



JR BALLERS LEAGUE RULES

2024/2025

All rules are modifications based on FIBA basketball game rules to help young players grow within the sport of basketball. For a full set of comprehensive rules please visit the FIBA rules document posted on our website.

ROOKIE

Boys and Girls, 7-8 Years

Grade 2-3

General Rules:

- Basketball net height - 7.5-8 feet
- Ball size 5

Game Rules:

- Four 8-minute quarters with a running clock; run time even during during timeouts
 - Stoppages may occur if and when:
 - Requested by staff, officials or a coach based on their discretion.
 - Injury or need for player care medically
 - Substitutions
- Each player must play equal time
 - 2 quarter minimum per game
- No overtime, games can result in a tie with no winner
- No official referees
 - Referees are youth or volunteer based positions
- A player cannot foul out however, rough play is not allowed
 - *In the event a player is becoming dangerous or harmful to themselves or others, then a player may be pulled to ensure the safety and well-being of that player or others around them.*
- If the score difference becomes 20 points, the scoreboard will be turned off.
- Timeouts
 - 1 - 30 second timeout in the first half
 - 1 - 30 second timeout in the second half
- Head coach is allowed on the court as needed at this level to guide, instruct and direct players as needed

Offense:

- Free throw rules modified; no free throws at this level
 - If a foul is committed in the act of shooting:



- If the shot is missed then 2 points are awarded and possession is given to the opposing team
- If a shot is made, then points are awarded for the shot (2 or 3 points) with 1 additional point on top for the foul. Possession will be given to the opposing team.
- Traveling
 - Traveling rules are enforced loosely and referees and coaches are encouraged to guide and teach players at this level the rules of play.

Defense:

- No zone defense; man-to-man defense only
- No double teaming
- No pressing



STARTER

Boys and Girls, 9-12 Years

Grades 4-6

General Rules:

- Basketball net height is recommended at 9 to 10 feet
- Ball Size 5

Game Rules:

- Four 8-minute quarters
 - Running clock with stopped time:
 - Last 2 minutes of the third and fourth quarter
 - Stopped time during free throws and timeouts
 - Technical fouls
 - Clock will stop for technical fouls
 - 2 technical fouls will result in a player removed from the game
 - Consistent foul outs can result in temporary or permanent removal from the league.
- 5 fouls to foul out and bonus is triggered on the 5th team foul
- 3-5 minute half time break
- Timeouts
 - During the regular season:
 - 2 in the first half (Quarter 1 and 2)
 - 2 in the second half (Quarter 3 and 4)
- Overtime
 - 3 minutes run time with stopped time during the last 30 seconds
 - In the event of a double overtime. A second overtime will be played with no clock, first team to score 2 made baskets

Offense:

- Score clock turns off for a 20 point lead

Defense:

- No zone defense, man-to-man only
- No double teaming and pressing



ALL-STAR DIVISIONS

Boys and Girls, 13-14 Years

Grades 7-8

General Rules

- Basketball net height, 10 feet
- Ball Size 6

Game Rules:

- Four 8-minute quarters
 - Running clock with stopped time:
 - Last 2 minutes of the third and fourth quarter
 - Stopped time during free throws and timeouts
 - Technical fouls
 - Clock will stop for technical fouls
 - 2 technical fouls will result in a player removed from the game
 - Consistent foul outs can result in temporary or permanent removal from the league.
- 5 fouls to foul out and bonus is triggered on the 5th team foul
- 3-5 minute half time break
- Timeouts
 - During the regular season:
 - 2 in the first half (Quarter 1 and 2) and 2 in the second half (Quarter 3 and 4)
- Overtime
 - 3 minutes run time with stopped time during the last 30 seconds
 - In the event of a double overtime. A second overtime will be played with no clock, first team to score 2 made baskets

Offense:

- No pressing after a 20 point lead
- Score clock turns off after a 35 point lead

Defense

- Zone play second half only
- No pressing after 20 point lead



HS VARSITY DIVISION LEAGUE RULES

2024/2025

VARSAITY DIVISION

Boys and Girls, 15-19 Years

Grades 9-12

General Rules:

- Basketball net height - 10 feet
- Ball size
 - Boys - 29.5 / Size 7
 - Girls - 28.5 - Size 6

Game Rules:

- Four 10-minute quarters
 - Running clock with stopped time:
 - Last minute of the first and second quarter
 - Last 2 minutes of the third and fourth quarter
 - Stopped time during free throws and timeouts
 - Technical fouls
 - Clock will stop for technical fouls
 - 2 technical fouls will result in a player removed from the game
 - Consistent foul outs can result in temporary or permanent removal from the league.
- 5 fouls to foul out and bonus is triggered on the 5th team foul
- 3-5 minute half time break
- Timeouts
 - During the regular season:
 - 1 in the first half (Quarter 1 and 2)
 - 2 in the second half (Quarter 3 and 4)
 - Playoff tournament or series
 - Semi-finals and finals
 - 2 in the first half (Quarter 1 and 2)
 - 2 in the second half (Quarter 3 and 4)
- Overtime
 - 3 minutes run time with stopped time during the last 30 seconds
 - In the event of a double overtime
 - Second overtime will be played with no clock, first team to score 2 made baskets.