

## Springfield Recreation Department Boys Basketball League Grades 3-5 2018-2019 RULES & REGULATIONS

**League Mission Statement:** The purpose of this league is to give young athletes the opportunity to compete against players of similar age while learning the fundamentals of basketball. Developing skills, sportsmanship, teamwork, and discipline are the objectives of the Springfield Basketball Association (SBA). The goals will be attained through the concerted efforts of all players, coaches, volunteers, officials and the Springfield Recreation Department.

- These rules are to be available at the scorers' table every game and in every coach's bag.
- Questions or concerns regarding the rules, officiating, or players, coaches or fan conduct should be brought to the attention of a Springfield Recreation Department representative and/or the SBA Director of Rec Basketball.

### General

- Standard basketball rules apply unless otherwise stated.
- Basket height is 10 feet. Ball size is 28.5"
- Games will consist of four (4), eight (8) minute quarters, with running time with the exception of the following:
  - All whistles in the last two (2) minutes of the **third (3<sup>rd</sup>)** and fourth (4<sup>th</sup>) quarter
  - On any shooting fouls
  - On mandatory substitutions
  - Stoppages of play (injury, technical difficulty, etc.)
  - During time outs
- The scoreboard and scorebook will be used. The Recreation Department will designate a scorekeeper who will track the team scores and team fouls; he/she will not track individual player stats or fouls.
- All players on a team must have matching shirts/jerseys with numbers and must wear sneakers.

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### Rosters and Playing Time

- Teams must have five (5) eligible players on the court at game time. In the event a team does not fulfill this requirement 5 minutes after the scheduled starting time, the game will be forfeited to the opponent provided the opponent has fulfilled the requirements. **Coaches may agree on allowing a player on the opposing team to play for the team that does not have enough players.** If both teams forfeit, a loss will be charged to both teams.
- Once the game starts, teams may play 4 players if the remaining player(s) foul out or unable to play. If a team cannot provide 4 players, that team will automatically forfeit the game.
- In the case of a tie, one 3 minute overtime period will be played. If the first overtime results in a tie, then a second 3 minute sudden death O/T will be played. The team scoring first shall be the winner.
- Official breaks between quarters will be 1 minute; halftime 5 minutes; and overtime 2 minutes.
- Coaches will make every effort to equalize playing time over the course of the season and during each game.
- Mandatory substitution at closest stoppage of play to 4 minute mark of each quarter. **Coaches may substitute at other times only in the event of an injury or if a player appears to be laboring.**
- Each player will play a minimum of 2 quarters (**4 4-minute sessions**) per game provided he/she is available for play at the start of the game. Players who arrive late are only guaranteed one quarter (**2 4-minute sessions**) of playing time.
- **The second quarter of each game is specifically designed to allow lesser experienced players to play. The second period shall be reserved for all third and fourth grade players that are available. Players resting during the second period should be the older and more experienced players on each team. This rule shall be revisited mid-season.**

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### Start of the Game

- All games will start on time as scheduled. If games do not start on time, quarters may be shortened to remain on schedule (only if necessary due to time restrictions).
- Teams will warm up and shoot first at the basket opposite the bench.
- One player from each team in the center circle for the jump ball. Others outside the circle. The team that wins the tip will gain possession.
- In regulation time, the ball will be given to the team with the alternating possession arrow.

Deleted: <#>If a team has 10 or less players, no player will sit more than one consecutive 4 minute period.¶  
<#>If a team has 8 or more eligible players, then no player can play more than 2 consecutive four minute periods (excluding O/T). For example, if a team has 8 players, Player 'A' could start the game and play the entire 1st quarter (two 4 minute periods), but must sit the start of the 2nd quarter and can re-enter at the 4 minute mark.¶

### During the Game

- Only the head coach may stand **during the game.**
- **Head Coaches may move to the baseline adjacent to the designated team area**
- **Head Coaches may also move to the opposing team's designated team area**

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- Players and one assistant coach must remain seated in the designated team areas.
- Additional "helpers" are not permitted to sit in the designated team areas.
- Coaches are advised not to talk to referees about calls, and are encouraged to abide by their calls without dissent.
- The head coach or player with possession of the ball may call timeout.
- Each team is allowed (2) 30-second timeouts per half and one in timeout in each over-time period (non-cumulative)
- On violations (travel, double dribble), referees will explain the violation and return the ball to the offensive team. Should the team have the same violation on that possession; the referees will award the ball to the defensive team.
- Standard backcourt rules apply.
- Individual fouls will not be kept, however total team fouls will be kept.
  - 1:1 penalties will apply at the 7th team foul in a half.
  - 2 shot penalties will apply at the 10th team foul in a half.
- Players who are consistently committing dangerous or flagrant fouls or who are physical beyond the context of the rules of the game will be required to be removed from the game immediately at the referee's discretion; an initial warning will be issued and that player can return to the game at the beginning of the next quarter. A second warning to the same player will result in an ejection.
- Players who are bleeding must leave the game immediately.

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#### Foul Shots

- A player can set up closer to the basket at approximately 13 feet (regulation is 15 feet), but the shooter cannot charge the basket for the rebound until another defensive or offensive player touches the ball.
- Each player will take a minimum of one Opening Half Free Throw per game. Each team will take the same number of Opening Half Free Throws during the course of the game. At the beginning of each half, the head coach will select four players (4) to take a free throw prior to the half beginning. No player may shoot multiple times unless the opposing team has less than eight (8) players. In the event a team has nine (9) players, 4 will shoot in the first half and five will shoot in the second half. In the event, one team has nine players and the other has less than nine (9), the team with fewer players will designate a player to take an extra free throw.

#### 3-Point Shots

- Three-point shots will **NOT** be counted.

#### Defensive Rule

- Teams must play man-to-man defense.
- Help Defense is permitted; Double Teaming or Zone Defense is not permitted. Help Defense is defined as when a defensive player "picks up" an offensive player who is unguarded or who has "beaten" their defender.
- The defensive team must start inside the 3-Point arc on each possession allowing the offense a chance to "set up".
- Once crossing the half court line, the offensive team will have ten (10) seconds to advance the ball over the 3 point arc. A team cannot freeze the ball by holding it outside the 3 point arc. If the offensive team does not break the 3-point circle within 10 seconds of breaking the half court line, a violation similar to backcourt shall be called, with the defensive team being awarded possession.
- For each possession, once the offense breaks the plane of the 3-point arc with the ball, the defense is now allowed to play anywhere in the front court (including outside of the 3-point arc).
- If there is a sideline inbounds pass taking place in the front court, the defensive team must start inside the 3-point arc until the ball crosses the arc as described above.
- During the last minute of the 4th quarter, and the last minute of the overtime period(s), half court press, outside the 3 point arc is permitted, unless the defensive team is winning by 10 or more points.

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**Fast Break Rules**

- There will be limited fast breaks allowed on a change of possession.
- The defensive team may **NOT** shoot on a fast break off of rebound, made basket or inbounds pass in the backcourt unless at least one pass has been made in the frontcourt by the team now possessing the ball. For example, if a defensive rebound occurs and the rebounder takes the ball and goes "coast to coast" without passing it is considered a fast break and is not permitted. However, in the event a defensive rebound occurs and the rebounder passes to a teammate in the frontcourt, the receiver of the pass may shoot.
- The defensive team may fast break and shoot off of a turnover that occurs in their backcourt. In this situation, the new defensive team (that just committed the turnover), may play defense before the player with the ball reaches the 3 point arc.
- NO fast breaks of any kind are allowed if a team is up by 10 or more points. The offense must allow the defense to set up.
- If the defensive team is not set up within 10 seconds of the offensive team crossing midcourt, the offensive team can penetrate the 3-point arc and thus is no longer considered a "fast break".

**Technical Fouls**

- Any player or coach who receives two technical fouls within the course of one game will be ejected from the game and will be suspended for the next two scheduled games (including playoffs if applicable).

**Unsportsmanlike Conduct**

- If unsportsmanlike behavior is displayed by players, coaches or spectators, the referee will issue a technical foul and the incident will be reported to the Springfield Recreation Director who may enforce a penalty including, but not limited to, suspension or league expulsion, depending on the severity of the offense. Spectators who demonstrate unsportsmanlike conduct will be removed from the gym and the incident will be reported to the Springfield Recreation Director who may enforce a penalty including, but not limited to, banning from future games, depending on the severity of the offense.

**Deleted: Press Rule¶**

<#>No full or half-court defense is allowed; defensive players must drop back inside the 3-point arc, except for the following:¶  
<#>Half court pressure defense is allowed during the last 1 minute of the 4th quarter and the entire overtime period(s), unless the defensive team is winning by 10 or more points.¶

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