

Basketball Rules Summary – updated 11/22/2019

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: Each game will consist of **two 18-minute halves**, with a running clock. The clock will stop on all whistles the last 2-minutes of the each half. For all grades – there will be a two (2) minute halftime. (see overtime) *** WE ARE TIGHT ON GYM SPACE***THERE WILL BE NO RE-SCHEDULING OF GAMES BECAUSE OF PLAYERS PARTICIPATION IN OTHER ACTIVITIES**

Game Time: You can play with 4 players, you will not forfeit.

Defense: For grades 3rd – 9th coaches may use zone or man-to-man defense. 3rd/4th GRADE defense must begin inside the 3 point line, however, defense can be pushed to half court the last minute of the game, and overtime. 5th grade defense must begin at half court, but can be pushed to full court the last minute of the game and overtime. Players shall not occupy the box directly under basket during a free throw attempt. Lanes can cross the line at the shooters release.

Three Point Shots: Three point shots are only in effect for grades 5th –9th. In grades 3rd – 4th 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 15 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.

Overtime: 3rd – 6th Should a game end in a tie at the end of regulation, an overtime period of first “sudden death” rule will prevail (jump ball and the first team to score will be declared the winner). Or up to three (3) minutes will be played. The clock will run continuously during the overtime. One timeout will be given to each team for the overtime period. If the overtime period ends in a tie it remains a tie. 7th – 9th 3 minute Overtime, 1 timeout.

Timeouts: Each team will receive 2 per half. Each timeout will be 30 seconds in length. Each team will be given 1 timeout during overtime.

Basket Height and Ball Size: 3rd- 9th will play on 10 ft. Boys Grades 3rd – 5th will play with a 28.5 size ball. 6th – 9th Official Size

TECHNICALS: THIS RULE APPLYS TO COACHES – PLAYERS - PARENTS

First: You will sit out for 5 minutes of game time. Other team awarded 2 shots and the ball.

Second: You will sit the rest of the game and the next. Other team awarded 2 shots and the ball.

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.

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 policies-players cannot play for more than one city program. 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.