to make a conscious effort to stay positive. Enthusiasm is contagious and must come from everyone, especially the coach/teacher. And if you are energetic and excited, then your players will reflect that approaching the game with proper attitude and effort. Focus on effort and execution rather than outcomes

Organisation, Preparation and Discipline

- **What the league needs:** The league needs enthusiastic staff, players, dedicated coaches, fair referees and supportive fans
- **Efficiency:** Every minute on the court is valuable; as a result, everyone (players, coaches, referees, fans and the league organizers) has to put the best effort in making the league as enjoyable and hassle free as possible. With player cooperation, coach's team management, referee fairness and organizers dedication
- **Punctuality:** "If you are early, you are on time...if you are on time, you are late!" Punctuality is extremely important. Be EARLY to every team practice, game, or meeting. This demonstrates your commitment to the team, and sets a good example of responsibility for young players

- Accidents will Happen... Stay Calm and Be Prepared: Injuries will happen (especially with young players), referees make mistakes, coaching errors happen during the games - it is inevitable. Everyone should understand that mistakes happen and be considerate and calm until those situations are resolved
- Set expectations and engage parents and caregivers: Make sure to clearly set ground rules and explain expectations from the beginning. If you can, try to conduct parent education meetings because it is essential to develop a good relationship with players' parent or caregiver. These meetings can give the coach the opportunity to explain and emphasise the program mission/goals, rules and regulations and parental expectations. If you cannot conduct meetings, write a letter explaining these elements and make sure each player gives the letter to their parents. Invite the parents or caregivers to be involved as much as possible in order to get their support for the program and see the good things you are doing both on and off the court