

Basketball Rules Summary – 2011

THIS IS A RECREATIONAL LEAGUE - Having fun, learning fair play, sportsmanship, making new friends and developing new skills are always more important than the final score!! HIGH SCHOOL RULES with exception of the following.

Game Length: 3rd – 9th grades each game will consist of four **6-minute** quarters, clock stopping on time-outs, free throws and whistles. . If a team leads by 20 in the last quarter there will be a running clock. If the trailing team drops the lead to 15 the clock will stop as usual. For all grades – there will be a three (3) minute halftime. *** WE ARE TIGHT ON GYM SPACE***
THERE WILL BE NO RE-SCHEDULING OF GAMES BECAUSE OF PLAYERS PARTICIPATION IN OTHER ACTIVITIES

Game Time: A team may start with four (4) players, at the designated time on the schedule. However, they must have the 5th player by the **start** of the 3rd quarter or they will forfeit the game to the other team. **However, County play-offs rules-Game time is forfeit time.**

Defense: For grades 3rd – 9th coaches may use zone or man-to-man defense. **AT THE 3rd/4th GRADE (we encourage defense inside the 3 pt line) Players shall not occupy the box directly under basket during a free throw attempt.**

Three Point Shots: Three point shots are only in effect for grades 7th –9th. In grades 3rd – 6th **three-point shots will not be granted**, no matter where the successful shot is taken from on the court.

Backcourt Pressure: **NO BACKCOURT PRESSURE AT THE 3rd/4th GRADE LEVEL**

5th graders may apply backcourt pressure during the **last minute of the game** and during the entire overtime and/or “sudden death”. 6th–9th grade teams may apply backcourt pressure throughout the entire game. Any team that is ahead by **20** or more points cannot apply backcourt pressure at any time and must permit the trailing team to bring the ball across half court at least **three (3) feet** before picking them up on defense. Please do not humiliate teams with constant pressure.

Overtime: Should a game end in a tie at the end of regulation, an overtime period of three (3) **minutes** will be played. The clock will run continuously during the overtime. The clock will only stop on shooting fouls/timeouts & injuries. The overtime will begin with a jump ball. One timeout will be given to each team for the overtime period. Unused timeouts from the second half may be carried over to the overtime period. If the overtime period ends in a tie the “**sudden death**” rule will prevail (**jump ball and the first team to score will be declared the winner**). Since we do not keep score at the 3rd grade level – we will **not** have overtime.

Timeouts: Each team will receive 4 per game. Each timeout will be **30** seconds in length. Each team will be given 1 timeout during overtime.

Basket Height and Ball Size: 3rd grade girls will play on an **8 ft hoop** 3rd grade boys will play on **10 ft**. Grades 4th –9th will play on **10 (ten)** feet. **Boys** Grades 3rd – 5th will play with a **28.5** size ball and all girls' leagues will play with the **28.5** size ball.

TECHNICALS: THIS RULE APPLYS TO COACHES (your kid will sit) – PLAYERS (they will sit) – PARENTS (your kid will sit)!!

First Technical given: You will sit out for 5 minutes.

Second Technical given: You will be asked to sit for the rest of the game.

Playing Time: Each player must play **half** of each game. Unsportsmanlike conduct and other negative behavior may result in less playing time. Be sure to report any such behavior to the supervisor and parents. **Failure to play everyone equally when there are no such problems can result in forfeiture of the game.** If players are absent from several practices, that could result in less playing time. No **HARD CAST** can be worn in games wrapped or not. Junior High players are not eligible to play Recreation with the exception of 7th graders that Red-Shirt.

Scoreboard: If a team is ahead by twenty (20) or more points the scoreboard will not reflect the total point of the team that is ahead. The running score will still be kept in the book. This will hopefully save any embarrassment and help improve sportsmanship. Each site can enforce this rule based on the situation.

Uniforms: **No pocketed shorts are allowed.**

This is a strict rule at the County Play-Offs!

Spectators and Players: We encourage all spectators and participants not to question decisions of the officials. All players must obey the verbal instructions of the supervisors and/or the building custodians. Use of profane or abusive language will result in removal from the game. A second offense will result in the offending party being dropped from the program for the year. Intentional roughness, fighting (on or off court) or rowdy conduct will be cause for removal. The conduct of players, spectators, and parents must be in good taste and consistent with North League Parks & Recreation, Weber County School District and Weber County Recreation policies. Any player, spectator or parent who does not adhere to these policies will be asked to leave the building and in the case of a parent, will result in their child being removed from the game. If circumstances are of a serious nature (profanity, abusive language, threatening of an official, etc.) a forfeit can be called on the violating team.