

Basketball Rules Summary

6th Grade - 9th Grade

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 16-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 three (3) 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: Coaches may use zone or man-to-man defense. 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 in effect.

Backcourt Pressure: Teams may apply backcourt pressure throughout the entire game. Any team that is ahead by **20** 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: Should a game end in a tie at the end of regulation, an overtime period of three **(3) minutes** will be played. The clock will run continuously during the overtime. The clock will only stop on shooting fouls/timeouts & injuries. The overtime will begin with a jump ball. One timeout will be given to each team for the overtime period. Unused timeouts from the second half may be carried over to the overtime period. If the overtime period ends in a tie the **“sudden death”** rule will prevail (**jump ball and the first team to score will be declared the winner**).

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: Play on **10 ft.** Play with an 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. (Boys Only! 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.

Uniforms: **No pocketed shorts are allowed.**

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.