

Salem Basketball Rules

(Recreation Leagues)

Playing Time:

1. All players must play equal amount of time in the game
2. Games will be 12 minute quarters (running time) with substitutions happening at the 6 minute mark of each quarter, half time will be no longer than 5 minutes.
3. No substitutions during a period will be allowed unless an injury happens or a player is no longer able to play for other reasons.
4. An official timeout will happen after a dead ball or basket at the 6 minutes mark. All players must be substituted.
5. If a team has less than 10 players all players must get a chance to play consecutive periods.
6. The last 2 minutes of each half will be stopped time.
7. Each team is given 2 timeouts per half with no carry-over; this does not include the official timeouts at the 6 minute mark.
8. Overtime will consist of one 2 minute period which is stopped time with each team given 1 timeout; substitutions must happen at the beginning of OT just as if it was any other quarter.

Other Rules:

9. Players foul out of the game after committing 5 fouls. Technical fouls count as personal fouls.
10. Foul shooting is always in effect, since the clock is running it is the responsibility of the coaches to make sure the players move quickly to line up in the lane.
11. Players cannot step into the lane until the ball hits the rim after a foul shot.
12. Bonus foul-shooting after 7 fouls in each half, 2 shots after 10 fouls.
13. Home team is responsible for keeping the book and any disputes go to the home book.
14. 7th/8th Boys & HS Boys can press in the last 2 minutes of each half. If a team is up by more than 15 points then they can't press.
15. No pressing for 5th/6th Grade
16. 5th/6th Boys & Girls, 7-10th Girls must play man-to-man defense with no double teaming allowed. Help defense is allowed and it should be understood that inside the paint that this rule will not be enforced (Note: Players should **NOT** be coached to double team no matter where they are on the court).
17. Any player/coach receiving a technical foul must inform the League Director about this after the game. The coach is responsible for reporting the incident.
18. Any player or coach receiving their 2nd technical foul will be ejected from the game and his unable to play/coach in the next league game. The league Director must also be informed about this after the game.

3rd & 4th Grade League Rules

1. 48 minute games (8 – 6 minutes periods)
2. Substitute players each period.
3. All players get equal playing time. When less than 10 players show, all players will double shift equally.
4. Man-to-man defense, no zone, no pressing, defense picks up at the 3 point line.
5. No double teaming (this should be stressed in practice) however help defense is allowed.
6. 3 seconds should be explained early in the year and treated as turnovers in the second part of the year. Referees should help warn players.
7. Backcourt violations should be explained but not enforced.
8. No free throws will be shot. (2nd half of the year, free throws should be introduced in the 2nd half of games).
9. 1 Pass Rule:
 - a. A player must dribble into the offensive zone and pass off to another player
 - b. The offensives zone is considered the area over half court
 - c. If not done then play is stopped and rule is explained and team gets the ball back
 - d. Only exception to this rule is when a player steals the ball and has a clean breakaway or when fast breaking and a down court pass is made

Note: The first 2-3 weeks of the season, players that foul or have a violation (i.e. traveling, double dribble) will be given the ball back and the violation or foul should be explained to them on the court. High School referees will be provided to help with the game.

Coaches are welcome to be on the court as long as they do not interfere with the flow of the game.