



PLAYING TIME RULES (JBL)

JBL 1st and 2nd Grade

All student-athletes play equal minutes.

Substitutions are made only at the end of each period

- **Eight (8) five-minute periods, running clock**

Players are ranked by ability/skill/athleticism, 1 – 10 (for coaches view/knowledge only)

- **Coaches should arrive at each game with a pre-determined substitution pattern and be able to produce this document for the Gym Supervisor/League Director**

Each game, each week the first "starting five" will begin with a specific number (matching the # of the game) and the next four numbered players following the first number will start. Each subsequent period would begin with the number of first player with the number following the last player from the previous period.

EXAMPLE: GAME 1 / WEEK 1 (starting #1)

Period #1 starts 1 (Johnny), 2 (Mike), 3 (Jake), 4 (Will), 5 (Bruce)

Period #2 plays 6 (Ted), 7 (Jimmy), 8 (Aiden), 9 (Danny), 10 (Jeff)

Period #3 plays 1 (Johnny), 2 (Mike), 3 (Jake), 4 (Will), 5 (Bruce)

Period #4 plays 6 (Ted), 7 (Jimmy), 8 (Aiden), 9 (Danny), 10 (Jeff)

Period #5 plays 1 (Johnny), 2 (Mike), 3 (Jake), 4 (Will), 5 (Bruce)...and so on.

GAME 2 / WEEK 2 (starting #2)

Period #1 starts 2 (Mike), 3 (Jake), 4 (Will), 5 (Bruce), 6 (Ted)

Period #2 plays 7 (Jimmy), 8 (Aiden), 9 (Danny), 10 (Jeff), 1 (Johnny)

Period #2 plays 2 (Mike), 3 (Jake), 4 (Will), 5 (Bruce), 6 (Ted)...and so on

If a team had nine players Week #2 would look like this:

Period #1 starts 2 (Pete), 3 (Wilt), 4 (Bill), 5 (Scottie), 6 (Isaiah)

Period #2 plays 7 (Charles), 8 (Chris), 9 (Reggie), 1 (Ray), 2 (Pete)

Period #3 plays 3 (Wilt), 4 (Bill), 5 (Scottie), 6 (Isaiah), 7 (Charles)...and so on

Each week, all teams would know the first # of the first player to start the first period and then work up from there. If a team had fewer than 10 players, it would start with the first #, but the rotation would vary from there. Coaches do have the discretion, in extreme cases, to sit a player out who has demonstrated any unsportsmanlike conduct to a teammate, opponent, official or coach.

JBL 3rd and 4th Grade

All student-athletes play equal minutes.

Coaches may substitute at the middle and end of each quarter at their discretion.

- **Four (4) eight-minute quarters, running time except for the final minute of each quarter. Subs will be made at the dead ball nearest to thirty seconds of the four-minute mark in each period. The clock will sound the horn to remind coaches/officials to make substitutions.**
- **Coaches should arrive at each game with a pre-determined substitution pattern and be able to produce this document for the Gym Supervisor/League Director**

Coaches do have the discretion, in extreme cases, to sit a player out who has demonstrated any unsportsmanlike conduct to a teammate, opponent, official or coach.

He/She may also "use the bench to teach" and then sub the player back in the game during his normal allotted time.



PLAYING TIME RULES (VDBL)

VDBL 5th through 7th Grades, and VDBL-Girls

All student-athletes play equal minutes.

Free substitutions (minutes kept on "In-out Chart" by assistant coach)

Disciplinary action as detailed in SAC card can reduce "equal" time.

Subject to disciplinary action by the coach, whether based on failure to meet practice or game expectations, in-game injuries, and in-game teaching moments, coaches will play each player the same amount of time each game. Starting line-ups and substitution patterns will be up to each coach. Any coach deviating downward from the equal playing time rule because of a failure to meet practice expectations is expected to communicate to the player and parents before game day if the player will not be playing an equal amount and why that is occurring (and he/she must document this on the SA's SAC Card for the specified game). The goal is player development – both with respect to his basketball skills and his character - and clear, consistent communication with the players and parents about the coaches' expectations is critical to achieving that goal.

Coaches do have the discretion, to sit a player out who has demonstrated any unsportsmanlike conduct to a teammate, opponent, official or coach.

He/She may also "use the bench to teach" and then sub the player back in the game during his normal allotted time.

Playing Time for 8th Grade (Boys)

All student-athletes play a minimum of seven (7) minutes.

Free substitutions (minutes kept on "In-out Chart" by assistant coach)

Disciplinary action as detailed in SAC card can reduce this minimum playing time.

Subject to disciplinary action by the coach, whether based on failure to meet practice or game expectations, in-game injuries, and in-game teaching moments, coaches will play each player the equivalent of one quarter (or seven minutes). Starting line-ups and substitution patterns will be up to each coach. Any coach deviating downward from the playing time rule because of a failure to meeting practice expectations is expected to communicate to the player and parents before game day if the player will not be playing at least the equivalent of a quarter and why that is occurring (and he/she must document this on the SA's SAC Card for the specified game). The goal is player development – both with respect to his basketball skills and his character - and clear, consistent communication with the players and parents about the coaches' expectations is critical to achieving that goal.

Coaches do have the discretion, to sit a player out who has demonstrated any unsportsmanlike conduct to a teammate, opponent, official or coach.

He/She may also "use the bench to teach" and then sub the player back in the game during his normal allotted time.

MISSION:

Building character and shaping lives through the game of basketball.

www.PlayVABA.org