

2019-2020 Gold Crown Jr. NBA 3x5 League Game Rules

Rules: The Gold Crown Competitive Basketball Program will use the National Federation of High School Association's (NFHS) basketball rules, and follow modified Jr. NBA Guidelines *except for*:

Game Time: Each 3-on-3 half court game consists of one 20-minute, running-clock game. Each 5-on-5 full court game consists of two 15-minute, running-clock halves.

Time-Outs: Each team will have two 30 second time-outs per game. Unused time-outs do not carry over into overtime, or sudden death.

Halftime: Halftime will consist of two minutes.

Overtime: When a game ends with a tie score, the game will go into sudden death with the following guidelines: after a jump ball at center court, the first team to score any combination of two points will be the winner.

Scorekeeping: Each team must provide one person to keep the clock or scorebook for their game. A minimum of two people are required for each game. Note: For the 11-14 age group only, a third person is required to keep the 30-second shot clock.

Equal Playing Time: Equal playing time is required of every team.

Boys & Girls 9 – 11 Year Old Division

Game Ball: Size 6 ball (28.5")

Height of Basket: 9'

Set Defense/Double Teaming: Only player-to-player defense is allowed throughout the competition, and deliberate "double-teaming" is not allowed. Note: If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

Set Defense: Player-to-player defense ONLY.

Pressing Defense: Player-to-player defense allowed to extend full court in the 4th quarter and overtime only. The leading team may not extend the defense over half court when leading by 15 points or more.

Free Throw Rule: 14' free throw line. No violation will be called if the player releases the shot behind the free throw line and crosses the line after the shot is released.

3-Point Field Goals: Although the 3-point arc may exist on the court, all baskets made beyond this arc only count as two points. Eliminating the 3-point basket will encourage players to shoot from within a developmentally-appropriate range.

Start Of Game Possession: Coin flip will determine which team starts with the ball. Team who wins coin flip will be awarded possession at half-court with throw-in.

Boys & Girls 12 – 14 Year Old Division

Game Ball: Size 7 (29.5")

Height of Basket: 10'

Set Defense/Double Teaming: There are no restrictions, all allowed throughout the competition at coaches discretion.

Pressing Defense: Pressing allowed throughout the competition; however, the leading team may not press when leading by 15 points or more.

3-Point Field Goals: All 3-point field goals are allowed throughout the competition at coaches discretion.

Shot Clock: Thirty second shot clock will be used for 5-on-5 games. Shot clock will be reset on any offensive/defensive rebounds, any foul and on jump ball.

Start Of Game Possession: Games will start with a jump ball for possession.

Bench Decorum/Warning

Bench Warning: Officials/Rules Coach should not permit certain behavior by the head coach or any personnel on the bench who engages in spontaneous reactions to officiating calls and no-calls. **At the official/rules coach discretion, repeated spontaneous reactions or unsportsmanlike behavior by the head coach, bench personnel, players on the bench and / or spectators from the stands may result in a warning with subsequent incidents resulting in a technical foul(s).**

Bench Decorum: The head coach of each team is responsible for the conduct and behavior of their players, parents, and spectators. **If any coach, parent, player, or spectator is ejected from a game, they MUST sit out their next game. NO EXCEPTIONS.** The person who was ejected from the game will receive a written notification from Gold Crown Program Directors. If any coach, parent, player, or spectator is ejected from two games, they are not allowed to attend any games for the remainder of the Gold Crown season. This applies to both league and tournament play. For more details, visit our **Bench Decorum Page** under Important Documents.