

****Please note that any games played in Hanover, Florham Park, or East Hanover have 10 minute quarters. In Morris Plains, Dover, Mine Hill, and Rockaway, we will continue to have 8 minute quarters.****

League Rules

3/4th Boys/Girls Recreation Basketball

2018

- 1) Prior to tip-off, both coaches and officials should meet/spend a few minutes covering and emphasizing the essential rules. During this time, if there is any pertinent information the official 'should know,' it should be discussed at this time, also, the official may deliver any league/rule updates as well.
- 2) All Team Players must play an equal amount of time, as numbers permit. A player should never play more than 1 half quarter more than any other player, again, as the team roster will dictate on that given game day. Substitutions during a half quarter are not permitted, except for injury or medical condition purposes. Playing time should be fair over the course of the season and extra time allocated proportionally.
- 3) All games will consist of (4) Quarters of (10) minutes each. Each Quarter will be split into two (2) – 5 minute sub-periods to allow for substitutions. Game Clock manager will alert the official nearest the '5' minute-mark of each quarter, then subsequently, the official will blow a dead ball (or nearest a dead ball) to allow for team substitutions. Note: At this age group, it is recommended for the coaches to assist with the subs and aligning the defending match-ups. (Officials to take note of)
- 4) Scoring will be kept. There are no 3-pointers in this division, none will be scored – all baskets outside of a free-throw awarded will count as '2' points. This is to eliminate any potential competitive advantage. Free Throw baskets are worth 1-point. All other baskets are worth 2-points. There is no overtime period at this division level – games can end in a tie.
- 5) Man-to-Man OR Zone defense can be played – no restrictions. With help from the coaches and officials, continue to educate and communicate. Lining the players up for defending purposes during each substitution stop should help with this rule. Coaches should communicate at this level.
- 6) The clock is 'running' clock, stopping only for: free throws, time-outs, and injuries. The clock will be 'stop clock' and will stop on every whistle within the last '2' minutes of each half. Two (2) time-outs are allowed per team, for each half (use it or lose it). Each time-out is 30 seconds in

length. This does not include stoppage time for substitution periods – but, please note, substitution breaks are ‘NOT’ timeouts.

- 7) There is a jump ball to begin the game, then alternating possessions (jump ball rule) for the remainder of the game. A five (5) minute half time will occur between the 2nd and 3rd quarters.
- 8) **Double-teaming should be discouraged at this level, other than to help in the lane.** No defense is allowed in the back-court, all defenses must ‘get back’ on D. The defending team MAY NOT pick up the opposing player until the player/ball reaches ‘the top of the key’ to allow for the offense to facilitate. Because some courts may be different/unique, this is an important rule to clarify both with the coaches at the pre-game meeting, but also with the players before game starts. Loose balls/fast breaks are ‘allowed,’ but again, the loose ball must be obtained by the defense PASSED ‘the top of the key.’ At times, and during specific plays, this rule is subjective and official rulings will always benefit fair play and in the ‘best judgement’ by the official.
- 9) **Stealing the dribble or off the dribble is NOT allowed. In other words, there is no stealing the ball while the player is dribbling OR stationary holding the basketball.** This is to allow for better game flow, coaching, and fair play. If this action occurs, the official will blow a dead ball and award the ball back to the offense at the sideline. Officials should work with the coaches/players to reinforce this rule throughout the game. If the player ‘loses’ the dribble and the ball is ‘loose,’ the defense may gain possession (after the offense/ball has crossed the top of the key).
- 10) All basketball violations (double dribbling, traveling, etc) will be monitored and assessed. Personal/Team fouls will also be called and assessed. 3/4th grade is highly instructional and recreational, officials and coaches will have subjectivity to continue to develop the players. As the Season continues, officials will call ‘more’ violations/fouls as the players develop. Officials and their rulings are final.
- 11) Backcourt violations will not be called. 3 Second lane violations should only be called after several warnings to both the players/coaches. (NO camping out).
- 12) There will be leniency and subjectivity with free throw shooting including where the players line up, and where the free-throw line ‘extends to,’ to allow for the ‘spirit of the game.’
- 13) No player shall wear any jewelry/watches while playing. Players must wear provided Recreation t-shirt and sneakers for game play.
- 14) The ‘home’ team is responsible for securing a volunteer clock/score keeper.
- 15) Any coach, player, or parent guilty of unsportsmanlike conduct (abusive language, insubordination, etc), will be disciplined up to and including forfeiture of playing the current game and/or future games. Any player receiving a Technical Foul will be required to sit ‘1’

Quarter during the contest. Any player receiving '2' Technical Fouls will be disqualified for the current/next complete contest. All Technical Fouls/Player/Game concerns will be officially reported through the Head of Officials for documentation. There is a 20-point 'rule' also in effect – should a team go up by 20 points or more, it is then the responsibility and expectation of the coach to 'relax' the defense and allow the opposing team to facilitate without added pressure. Officials will take notice and will communicate to the coaches for expectations.