

REDDING PARK AND RECREATION

BASKETBALL-GAME RULES

1. There must be player substitutions: All players must be given equal playing time. No player is allowed to play the entire game unless there are only 5 or less players present. We will attempt to remind coaches at least once per game, usually at the half, if their playing time is not balanced. However, it is solely the coaches' responsibility to balance playing time. If the coaches fail to give players equal time, it will result in the forfeit of the game and/or forfeit of that coach to continue coaching in our program.

2. Playing Defense

I. Man-to-Man Defense Only

- 3<sup>rd</sup> & 4th Grade Boys and Girls Divisions

II. Zone Defense during the first 5 minutes of the second half is permitted.

- 5th - 6th Grade Boys Division

III. Either Man-to-Man or Zone Defense during game

- 7th & 8th Grade Boys Division

- 5th - 8th Grade Girls Division

3. Two 20 minute halves. Clock is running time. However, the clock will stop for time outs and during the last two minutes of each half for fouls and all violations. If coaches are using too much time for substitutions, the clock may be stopped. The referees will use their discretion.

4. Teams will be allowed a total of three time outs per game, one in the first half and two in the second half. Time outs do not carry over (use it or loose it). One minute per time out. Clock will stop.

5. The Site Supervisor may reserves the right to shorten games to keep on schedule. The two minute half-time break may be shortened or lengthened per his discretion.

**6. Full Court Pressing:**

- All 3<sup>rd</sup> & 4<sup>th</sup> grade divisions are not permitted to use the full court press.

- Boys 5<sup>th</sup> & 6<sup>h</sup> grade divisions may full court press in the first five minutes of the second half. Players must drop to half court on any inbound play once the 5 minute mark of the second half is reached.

- Boys 7-8<sup>th</sup> and Girls 5-8th grade divisions may full court press in the first 5 minutes of the second half. Both teams may press in the last 2 minutes of the second half if the point differential is 10 points or less. If a team is losing by 10 or more points, that team may press.

Players must drop to half court on any inbound play once the 5 minute mark of each half is reached.

**All age groups:** At a change in possession – all defensive players must drop to half court to cover their opponent, (unless within the Full Court Press period described above.)

7. The double teaming of players is not allowed. An offensive player may be picked up by a second defender only when he/she has gotten past the first defender. On second offence, a technical foul will be put into effect.

8. On the first six team fouls the ball is taken out of bounds unless it is a shooting foul. On and after the 7th foul a “one and one” foul shooting situation will occur. On and after the 10<sup>th</sup> foul we shoot two foul shots.

9. On the 6th personal foul, a player will leave the game.

10. Back Court Rule:

- 5th, 6th, 7th, & 8th grade divisions- the back court line will be the opposite foul line and will be enforced per the judgment of the referee.

- 3rd & 4th grade divisions there is no back court. But once the offensive team crosses the center line and returns back to their own defensive zone the defensive team may now cross the center line.

11. Three second rule will be enforced in all divisions except for 3rd & 4th grade boys and 3 & 4th grade girls divisions.

12. Coaches or Player Technical Foul: Two foul shots plus the ball at half court to opposing team. The second technical foul is an automatic ejection. Repeated technical fouls will result in re-evaluation of the coach’s suitability for our league resulting in possible suspension or expulsion from the league.

13. Head Coach to be identified prior to the game – Head Coach is the only one who may “communicate” with the referee during the game. This eliminates a lot of unnecessary banter between “assistant” coaches and the referee. It allows the referee to concentrate on the game and not on what is coming from the bench area .

14. Player Technical for “Intent to injure” or “Open disrespect to referees (or other players)” will result in being ejected from the game and may result in possible suspension.

15. There will be no overtime. The games can end in ties.

16. There are no playoffs or championships.

17. An official game may be played five on five or four on four. A team may play with only four players. Three or less players is a forfeit. If a team only has four players, the game will be played four on four.

18. Any player showing up to a game late is not subject to the equal play time rule.

19. Basket Height

- 3<sup>rd</sup> & 4<sup>th</sup> grade girls will play at 9 feet.
- 3<sup>rd</sup> grade boys will play at 9 feet
- 4<sup>th</sup> grade boys will play at 9 feet
- All 5-8 grade divisions will play at 10 feet.