



www.windhamhoops.org

Friends of Windham NH Basketball, P.O. Box 4013, Windham, NH 03087-4013

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### **Parents, Coaches, and Player Code of Conduct:**

1. Players should arrive for practice and games only 10 minutes before the start time. Players should be dressed and ready to play. Please don't arrive too early.
2. **Parents should not drop off** siblings or friends during practices or games. Friends and siblings attending games or practices are to be **supervised by parents**.
3. **Parents should pick up players immediately after the game or practice.** Players are not to hang around the gym. It is the coach's responsibility to supervise his team 10 minutes before and after games and practices.
4. Players are not allowed to wear any jewelry, items such as earrings, necklaces, hair combs, etc. (use soft scrunchies for hair) to practices or games.
5. Players must wear appropriate sneakers that do not mark the gym floors. Please wear other shoes to the gym and change when in the gym. Shoes worn outside will pick up gravel which scratches the gym floor. Do **not** wear wet sneakers in the gym.
6. Players should wear the team shirt to all games and practices.
7. **Any player vandalism will result in loss of participating in the program.** This includes calling 911, marking the walls, and damaging property.
8. No roaming through the school building. Playing with basketballs in the foyer and hallways is not permitted. Refrain from yelling in the lobby, school may be in session.
9. Players can bring their own basketball to games and practice. The league will supply the game ball.
10. If school is ever cancelled, there will be no practices or games on that day.
11. Fan participation is encouraged and should be positive and under no circumstances should be negative comments be made towards players, coaches, or referees. Parents, Coaches and Players will display proper sportsmanship at all times. Any fighting or inappropriate language will not be tolerated.
12. Players that receive a technical foul during the course of a scheduled game for infractions that are other than administrative infractions shall be required to be benched for a 10 minute cool down period.
13. Players or coaches that receive two technical fouls during the course of a scheduled game for infractions that are other than administrative infractions shall be ejected for the remainder of that game and are further ineligible for the next scheduled game. Coaches are required to leave the facility and meet with the League's Board of Directors before being allowed to return to coaching.
14. All ejections and un-sportsmanlike or derogatory acts must be reported to the Recreation Director ASAP.

Recreation Division – Code of Conduct and Playing Rules

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Updated: December 8, 2014

Approved by: Charlie Lilienthal – Recreation Director



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### **Playing Rules for Recreation Basketball:**

1. All players SHALL see equal playing time; unless a team has only 5 players present no one player shall play the entire game. All players SHALL see action in each half.
2. Each team will be responsible for providing a parent volunteer, one to keep the scorebook and the other to run the clock.
3. If a team has less than 4 players in attendance, the game will be forfeited. The scheduled time and referees will be used for a scrimmage game. (Only if there is enough players to create 2 teams)
4. All games are to be played using the full court.
5. **Length of each half will be 20 minutes running time.**
  - a. Clock stops for time-outs or when referee deems necessary. Only **2 time-outs per half** will be allowed. Unused timeouts are forfeited.
  - b. The **last two minutes of the game will be "Stop Time"**. On shooting fouls, the clock will be stopped for the first shot only and will revert to running time once the first shot is taken.
  - c. **Grade 3/4 will allow foul shots to be taken at 11 Feet instead of 15 feet.**
  - d. **No overtime period will be allowed.** If the game is tied at the end of regulation, the game ends as a tie.
6. Jump balls will result in alternating possessions.
7. Personal fouls will be tracked by the officials/scorekeepers. Officials will instruct the players as much as possible as to what they have done wrong. **Any player receiving 5 fouls will be put out of the game. Grade 3/4 will start rule after 4 weeks.** If a team has only 5 players present and one fouls out, they will be taken out of the game and the team will be allowed to continue to play shorthanded. Technical fouls count as a personal foul.
8. Teams will **play man-to-man defense**. No zone defense allowed. Help defense is permitted when an offensive player is uncovered.
9. Defenders may pick up their players at the top of the key (grades 3-6) and inside the 5-second line (grades 7-9).
10. **No pressing or trapping will be allowed until the last 3 minutes of the game.** At that point "Traps" and "Presses" (both full and half court) will be allowed. **Grade 3/4 will not be allowed to press or trap.** Teams ahead by 10+ points are forbidden to press/trap.
11. Ten (10) seconds will be allowed to advance the ball over half court.
12. An **offensive player is allowed 3 seconds in the key. Grade 3/4 is allowed 5 seconds in the key.**
13. **3-point shots are allowed ONLY in Grade 7/8/9 games.**
14. Coaches should make every effort to not run up the score on an opponent.

**Please do your part by following the rules and help make our season more enjoyable.**

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