

2025 JUNEAU PARKS AND RECREATION YOUTH BASKETBALL RULES

Games may be played at Dzantik'i Heeni, Floyd Dryden, Marie Drake, Mendenhall River and Riverbend gymnasiums. The season consists of weekly practices and nine games.

Each team will be allotted one practice hour of gym time per week. Practices will be scheduled in advance by Parks and Recreation. **Please report any cancellations as soon as possible so we can make full use of the gyms.**

League Structure

- o Youth basketball consists of five divisions, as follows:
- o Pee Wee Division (ages 5, coed)
- o A Division (ages 6-7 coed/girls)
- o B Division (ages 8-9 coed/girls)
- o C Division (ages 10-11 coed)
- o D Division (ages 12-14 coed)

1. Pee Wee (5 coed/girls)

- a. Recreation oriented with emphasis on skill building, sportsmanship, and positive introduction to rules and game fundamentals.
- b. Instruction takes place in clinic format every Saturday. There is no league play or weekday practice.
- c. All participants receive certificates of participation; no other awards are given.

2. Divisions A (6-7coed/girls)

- a. Recreation oriented with emphasis on skill building, sportsmanship, and positive introduction to rules and game fundamentals.
- b. Instruction takes place in regular league format: one practice and one "controlled scrimmage" per week, no post-season play.
- c. Statistics on individual players or teams are not kept; game scores not kept.
- d. All participants receive certificates of participation; no other awards are given.

3. Divisions B (8-9 coed/girls)

- a. Recreation oriented with emphasis on skill building, sportsmanship, and positive introduction to rules and game fundamentals.
- b. Instruction takes place in regular league format: one practice and one game per week, no post-season play.
- c. Game scores and team standings are not publicized.
- d. Statistics on individual players or teams are not kept.
- e. All participants receive certificates of participation; no other awards are given.

4. Divisions C (10-11 coed)

- a. Recreation oriented with emphasis on skill building, sportsmanship, and positive introduction to rules and game fundamentals.
- b. Instruction takes place in regular league format: one practice and one game per week, no post-season play.
- c. Game scores and team standings are not publicized.
- d. Statistics on individual players or teams are not kept.

5. Divisions D (12-14 coed)

- a. Recreation oriented with emphasis on game fundamentals, sportsmanship, team concepts, and offensive and defensive strategies.
- b. Regular league format: one practice and one game per week.
- c. Game scores and team standings will be recorded at Parks and Recreation.
- d. All participants receive certificates of participation; no other awards are given.

GAME REGULATIONS

(New Scoring Rule below)

Scoring: During the game, if a team reaches a 20 point lead, the score board will be set to zero and the clock will continue to run as usual. Pertains to Divisions B and C (10-11 coed) age group only.

Personal Fouls: Each player will be allowed **FIVE** personal fouls per game. A player will be ejected from the game following their fifth foul. Technical fouls count towards personal foul totals.

Technical Fouls: A player receiving two technical fouls or one flagrant technical will be removed (ejected) from the game. A team accumulating four technical fouls shall forfeit the game.

Mandatory Playing Time per Person: Every player in attendance must play a minimum of **½ of the regulation game time**. Exceptions to the rule shall be due to an injury, accumulation of five fouls, player ejection, or illness. A player will be required to play at least ¼ of the regulation game time if he/she arrives late or is being disciplined by the coach for unexcused absences from practice. If a coach fails to have all team members play the required amount of time in a game (including all post-season tournament games) that team will be penalized by a forfeit for that game. **Please notify the player, official, and the opposing coach before the game begins if a player will only be playing for ¼ of the game time.** Forfeits may only be issued by the youth sports Administrative Staff. Parks and Recreation Staff may be at the facilities to watch during playing time; we are there for the kids, so please do not be offended if we approach you on the subject.

Forfeit and Grace Period: There will be a ten-minute grace period from the start of scheduled game time for any team having fewer than **FOUR** players. Failure to provide the required number of players at the end of the ten-minute grace period will result in a forfeit. After a forfeit, teams may then use the gym time for a practice or a scrimmage game. Any time used in the grace period, up to nine minutes, will be taken off the total game time.

Game Time Structure/Substitutions:

Division A (6-7 coed/girls):

- Coach will play as many 5 minutes quarters as time allows; finishing up within the allotted one-hour time slot.
- Subbing is allowed only at the end of each five-minute quarter. Both coaches should assist in matching players up defensively. The team with possession of the ball when the clock stopped will get the ball back after the sub time.
- Subbing may also occur if for injury or illness.
- Coaches can agree to a short half time break.

Division B (8-9 coed/girls):

- Four, ten minute (running clock) quarters. No stop clock in the 4th quarter. The time clock should be set for the full ten minutes. Five minutes into the quarter, the scorekeeper should stop the clock and notify the official that it is "sub time".
- Subbing is allowed only at the five-minute mark of each quarter. Each team has 30 seconds to substitute players. "Sub time" is only for taking players in and out of the game, this is not the time to coach players, plan strategies, etc. Coaches should have their subs ready to go into the game. Both coaches should assist in matching players up defensively. The team with possession of the ball when the clock stopped will get the ball back after the sub time. If either team is not on the floor and ready to play within the 30-second time, the scorekeeper will be instructed to start the clock. Excessive delays will result in a technical foul issued to the coach.
- Subbing may also occur if: 1.) A player has three or more fouls in the first half; 2.) Four or more fouls in the second half; 3.) Injury; 4.) Illness; 5.) Fouling out; 6.) Player ejection.
- There will be a five-minute half time (to be shortened if games are running late).

Division C (10-11 coed):

- Four, ten minute (running clock) quarters. No stop clock in the 4th quarter. The time clock should be set for the full ten minutes. Five minutes into the quarter, the scorekeeper should stop the clock and notify the official that it is "sub time".
- Subbing is allowed only at the five-minute mark of each quarter. Each team has 30 seconds to substitute players. "Sub time" is only for taking players in and out of the game, this is not the time to coach players, plan strategies, etc. Coaches should have their subs ready to go into the game. Both coaches should assist in matching players up defensively. The team with possession of the ball when the clock stopped will get the ball back after the sub time. If either team is not on the floor and ready to play within the 30-second time, the scorekeeper will be instructed to start the clock. Excessive delays will result in a technical foul issued to the coach.

- Subbing may also occur if: 1.) A player has three or more fouls in the first half; 2.) Four or more fouls in the second half; 3.) Injury; 4.) Illness; 5.) Fouling out; 6.) Player ejection.
- There will be a five-minute half time (to be shortened if games are running late).

Division C (12-14 coed):

- Four, ten minute (running clock) quarters. The clock may be stopped in the last three minutes of 4th quarter for free throw shooting. In the 4th quarter, if there is a 20 point lead or more then the clock runs during last 3-minutes of play.
- Subbing can occur on any dead ball (regardless of possession). The official must confirm entry into the game.
- There will be a five-minute half time (to be shortened if games are running late)

Equipment

- 1) Balls: All Division A (6-7 coed/girls) and Pee Wee teams will use a junior size ball. Divisions B (8-9 coed/girls), Divisions C (10-11 coed) and D (12-14 coed) will play with an official women's/intermediate size ball. Juneau Parks and Recreation will supply balls to be used in practices and games. Coaches should encourage players to bring their own equipment as the Parks and Recreation supply is limited. Make sure all personal equipment is clearly marked with a name and phone number.
- 2) Basket Height: Pee Wees (age 5) and Division A (ages 6-7) rim height 8 feet; Division B (8-9 coed/girls) basket rim height of 8 1/2 feet. Divisions C & D regular rim height of 10 feet. A measuring device will be available at each of the gyms where Divisions A and PeeWee teams play. Please note: Anyone caught dunking the ball or hanging on the rim shall receive a flagrant technical foul and will be ejected **from the game. Non-players will be removed from the gym.**

HANGING ON THE RIM, DUNKING, OR ATTEMPTING TO DUNK IS A VERY SERIOUS OFFENSE! NO WARNINGS WILL BE ISSUED DURING THE SEASON, SO COACHES PLEASE WARN YOUR PLAYERS AND PARENTS NOW!

PLEASE NOTE: Coaches may employ their own training rules and team regulations **as long as they are consistent with the objectives of the program**. It is the responsibility of each coach to encourage participation and see that all players have fun. If the coaches have problems with player's attendance, etc., they are asked to contact Juneau Parks and Recreation at 586-5226.

The Juneau Parks and Recreation Department will judge any and all interpretations of rules and regulations not stated within on its individual merits. Parks and Recreation will have the final say with regard to all interpretations. All rules not stated within this publication are taken from the National Federation High School Basketball Rules Book (available at the Parks and Recreation Office).

Rule addition for the 6-7 division only: Defensive players are not allowed to steal the ball from a player that is dribbling or standing stationary. The ball is live for the defense to play once the player in possession of the ball is passing or in the act of shooting.

Rule addition for 6-7 and 8-9 divisions only: Offensive players are not allowed to set "screens" for team mates who are handling or shooting the ball. Should a team screen out a defensive player, the referee shall stop play and award possession of the ball to the defensive team.

League Overviews for 2025 Season

5 year olds (Pee Wee):

8' baskets (lowest setting)

Saturdays only skills clinics – run by coaches & volunteers

Jr. Size ball

6-7 year olds coed/girls (Div. A):

8' baskets

Jr. Size ball

Week night practice and games

Saturday “controlled scrimmages” with one coach from each team on the floor controlling the play – stopping as necessary.

No score is kept

One coach per team on the floor

As many 5 minute periods as coaches can fit in during the hour

No back court 'D'

Man-to-man 'D' (except in key area)

No stealing off the dribble (ok on the pass or shot)

No screening

8-9 year olds coed/girls (Div. B):

8 ½' baskets

Jr. Size ball

Week night practice and games

Saturday games with referees

No score is kept

One coach per team on the floor

Four 10 minute (running clock) quarters w/ 30 second sub time at the 5 minute mark

No back court 'D'

Man-to-man 'D' (except in key area)

No stealing off the dribble (ok on the pass or shot)

No screening

10-11 year olds coed (Div. B):

10' basket

Intermediate size ball

Week night practice

Saturday game w/ referees

Four 10 minute (running clock) quarters w/ 30 second sub time at the 5 minute mark

No back court 'D'

Man-to-man 'D' (except in key area)

Five fouls

No O.T.

Score kept by Home Team parent and not reported to P&R

No timeouts called in last 2 minutes of 4th quarter

12-14 year olds coed (Div. C):

10' basket

Intermediate size ball

Week night practice

Saturday game w/ referees

Four 10 minute (running clock) quarters, no sub time (sub on any dead ball), stop-clock in last 3 minutes of 4th quarter unless 20 point lead or more, then clock runs during last 3 minutes of 4th quarter.

Stop clock last three minutes of 4th quarter only (shoot free throws).

No back court 'D'

Man-to-man 'D' (except in key area)

Five fouls

O.T. (Overtime) will be 3 minute, stop-clock period, foul shots taken. If still tied, then sudden death.

Score kept by Home Team parent and responsible for notifying P&R