

****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

7/8th 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 (8) minutes each. The first, second and third quarters will consist of running time while the fourth quarter will be stopped time (**4th Quarter 'stop clock' will vary based on township gym**). The clock will always stop on foul shots, timeouts, and injuries. Clock will also be 'stop time' during the last two minutes of the second quarter. Each Quarter will be split into two (2) – 4 minute sub-periods to allow for substitutions. Game Clock manager will alert the official nearest the '4' minute-mark of each quarter, then subsequently, the official will blow a dead ball (or nearest a dead ball) to allow for team substitutions.
- 4) If the game is tied at the end of regulation, one '2'-minute Overtime will be played. The game will end in a tie, if there is still no winner after the Overtime period has been played. During the playoffs, if the first Overtime ends in a tie, there will be additional 2-minute Overtime periods until a winner is declared.
- 5) Scoring will be kept. 3-point baskets will be awarded as such. Free Throw baskets are worth 1-point.
- 6) Two (2) time-outs are allowed per team, for each half (use it or lose it). Each time-out is 60 seconds in length. This does not include stoppage time for substitution periods – but, please note, substitution breaks are 'NOT' timeouts. During Overtime, each time shall be awarded '1' 60-second timeout, no carry-over from the second half.

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. 2 minutes will be allotted otherwise between Quarters.

8) Man-to-Man and/or Zone defense can be played. Coaches should communicate when necessary to ensure 'recreational' spirit.

Double-Teaming is allowed for the entire game. All Fast Breaks are allowed. Excessive double-teaming may result in Team warnings if winning by more than 15 points. Coaches should use discretion and subjectivity.

9) No defense is allowed in the back-court in the first 3 Quarters, all defenses must 'get back' on D. The defending team may pick up at half court. In the 4th Quarter, and UNDER 4 minutes, teams may full-court press. Losing Teams and Teams winning by less than 15 may press, and/or play defense in the backcourt when under 4 minutes in the 4th Quarter.

10) 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).

11) 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.

12) Foul Shooting: 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.

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. One 'game-book,' for managing team/player fouls must be secured by either team. This 'game-book' will be the official 'game-book.' One coach from each team is responsible for keeping track of personal and team fouls.

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.

- 16) Coaches will be responsible for 'fair game play' and obliging by the 'subtle' Mercy Rule (Up by 20 points or more). This is Recreation Basketball.