



4th-5th Grade Junior Varsity League

League Rules

1. Games will consist of two (2), twenty (20) minute halves.
2. The clock will run continuously, except for the last minute of each half, all foul shots, and during substitutions.
3. Play will be 5 on 5.
4. There will be two time-outs per half, with no carryovers. In overtime each team will receive one timeout.
5. There will be no intentional stalling of the ball.
6. Teams MUST play man-to-man defense with no double-teaming. Two warnings will be issued.
7. 1st half the defense will begin at half court. When the defensive team gets a rebound the opposing team must retreat to play defense.
8. 2nd half you may pick up full court man to man with no double-teaming and the lead is not 10 or more.
9. Three point shots in this league will be scored as three points.
10. There will be fouls shots. Teams will shoot two shots on the tenth team foul of each half.
11. Substitutions are permitted only when there is a dead ball situation. They must report to the scorers table and be brought in by the officials. (The official may issue a dead ball situation to bring in substitutions.)
12. All violations will be called in this league, and result in a turnover.
13. Overtime will be treated in a "SUDDEN DEATH" format. The possession arrow determines who gets the ball. The first team to score a point wins the game.
14. Playing time will be divided evenly among the players.
15. Jewelry should not be worn and gum should be thrown away at practice or in games.
16. If possible, we ask that the players bring gym shoes to play in.
17. Finally, the purpose of this league is for the players to learn the fundamentals of basketball, with the emphasis on fun.