



Weymouth Junior Basketball League
P.O. Box 342
Weymouth, MA 02190



RULES

Philosophy:

Hennelly Division (Grades 4/5): This division emphasizes a combination of instruction and competitive league play.

Division 2 (Grades 6/7) and Leighton Division (Grades 8/9): These divisions will play by High School rules, as amended herein. Coaches and spectators are to keep in mind that the goal of the League is to create a positive experience for every player.

Rules and Regulations:

All rules and regulations apply to all divisions unless specific details are designated for each separate division.

Referees:

The referees' decisions on rules during a game will be final. Coaches, players and fans are expected to treat the referees with respect, which includes refraining from comments regarding calls or missed calls. Contact the division coordinator if you have questions or concerns about the rules and/or referees.

Game Play:

Hennelly Division: Each game will consist of two halves. Each half will have four 5-minute periods with running time. Halftime and overtime will consist of 2 minutes. The clock will stop for all whistles during the last 2 minutes of the game, as well as any overtime periods. The clock will also stop for all injuries, technical fouls and timeouts. Substitutions cannot be made during the course of a five-minute period, unless a player is disqualified or injured.

Division 2: Each game is allotted one-hour, including warm up. Games consist of seven 5-minute periods for a total playing time of 35 minutes. There will be a jump ball at the beginning of the game, followed by alternate possession in place of any further jump balls. The first six periods are running time, except that the referee may stop the clock for excessive delays (e.g., the ball rolling down a hallway). Running time stops for time outs and player injury. The seventh period is stop-time. No substitutions are allowed in the first six periods except for injury; substitutions may be made in Period 7. Referees will adjust the length of halftime to keep the game on schedule (typically a two minute half-times occur after the end of the fourth period).

Leighton Division: Each game is allotted one-hour, including warm up. The game consists of four quarters of eight minutes each. Quarters 1-3 are running time; 4th quarter is stop-time. At the midpoint of each eight-minute quarter, the scorer's table will sound the buzzer to allow coaches to make substitutions (scorer will not sound the buzzer if a player is shooting or on a breakaway). There will be a jump ball at the beginning of the game, followed by alternate



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possession in place of any further jump balls. Referees will adjust the length of half time to keep the game on schedule (typically a two minute half-time).

Playing Time:

Coaches should make every effort to balance playing time equally and fairly between all players present.

At any point during a game, no player should have played more than one additional period beyond what any other teammate has played. For example, no player may play three periods until everyone has played two periods. Coaches should adjust playing time accordingly for players who arrive late to a game.

Every player should play a minimum of 3 periods in the game. For the purposes of playing time, a period is defined as:

- Hennelly Division: 1 five-minute period
- Division 2: 1 five-minute period
- Leighton Division: 4 minutes in a quarter

Coaches will keep a log of playing time during each game to track equitable playing time for each player. A similar log will be kept at the scorer's table during each game.

Coaches may set lineups and substitute players at their discretion in overtime periods.

Time Outs:

Hennelly Division: Each team will be allowed 2 timeouts per game and 1 timeout in overtime (1 minute per timeout). Timeouts from regulation time do not carry over into overtime.

Division 2: 3 one-minute time-outs for each team per game. Maximum of two per half. Periods 1-4 are the first half. Periods 5-7 are the second half. Timeouts from regulation time do not carry over into overtime.

Leighton Division: 3 one-minute time-outs for each team per game. Maximum of two per half.

Overtime:

Hennelly Division: An overtime period shall consist of a two-minute period of running time and one time out for each team.

Division 2 and Leighton Division: An overtime period shall consist of a three-minute period with stop time and one time out for each team. Up to three overtime periods may be played if time permits.



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Forfeitures:

Teams may play with four players, but not with three. If a team does not have 4 players at the scheduled start of the game, they will be given a 10-minute grace period before a forfeit is declared.

Fouls:

A player is disqualified with 5 fouls. On the 7th team foul in a half, the other team shoots one & one. On the 10th team foul, the other team shoots two foul shots. As the season progresses, the referees will enforce the high school rule allowing the foul shooter only 10 seconds to shoot after being given the ball.

Defense and Press:

Hennelly Division: Teams may only play man-to-man defense; no zone defenses are allowed. There is no pressing; defense can only pick up at half court. You cannot run isolation plays. Teams cannot double-team an opposing player, but may provide help defense if the original defender is beat. Because there is no press defense, in the final period teams must advance the ball over mid-court in 5 seconds to initiate play (subject the discretion of the referee).

Division 2 and Leighton Division: A team may use any defense, including a full court press. If a team has a 20-point lead, that team may not use a full court or backcourt press.

Uniforms:

All players must wear WJBL shirts and black shorts. Shirts must be tucked in and should not be altered in any way.

Practices:

Hennelly Division: Each team will have a one-hour practice per week. Coaches should plan practice to maximize the entire hour. For a lot of the participants, this is the first time they have played organized basketball. Each week some effort should be made to teach something new (e.g. setting picks, man-to-man defense, the give and go). The last fifteen minutes of practice time is generally used to play the team at the other end of the court in an instructional scrimmage.

Division 2 and Leighton Division: Each team will have a one-hour practice per week. No team practices are permitted other than WJBL scheduled practices.



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Conduct:

All participants shall adhere to the WJBL Zero Tolerance Policy posted on the WJBL web page. Coaches are responsible for the conduct of their players while they are in the gym. Unnecessary roughness, obscenities, or disrespectful conduct is not allowed by any coach, player, or spectator. Referees may call a technical foul or issue a warning at their discretion. If a second warning or technical foul is necessary, the referee or a Board Member may expel the individual from the game, with the possibility of further disciplinary action by the Board of Directors. Board Members coaching during a game will normally refrain from taking any action with respect to the opposing coach or his players.

Fighting will automatically result in expulsion from the game, and the next scheduled game. A second offense will result in expulsion from the league.

Under no circumstances should coaches, players or spectators harass the referees, other coaches or players. Instances of harassment or disrespect may result in a warning or expulsion from the league at the discretion of the Board of Directors.

If a player, coach or participant is ejected from a game, he or she shall leave the gym. The Board of Directors reserves the right to exclude any person from participation in league for violations of these Conduct rules or the Zero Tolerance Policy.