



## 2019 Level Guidelines

### What Level Do I Choose? Level I, II, or III?

Jam On It Basketball Academy has developed a system for coaches to choose the proper level of competition to place their teams. We have had many calls and questions regarding coaches looking for direction in what level their teams should be in. To keep teams from “Sand Bagging” and to keep some kind of parity in the divisions, we needed to establish guidelines and special rules.

The main problems we have experienced are teams in level II that should be in level I, having unfair advantages. We have broken down the levels for you below.

**Level I-** Regular AAU basketball, competitive all-star teams, top of division teams, elite teams, and made up of players from different schools.

- Regular Jam On It tournament rules
- **Teams can press the whole game unless the lead reaches 30 points**, teams may press again when the lead gets below 20
- Clock will run the last 4 minutes of the second half if a team is up by 30pts
- Any team with players that have grade exceptions

**Level II-** Competitive teams looking for better competition but are not close to the best in their region. Teams may have players from multiple schools. Because of a few older players they may have had to move up.

- Regular Jam On It tournament rules
- **Teams can't press in the first 8 minutes of the game** or if the lead reaches 20 points, teams may press again when the lead gets below 15
- Clock will run the last 4 minutes of the second half if a team is up by 30pts

**Level III-** Recreational teams, same school teams, or teams that play in rec leagues. Ex: recreation teams from the same rec league, nontraditional starters, players that may not have made their school teams

- **Teams can't press in the first half** or if the lead reaches 15 points, teams may press again when the lead gets below 10
- Clock will run the last 4 minutes of the second half if a team is up by 30pts.

**NO Pressing Definition:**

Once a team maintains team control in the back court during a live or dead ball situation, the defense must go behind the half court line. 1st violation will warrant a warning. Every violation after will warrant a team technical foul.

**Important Division Note:** Divisions with no level specified in the division name or combo divisions will play by level 2 rules.

We welcome your comments.

It is at the tournament director's discretion to make any exceptions.