

# Basketball Rules

## Boys 1<sup>st</sup> Grade

1. The primary purpose of this league is INSTRUCTION.
2. Each team should use the first 40 minutes for instruction and the remaining 20 minutes for a “structured” game.
3. INSTRUCTION should include proper technique with passing, dribbling, shooting, defense.
4. Baskets will be lowered to 8 feet.
5. There will be **no pressing**.
6. Zone defense is the only defense that should be used. The idea is to give each team on offense the opportunity to come down, pass the ball around several times, and then get a shot off.
7. Defense should be played inside the 3pt line. Offense is not allowed to stall.
8. **No stealing off the dribble** – however, you can steal off a pass.
9. During the game, each coach can stop the game at any time to instruct his team. Instruction is the important thing at this age. Double dribbling, traveling, etc. should be pointed out throughout the game.
10. One coach from each team will act as the referee. No other coaches are permitted on the court during the game.
11. Mandatory substitutions are required to make sure all players have equal playing time. Every player must play at least 50% of the game.
12. Scores will not be recorded.

# Basketball Rules

## Boys 2nd Grade

1. Each session/game will be allotted one hour.
2. Each team should use the first 30 minutes for instruction and the remaining 30 minutes for a “structured” game.
3. The primary purpose of this league is mostly INSTRUCTION and some game-like simulations.
4. Baskets will be lowered to 8 ½ feet.
5. There will be **no pressing**. Defense should be played inside the three-point line. No stalling allowed.
6. **No Stealing off the dribble** – however, you can steal off a pass.
7. During the game, each coach can stop the game at any time to instruct his team. Instruction is the important thing at this age. Double dribbling, traveling, etc. should be pointed out throughout the game.
8. One coach from each team will act as the referee. No other coaches are permitted on the court during the game.
9. Mandatory substitutions are required to make sure all players have equal playing time. Every player must play at least 50% of the game.
10. Scores will not be recorded.

# Basketball Rules

## Boys 3<sup>rd</sup>/4th Grade

1. High School rules apply except as noted below:
2. Each game will be allotted one hour. Game will be started promptly at 5 minutes after the hour as long as 5 players are present per team. (The first five minutes is for warm-ups.) Teams forfeit the game if they have less than five players show up. Teams can substitute other rec players into the game in order to play the game, but the game is a forfeit.
3. Basket Height will be 10 feet.
4. Regulation Time for each game will be two 16-minute running halves –however, the clock will be stopped for the 4 minute substitutions. Coaches may not use this time to “coach” players. Players on the bench must be notified of their positions before, not during, the clock stoppage to keep the game moving. The referee(s) can decide, at any time during the game, to have the clock run during substitutions if: a) coaches use this stoppage to “coach” players or b) the game is in jeopardy of being completed in the allotted hour.
5. The clock will stop with any whistle that stops play during the last 2 minutes of Regulation Time. Overtime, if necessary will be 3 minutes (as long as it does not make the game longer than one hour). The clock will stop during the last minute of the OT on all foul shots and out of bounds plays.
6. Fast Breaks are allowed.
7. Foul shots at the foul line. There is no violation if a player’s momentum carries the player over the foul line. Clock stops to set up for 1<sup>st</sup> foul shot, clock starts on 1<sup>st</sup> foul shot.
8. **Halftime Foul Shots**- All players at the game will take 2 foul shots at halftime. These shots will count towards the score. All players shoot regardless of how many players the other team has.
9. Defense must be played inside the 3pt. line. No stalling is allowed on the offense.
10. Full court press is permitted in the last 2 minutes of the game and in all overtimes.
11. 3 seconds in the paint will be called.
12. **Mandatory Substitution Schedule;** 10 PLAYERS – all play 4 periods, 9 PLAYERS – 4 play 5 periods, 5 play 4, 8 PLAYERS – all play 5 periods, 7 PLAYERS – 5 play 6 periods, 2 play 5, 6 PLAYERS – 4 play 7 periods, 2 play 6. NO EXCEPTIONS
13. **Mandatory Substitutions of players will be every four minutes.** Free substitutions are allowed during the last two minutes of the game and all overtimes, if necessary. The last four minutes must start with any players who were on the bench the previous 4 minutes.
14. One and One will be shot starting with the seventh team foul of each half. Two shots will be given after 10 team fouls in each half.
15. A player will foul out of the game on his 5<sup>th</sup> foul. If a team has only 4 or 5 players remaining and a player(s) acquires 5 fouls, the player will be allowed to continue playing, but there will be a technical foul assessed to the team for any additional fouls committed by that player (shoot foul shot(s) for violation and team keeps possession of the ball).
16. Each team should provide someone to run the clock and the scorebook (must be an adult.)
17. If any team goes ahead by 10 points, the other team should play defense inside the paint until the margin is less than 10 points.
18. 3 1-minute time outs per game are permitted. An additional 1-minute time out is allowed for each overtime period.
19. The Code of Conduct must be adhered to.

# Basketball Rules

## Boys 5th/6th Grade

1. High School rules apply except as noted below:
2. Each game will be allotted one hour. Game will be started promptly at 5 minutes after the hour as long as 5 players are present per team. (The first five minutes is for warm-ups.) Teams forfeit the game if they have less than five players show up. Teams can substitute other rec players into the game in order to play the game, but the game is a forfeit.
3. Basket Height will be 10 feet.
4. Regulation Time for each game will be two 16-minutes running halves. The clock will stop with any whistle that stops play during the last 2 minutes of the game. The clock will be stopped for the 4 minute substitutions. Coaches may not use this time to “coach” players. Players on the bench must be notified of their positions before, not during, the clock stoppage to keep the game moving. The referee(s) can decide, at any time during the game, to have the clock run during substitutions if: a) coaches use this stoppage to “coach” players or b) the game is in jeopardy of being completed in the allotted on hour.
5. 3 minute overtimes if game is tied. The clock will stop during the last minute of overtime on all foul shots and out of bounds plays.
6. Fast breaks allowed.
7. Foul shots at foul line. No crossing the line. Clock stops to set up for 1<sup>st</sup> foul shot, clock starts on 1<sup>st</sup> foul shot.
8. Defense is allowed to pick up at half court.
9. Full court pressing is permitted in the last 2 minutes of each half and in all overtimes if needed.
10. 3 seconds in the paint will be called.
11. **Mandatory Substitution Schedule;** 10 PLAYERS – all play 4 periods, 9 PLAYERS – 4 play 5 periods, 5 play 4, 8 PLAYERS – all play 5 periods, 7 PLAYERS – 5 play 6 periods, 2 play 5, 6 PLAYERS – 4 play 7 periods, 2 play 6. NO EXCEPTIONS
12. **Mandatory Substitutions of players will be every four minutes.** Free substitutions are allowed during the last two minutes of the game and all overtimes, if necessary. The last four minutes must start with any players who were on the bench the previous 4 minutes.
13. A player will foul out of the game on his 5<sup>th</sup> foul. If a team has only 4 or 5 players remaining and a player(s) acquires 5 fouls, the player will be allowed to continue playing, but there will be a technical foul assessed to the team for any additional fouls committed by that player (shoot foul shot(s) for violation and team keeps possession of the ball).
14. One and One will be shot starting with the seventh team foul of each half. Two shots will be given on the 10<sup>th</sup> team foul in each half.
15. Each team should provide someone to run the clock and the scorebook. (Must be an adult)
16. If any team should go ahead by 10 points, that team must play defense within the 3 point circle and no fast breaks. If a team goes up by 15 points, then defense must be played inside the paint (3 second area) so long as the margin remains 15 points or more.
17. 3 1-minute time outs per game are permitted. An additional 1-minute time out is allowed for each overtime period.
18. The Code of Conduct must be adhered to.
19. One and One will be shot starting with the seventh team foul of each half. Two shots will be given on the 10<sup>th</sup> team foul in each half.

# Basketball Rules

## Boys 7<sup>th</sup>/8<sup>th</sup>/High School

1. High School rules apply except as noted below:
2. Each game will be allotted one hour. Game will be started promptly at 5 minutes after the hour. There are no forfeits during the regular season. Teams can substitute other rec players into the game in order to play the game as long as the opposing coach agrees to the substitution. For play-offs and the championship teams forfeit the game if they have less than five players show up.
3. Basket Height will be 10 feet.
4. Four 10-minute running quarters. The clock will stop with any whistle that stops play during the last 2 minutes of the half and of the game. Under no circumstances will a game last more than one hour.
5. 3 minute overtimes if game is tied. The clock will stop during the last minute of overtime on all foul shots and out of bounds plays.
6. Fast breaks allowed.
7. Foul shots at foul line. No crossing the line.
8. Defense is allowed to pick up at half court.
9. Full court pressing is permitted in the last 2 minutes of each half and in all overtimes if needed.
10. 3 seconds in the paint will be called.
11. **Mandatory Substitution Schedule;** 10 PLAYERS – all play 4 periods, 9 PLAYERS – 4 play 5 periods, 5 play 4, 8 PLAYERS – all play 5 periods, 7 PLAYERS – 5 play 6 periods, 2 play 5, 6 PLAYERS – 4 play 7 periods, 2 play 6. NO EXCEPTIONS
12. **Mandatory Substitutions of players will be every five minutes.** Free substitutions are allowed during the last three minutes of the game and all overtimes, if necessary. The last five minutes must start with any players who were on the bench the previous 5 minutes.
13. One and One will be shot starting with the seventh team foul of each half. Two shots will be given on the 10<sup>th</sup> team foul in each half.
14. A player will foul out of the game on his 5<sup>th</sup> foul. If a team has only 4 or 5 players remaining and a player(s) acquires 5 fouls, the player will be allowed to continue playing, but there will be a technical foul assessed to the team for any additional fouls committed by that player (shoot foul shot(s) for violation and team keeps possession of the ball).
15. Each team should provide someone to run the clock and the scorebook (Must be an adult).
16. If any team should go ahead by 15 points, that team must play defense inside the paint (3 second area) so long as the margin remains 15 points or more.
17. 3 1-minute time outs per game are permitted. An additional 1-minute time out is allowed for each overtime period.
18. The Code of Conduct must be adhered to.

## Basketball Rules

### Girls 1st/2nd Grade

1. Each session/game will be allotted one hour.
2. Each team should use the first 30-40 minutes for instruction and the remaining 20-30 minutes for a “structured” game.
3. The primary purpose of this league is mostly INSTRUCTION and some game-like simulations.
4. Baskets will be lowered to 8 1/2 feet.
5. There will be no pressing. Defense should be played at the foul line and below – but never above the three-point line.
6. No stealing off the dribble – however, you can steal off a pass.
7. During the game, each coach can stop the game at any time to instruct his team. Instruction is the important thing at this age. Double dribbling, traveling, etc. should be pointed out throughout the game.
8. One coach from each team will act as the referee. No other coaches are permitted on the court during the game.
9. Mandatory substitutions are required to make sure all players have equal playing time. Every player must play at least 50% of the game.
10. Scores will not be recorded.

# Basketball Rules

## Girls 3rd/4<sup>th</sup>/5<sup>th</sup> Grade

1. High School rules apply except as noted below:
2. Each game will be allotted one hour. Game will be started promptly at 5 minutes after the hour as long as 5 players are present per team. (The first five minutes is for warm-ups.) Teams forfeit the game if they have less than five players show up. Teams can substitute other rec players into the game in order to play the game, but the game is a forfeit.
3. Height of basket 9 feet.
4. Regulation Time for each game will be two 16-minute running halves –however, the clock will be stopped for the 4 minute substitutions. Coaches may not use this time to “coach” players. Players on the bench must be notified of their positions before, not during, the clock stoppage to keep the game moving. The referee(s) can decide, at any time during the game, to have the clock run during substitutions if: a) coaches use this stoppage to “coach” players or b) the game is in jeopardy of being completed in the allotted on hour.
5. The clock will stop with any whistle that stops play during the last 2 minutes of Regulation Time. Overtime, if necessary will be 3 minutes(as long as it does not make the game longer than one hour). The clock will stop during the last minute of the OT on all foul shots and out of bounds plays.
6. Foul shots should be taken at the 1<sup>st</sup> hash mark. Player is allowed to step over. Clock stops to set up 1<sup>st</sup> shot, clock starts on 1<sup>st</sup> shot.
7. **Halftime Foul Shots**- All players at the game will take 2 foul shots at halftime. These shots will count towards the score. All players shoot regardless of how many players the other team has.
8. Defense must be played inside the 3pt. line. No stalling is allowed on the offense.
9. Full court press is permitted in the last 2 minutes of the game and in all overtimes.
10. 5 seconds in the paint will be called.
11. **Mandatory Substitution Schedule;** 10 PLAYERS – all play 4 periods, 9 PLAYERS – 4 play 5 periods, 5 play 4, 8 PLAYERS – all play 5 periods, 7 PLAYERS – 5 play 6 periods, 2 play 5, 6 PLAYERS – 4 play 7 periods, 2 play 6. NO EXCEPTIONS
12. **Mandatory Substitutions of players will be every four minutes.** Free substitutions are allowed during the last two minutes of the game and all overtimes, if necessary. The last four minutes must start with any players who were on the bench the previous 4 minutes.
13. One and One will be shot starting with the seventh team foul of each half. Two shots will be given on the 10<sup>th</sup> team foul in each half.
14. A player will foul out of the game on his 5<sup>th</sup> foul. If a team has only 4 or 5 players remaining and a player(s) acquires 5 fouls, the player will be allowed to continue playing, but there will be a technical foul assessed to the team for any additional fouls committed by that player (shoot foul shot(s) for violation and team keeps possession of the ball).
15. Each team should provide someone to run the clock and the scorebook(Must be an adult).
16. If any team goes ahead by 10 points, the other team should play defense inside the paint until the margin is less than 10 points.
17. 3 1-minute time outs per game are permitted. An additional 1-minute time out is allowed for each overtime period.
18. All games must begin on the hour.
19. The Code of Conduct must be adhered to

# Basketball Rules

## Girls 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade

1. High School rules apply except as noted below;
2. Each game will be allotted one hour. Game will be started promptly at 5 minutes after the hour. There are no forfeits during the regular season Teams can substitute other rec players into the game in order to play the game if the opposing coach agrees to the substitution. For the play-offs and championship teams forfeit the game if they have less than five players show up.
3. Basket Height will be 10 feet.
4. Four 10-minute running quarters. The clock will stop with any whistle that stops play during the last 2 minutes of the half and of the game. Under no circumstances will a game last more than one hour.
5. 3 minute overtimes if game is tied. The clock will stop during the last minute of overtime on all foul shots and out of bounds plays.
6. Fast breaks allowed.
7. Foul shots at foul line.
8. Defense is allowed to pick up at half court.
9. Full court pressing is permitted in the last 2 minutes of each half and in all overtimes if needed.
10. 3 seconds in the paint will be called.
11. **Mandatory Substitution Schedule;** 10 PLAYERS – all play 4 periods, 9 PLAYERS – 4 play 5 periods, 5 play 4, 8 PLAYERS – all play 5 periods, 7 PLAYERS – 5 play 6 periods, 2 play 5, 6 PLAYERS – 4 play 7 periods, 2 play 6. NO EXCEPTIONS
12. **Mandatory Substitutions of players will be every five minutes.** Free substitutions are allowed during the last three minutes of the game and all overtimes, if necessary. The last five minutes must start with any players who were on the bench the previous 5 minutes.
13. One and One will be shot starting with the seventh team foul of each half. Two shots will be given on the 10<sup>th</sup> team foul in each half.
14. Each team should provide someone to run the clock and the scorebook(Must be an adult).
15. If any team should go ahead by 15 points, that team must play defense inside the paint (3 second area) so long as the margin remains 15 points or more.
16. 3 1-minute time outs per game are permitted. An additional 1-minute time out is allowed for each overtime period.
17. The Code of Conduct must be adhered to.