

Recreation Basketball Rules and Regulations

DIVISIONS:

3rd & 4th Grades • Intermediate
5th & 6th Grades • Juniors
7th & 8th Grades • Seniors

GAME PLAY:

Standard High School Basketball rules will apply, except for the following:

All Divisions will use REGULATION BASKET. Game Ball sizes are as follows: 27.5" (All Intermediate), 28.5" (All Juniors and Senior Girls), 29.5" (Senior Boys)

Each game consists of four quarters, running time.

Intermediate (3/4) 6 min

Junior (5/6) 7 min

Senior (7/8) 8 min

In the case of more than 10 per team or on either team, play 5 quarters that are 1 min less than regular. The clock will stop only during the last 2 minutes of game. There is no overtime period, except in playoffs. Games tied at the end of regulation will remain a tie.

Rest Periods: One minute between quarters. Three minutes between halves.

Time Outs: Two per team, per half. They do not carry over.

Each child must play at least (2) two full quarters and should not be substituted for until they do so unless there is an injury. Each coach is responsible to see that all children receive equal playing time.

- *If a team has 7 or more players, no one player can play more than 3 quarters, once a player is checked in for a quarter they are considered to have played that quarter regardless of how many minutes they played in that quarter.*
- *If a player arrives late, they still must play 2 full quarters, if there are 2 or more quarters remaining in the game. If there are less than 2 quarters, they are to play the remainder of the game.*
- ***If a team only has 4 players, and their opponents have 8 or less players, then the game will be played 4-on-4. A game cannot be played with less than 4 players on either team. There is no splitting time between quarters and no substitutions can be made during a quarter until all players play their minimum of 2 full quarters.***
- ***Any infraction of this rule during a game results in a technical foul and/or the team in violation may be given a disqualification in the standings.***

FREE THROWS:

- There will be two free throws for a foul committed in the act of shooting and for an intentional foul. Players will shoot from the free throw line.
- Intermediate players, one foot in front of line.
- Junior Girls may go over line except to gain an advantage to rebound.

DEFENSE:

- Intermediate: No defense outside the three-point arc/box any uncontested shots taken in 3-point range will not count
- Intermediate: Any team playing outside coverage they will get a warning. If it happens again that team will be charged with a technical foul.
- Intermediate and Juniors: Only Zone defense should be played
- Seniors are allowed either Zone or Man defense.

PRESSING:

- Intermediate and Junior: There is no half-court pressing Once a player has gained control of the ball, the defensive team must set up their defense and allow the offense ample space to bring ball beyond half court
- Junior: the losing team will be allowed to half court press in the last 2 minutes of the game.
- Seniors are allowed to FULL COURT PRESS in the last 2 minutes of game. (ONLY the LOSING TEAM can PRESS if there is a 10pt differential).

After second warning of defense in backcourt, a technical foul may result if in the Refs discretion the backcourt defense was intentional.

JUNIORS: Once every team in the division has completed the halfway point of the season, Juniors are allowed to FULL COURT PRESS in the last 2 minutes of game. (ONLY the LOSING TEAM can PRESS if there is a 10pt differential).

FAST BREAKS

- Intermediate and Junior: No fast breaks Once there is a change of possession, the player, or player passed to cannot pass half court until the defense is set down court. Seniors are allowed FAST BREAKS.

FOULING OUT:

- Fouling Out: On the fifth foul, the player is considered fouled out. He/she cannot return to the game under any circumstances. Even if the team only has five players, they must then play with four players.
- Bonus (one and one) is in effect on the 7th team foul in a half.
- Double Bonus (2 shots) on the 10th foul in a half.

Violations and fouls will be at the referee's discretion

LANE VIOLATIONS:

- Intermediate and Junior. All players have 5 seconds in the lane to post up. If a player is caught in the lane for more than 5 seconds, the ball will be turned over to the other team.
- Senior is 3 seconds.

STALLING: If any players are called for stalling, they will get a warning. If they are called for it again they will be charged with a technical foul.

ATTIRE:

Players are required to wear team shirts and sneakers to games. Players should wear shorts or sweatpants. No jewelry or earrings are allowed unless it is religious or medical, which must be covered with a wristband or covering to protect both the player and opponents.

RESULTS/STANDINGS:

OFFICIAL BOOK:

An official book will be kept at the scorer's table and will contain all information on fouls, score, etc. The scoreboard or any other scorebook at the game is secondary. Every effort should be kept to agree on these factors.

The winning Coach must submit results via the report form on the newmilfordrecreation.com/basketball website, within 2 hours following the game.

The order of Playoff tie-breakers for a two-team tie will be head to head competition, record against teams with a winning record (over .500), record against common opponents, coin flip. Points in standings are 2 points per win; 1 point per tie, 0 points per loss.

CONDUCT:

Unsportsmanlike conduct by players, coaches, and spectators will not be tolerated. Any actions deemed not in the best interest of the program will not be tolerated, and handled accordingly. Inappropriate conduct will not be tolerated before, during or after a game. Fans, coaches and players will be supportive of their team and at a minimum "polite" to the opposing team. This includes the use of profanity anywhere in the gym. Any Coach, Player or Fan ejected from a game will be automatically suspended from the following game. Non-player suspensions will be for two games following ejection. **Second ejections will result in an automatic season suspension. During their suspension suspended players, coaches, fans are not allowed in the facility where their team is playing.**

**The referee is in complete control of all games. It is his/her discretion to institute or adapt rules that may not be listed here to benefit the overall program. **

NO ONE SHOULD APPROACH REFS AFTER A GAME other than to say good game, thank you or have a good night. Questions of rules should take place during the game at a time out or between quarters, otherwise questions should be emailed to the Coordinator @ basketball@newmilfordrecreation.com