

****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

5/6th 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). There may be instances (at certain gyms, in certain townships) where the game is shortened to 8 minutes of Quarter length.
- 4) If the game is tied at the end of regulation, one '2'-minute Overtime will be played. There will be no timeouts allotted and same 'running clock' as described below. The game will end in a tie, if there is still no winner after the Overtime period has been played.
- 5) Scoring will be kept. 3-point baskets will be awarded as such. Free Throw baskets are worth 1-point.
- 6) Man to man defense is encouraged, however, zone defense is permissible. 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. The object is to teach players positioning and 'zone' defense can help in that manner. Please remember, Recreation is instructional.

- 7) 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.
- 8) 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.
- 9) Man-to-Man or Zone defense can be played. Coaches should communicate when necessary to ensure 'recreational' spirit. **Double-teaming is allowed and should be coached appropriately – should a team be winning by 15 points, the expectation is coaching should pull the players back to 'appropriate' defense and limited pressure. This is an instructional league.**
- 10) No defense is allowed in the back-court, all defenses must 'get back' on D. The defending team MAY pick up the opposing player at the **HALF COURT LINE**. 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, the loose ball must be obtained by the defense after the Offense has clearly passed Half Court and the offense has begun facilitating. In other words, the offense must be able to get several feet past half court. 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.
- 11) All basketball violations (double dribbling, traveling, etc) will be monitored and assessed. Personal/Team fouls will also be called and assessed. Personal/Team fouls will be recorded. '5' Personal fouls will disqualify a player from the rest of game play. 7 Team fouls in one half will result in all further fouls being assessed as a '1 & 1' foul shooting opportunity for the offense. 10 Team fouls in one half will result in all further fouls being assessed as a double-bonus (2 foul shots for the offense). **If an official notices excessive fouling by a player(s) or team, he/she will speak to the coaches to settle the game down. This will be considered a Team warning. If the same team/player continues to violate, the official may blow the whistle and have the player sit for the remainder of the quarter.**
- 12) Backcourt violations will be called. 3 Second lane violations will be called (NO camping out). During the beginning of the game/season, the official may offer a warning or 'longer' 3 second count as player/team warnings. However, this violation will be called as the game continues.
- 13) There may 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.' This may be in effect more for the girls' division than the boys. The players in the lane may leave 'at the ball release' of the free-throw shooter. The shooter and all players behind the arc, may leave after the ball hits the rim on a foul shot.

- 14) No player shall wear any jewelry/watches while playing. Players must wear provided Recreation t-shirt and sneakers for game play.
- 15) The 'home' team is responsible for securing a volunteer clock/score keeper. One 'game-book,' for managing team/player fouls must be secured by either team. This 'game-book' will be the official 'game-book.'
- 1) 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.