

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

League Rules

3/4th Boys/Girls Recreation Basketball

2022-2023

- 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) or (8) minutes each. Each Quarter will be split into two (2) – 5 or 4 minute sub-periods to allow for substitutions. Game Clock manager will alert the official nearest the '5' or '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. The length of quarter and game will vary depending on the location. 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 defense is to be played. 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' extended 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.
- 16) Games will use 28.5 or 27 circumference sized basketballs (home gym decides).

League Rules

5/6th Boys/Girls Recreation Basketball

2022-2023

- 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) or (8) minutes each. Each Quarter will be split into two (2) – 5 or 4 minute sub-periods to allow for substitutions. Game Clock manager will alert the official nearest the '5' or '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. The length of quarter and game will vary depending on the location. 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 to be played. Lining the players up for defending purposes during each substitution stop should help with this rule. Zone defense is permitted as a matter of "home team" preference. If zone defense is allowed, its use is limited to the first half. It's important that coaches discuss prior to tip-off.
- 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) 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, if entering the front court by dribbling, has clearly passed Half Court and the offense has begun facilitating. In other words, the offense, when dribbling, must be able to get several feet past half court. Loose balls/fast breaks obtained by stealing a back court to front court pass is allowed. 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.'
- 16) 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.

17) Games will use 28.5 circumference sized basketballs

League Rules

7/8th Boys/Girls Recreation Basketball

2022-2023

- 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.
- 18) Games will use official sized basketballs