

LJAL Basketball

Summary of Specific League Rules

	Freshman	JV Silver	V Silver	SVB Silver	JV/V Gold	SVB Gold	SVGirls
Min/Max players on roster	10/15	10/15	10/15	10/13	10/13	10/13	10/13
Minimum # players to start³	8	8	8	5	5	5	5
Game length	6 5-min prds	6 5-min prds	4 8-min qtrs	4 8-min qtrs	4 8-min qtrs	4 8-min qtrs	4 8-min qtrs
Minimum playing time	1 full prd/half ⁴	1 full prd/half ⁴	4 min/half	4 min/half	4 min/half	4 min/half	4 min/half
Zone defense allowed?	No ⁵	No	Yes	Yes	Yes	Yes	Yes
Full-court press allowed?¹	No	No	Yes	Yes	Yes	Yes	Yes
3-point basket?	No	No	Yes	Yes	Yes	Yes	Yes
Personal Fouls allowed	4	4	5	5	5	5	5
Technical Foul counts as Personal	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jump ball starts @ prd?⁷	Yes	Yes	No	No	No	No	No
Alter. possession for held ball?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
# Timeouts/half per team⁶	3	3	3	3	3	3	3
15-point advantage rule?²	Yes	Yes	Yes	No	No	No	No
Press allowed if 15-pt margin?¹	N/A	No	No	No	No	No	No
Overtime permitted?	No	No	No	No	No	No	No
Momentum step on free throw?	Yes	No	No	No	No	No	No

Notes:

- 1 - A team may not press if they are leading by 15 or more points.
- 2 - Trailing team retains possession (at half-court) after they make a field goal or free throw until deficit is reduced to 10 points or less.
- 3 - Freshman Girls may Start with 5 & play with 4
- 4 - Add'l periods must be evenly distributed (e.g., no player may play 4 periods unless everyone plays at least 3)
- 5 - The ball-handler only may be double-teamed (no more), only within the 3-point line.
- 6 - All leagues will now allow each team 6 timeouts/game, 3 max each half.
- 7 - Jump Ball will start each Senior Varsity & Gold league game, alt-possession to start 2nd/3rd/4th Quarters.

Directors/Emergency Contacts		Cell #
Referees	Rachel Regan	734.536.5324
Gyms	Paul Seewald	734.547.3131
League Issues	Harvey Huddleston	313.218.2789
Equipment	Richard Dawson	313.819.7467
Uniforms	Danielle Ebbitt	734.837.1332
Hall Monitors	Scott Lone	313.220.0216

Note - All rules subject to change by the LJAL Basketball Committee
Shaded areas indicate new rule changes