

Borough of New Milford

Recreation Department

Recreation Basketball Rules and Regulations

New Milford Recreation follows the rules as outlined at www.nfhs.org (National Federation of State High School Associations) with the following exceptions.

1. Teams
 - a. The number of teams and divisions will be determined annually based on the number of players registered.
 - b. To establish teams, a player draft procedure as outlined in the Recreation Policies and Procedures will take place in all divisions above Clinic.
 - i. No team shall have more than 10 players.
2. Scheduling/Alternative Scheduling
 - a. The Sport Coordinator shall prepare the schedule.
 - i. No changes shall be made to the schedule without the approval of the Sport Coordinator.
 - ii. When necessary, the Sport Coordinator may reschedule games canceled due to gym closures.
3. Uniforms/Equipment
 - a. Gym shorts or sweat pants and a Recreation issued basketball shirt shall be worn at all games.
 - i. Additional clothing layers, if necessary, must be worn under uniform.
 - b. Prohibited items
 - i. No Jewelry, with the exception of religious medals or medical alerts which must be taped to the body.
 - ii. Sneakers are the only permitted foot wear.
 - c. The Department will supply each team with basketballs at the start of the season.
 - i. Clinic and Intermediate will use 27.5" game balls; Junior Boys, Junior Girls and Senior Girls will use 28.5" game balls; Senior Boys will use men's regulation ("Official Size") game balls.
 - d. Uniform/Equipment violations must be corrected before a player is allowed to participate.
4. Officials
 - a. Officials will be provided for all divisions.
 - b. Violations and fouls will be at the referee's discretion.
 - c. Officials have the discretion to temporarily institute, adapt or suspend any rule to benefit the overall program.
 - d. In all Divisions officials shall be treated with the utmost respect.
 - i. Coaches/Managers are responsible for the conduct of their players, and spectators.
 - ii. Poor sportsmanship will not be tolerated

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5. Scoring/Official Scorebook
 - a. Clinic and Intermediate Division
 - i. In Clinic, no "official" score book shall be kept. However, coaches should at a minimum track quarters played and points scored.
 - ii. In Intermediate Division
 1. The home team head coach shall be responsible to assign an individual to work the scoreboard/game clock.
 2. The visiting team head coach shall be responsible to assign an individual to maintain an official scorebook.
 - b. Junior and Senior Division
 - i. The home team shall be responsible to assign an individual to maintain the official scorebook at the scorer's table, and it may be checked by the game official at the start and end of each quarter.
 1. Issues that arise cannot be addressed without proper record keeping
 2. The official score book may be reviewed at any time by coaches/managers with the consent of an official.
 - ii. Coaches may keep an unofficial scorebook
6. Coaches
 - a. Are responsible for keeping players not in the game on the bench.
 - b. A maximum of 2 Recreation certified coaches are permitted courtside during game play.
 - c. Recreation issued ID cards must be worn at all times while supervising a recreation activity.
7. Forfeits
 - a. Clinic Division
 - i. There are no forfeits in the Clinic Division
 - b. Intermediate, Junior and Senior Division
 - i. Team must have a minimum of 4 players to start a game.
 1. When only 3 players are available a 10-minute grace period will be allowed to assemble a fourth player.
 2. If there are only 3 players available after the 10-minute grace period the game will be forfeited and will not be rescheduled.
 3. When only four players are available, the opposing team is encouraged to play only four players.
8. Game Play
 - a. Each game consists of four quarters with a running time clock.
 - i. With the exception of the last 2 minutes of the game there will be a running clock. During the running clock time will only stop for injuries and timeouts.
 - ii. Intermediate Division (3/4 grade) 6 min;
 - iii. Junior Division (5/6 grade) 7 min;
 - iv. Senior Division (7/8 grade) 8 min.

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- v. Overtime: There are not any overtime periods except in playoffs. Games tied at the end of regulation will count as a tie in the standings.
 - 1. In playoffs, there will be overtime period(s) of 4 minutes with all fourth quarter rules applied.
 - vi. In all divisions there will be a one-minute break between quarters and 3-minute break between halves.
 - b. Each team receives two timeouts per half. Unused timeouts do not carry over between halves.
 - c. Intermediate, Junior and Senior Divisions shall use a regulation height basket.
 - d. Clinic Division shall use 8.5' baskets.
 - e. Three point shots are not allowed in Clinic and Intermediate Division.
 - f. Foul Shots
 - i. Clinic and Intermediate players may line up one foot in front of foul line, but may not be the first person to rebound a missed shot.
 - ii. Junior Girls may go over the line on a follow-through except to gain a rebounding advantage.
 - iii. Junior Boys and all Senior players may not cross over the foul line or it will a lane violation.
 - g. Stalling
 - i. Teams called for stalling will get a warning. If called again, a team may be charged with a technical foul.
9. Playing Time
- a. Players must play at a minimum two full (complete) quarters.
 - b. Coaches should make every effort that all players receive equal playing time.
 - c. If a team has 7 or more players, no one player can play more than 3 quarters.
 - d. For players playing more than 2 quarters, once checked in for a third quarter they are considered to have played the entire quarter regardless of how many minutes played.
 - e. There is no splitting time between quarters.
 - f. Players arriving after the completion of the first quarter shall be considered to have played the first quarter and must play at a minimum one additional quarter.
10. Defense
- a. Intermediate and Clinic shall only play Man-to-Man Defense. Any team playing Zone defense will get a warning. A technical foul may be called for multiple violations.
 - b. Junior and Senior Divisions may play any defense.
 - c. Intermediate Division there will be no defense outside the three-point arc.
 - i. Any uncontested shots taken beyond the arc will not count.
 - ii. Any team playing outside coverage will get a warning. A technical may be called for multiple violations.

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- d. Full-Court Pressing
 - i. There is no full-court press in the Intermediate and Clinic Divisions.
 - ii. In the Senior Division full-court pressing is permitted during the last two minutes of the game, with the exception of the following “Mercy Rules.”
 - 1. Teams ahead by 10 points or more may not full-court press.
 - 2. If there is more than a 15-point differential in the score, then neither team may press.
 - iii. In the Junior Division teams may full-court press once every team in the division has played through the halfway point of the season, only in the last 2-minutes with the same “mercy rules” as Senior Division.
- e. No defense is allowed in the backcourt when there is no pressing allowed. After the second warning of defense in the backcourt, a technical foul may result if in the referee’s discretion, the backcourt defense was intentional.
 - i. Once a player has gained control of the ball, the defensive team must retreat and set up their defense, allowing the offensive team ample space to bring the ball beyond half court.

11. Fast Breaks

- a. There are no fast breaks in the Clinic Divisions.
- b. In the Intermediate, Junior and Senior Divisions, teams ahead by 10 points or more may not fast break.

12. Fouls

- a. On a player’s fifth personal foul that player is considered fouled out and cannot return to the game under any circumstances
- b. When only 5 players were available at the start of the game and one player fouls out, that team must finish the game with 4 players.

13. Lane Violations

- a. Intermediate and Junior Division
 - i. If an offensive player is caught in their lane for more than 5 seconds, the ball will be turned over to the other team.
- b. Senior Division
 - i. If an offensive player is caught in their lane for more than 3 seconds, the ball will be turned over to the other teams.

14. Standings/Playoffs

- a. Winning teams must submit scores to coordinator within 2 hours of game ending.
- b. Standings for Intermediate, Junior and Senior Divisions will be kept and updated weekly on the recreation website.
 - i. Wins will count as 2 points in standings, Ties as 1 point, a loss as zero points.
- c. All teams in the Intermediate, Junior and Senior Divisions will make playoffs. Seeding will be determined by standings and division sizes.

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15. Sportsmanship

a. Ejections

- i. Any player, coach or spectator ejected from a game will be automatically suspended for the minimum of the next scheduled game.