

Midland Park / North Haledon
Recreation Basketball Association

2011-12 Rules and Guidelines



Objectives:

This league was established in order to foster and increase friendly athletic relations among Midland Park and North Haledon residents, and to develop character in young athletes through the ideas of clean sport and good sportsmanship.

The primary objective of the League is the teaching of fundamental basketball skills and character during the grammar and middle school years of player personnel through its coaches, officials and advisors.

Rules and Guidelines:

- Coaches must set an example and offer guidance to insure that no criticism or prejudice will be reflected on the League or League participants.
- Coaches are responsible for the conduct of their players at all times during any league events.
- Coaches are not allowed to verbally or physically abuse Officials during and after the games. All parents and coaches are required to sign the “Code of Conduct”
- All players should play at least 50% of each game.
- Coaches will prevent “Run-Away” scores.
- All players must wear game shirts provided by the League for each game.
- All coaches must assist with refereeing within their division and in other divisions when needed.
- **All coaches must ensure that children DO NOT RUN throughout or roam the halls of the schools while the games or practices are in session.** (This includes siblings and spectators).
- Coaches are responsible for cleaning the gym and surrounding area of any debris left behind by players or spectators after the game or practice has ended.
- Coaches will be held responsible for any and all verbal /physically abuse to any official. This will not be tolerated at any level!
- PLEASE remember this is for the kids let them have fun and well as learn.

Midland Park Basketball League consists of 6 Divisions:

Pre Clinic - Kindergarten

Clinic- Grades 1st & 2nd

Pee Wee -Grades 3rd and 4th

Junior-Grades 5th & 6th

Senior- Grades 7th & 8th

Upper Senior -Grades 9th 10th and 11th 12th

Pre-Clinic Kindergarten

- Introduction to all fundamentals of Basketball (passing, dribbling and shooting)
- There will be 1 head coordinator and kids will be split up into smaller groups and run through various stations.
- Kids will be kept active with various types of physical games
- Sessions will generally be held at 9:00AM
- No official games will be scheduled.
- Basket height is as low as the baskets can go. (8' – 8'5' dependent on gym capability)

Clinic 1st graders

- Introduction to all fundamentals of Basketball (passing, dribbling and shooting)
- There will be 1 head coordinator and kids will be split up into smaller groups and run through various stations.
- No official games will be scheduled, but scrimmages will be encouraged and introduction of games rules will be discussed.
- Basket height is as low as the baskets can go. (8' – 8'5' dependent on gym capability)

Clinic 2nd graders

- Reinforcing the fundamentals of Basketball (passing, dribbling and shooting)
- There will be 1 head coordinator and kids will be split up into smaller groups and run through various stations.
- Introduction of game rules will be taught, scrimmages will be scheduled.
- Basket height is as low as the baskets can go. (8' – 8'5' dependent on gym capability)

Pee Wee Division 3rd and 4th Grade

- Basket is 8.5 feet high for girls and boys.
- 15 Point Rule! Every effort will be made not to run the score up after 14 points coaches should take steps necessary to insure the integrity and respect of the other team.
- It is strongly recommended that you use a “Zone Defense”. THERE WILL BE NO DOUBLE TEAMING.
- NO pressing, No defense in the backcourt.
- No 3 point shots.
- In all gym’s no defense until the ball has been brought up past the extended foul line either a pass north or south then the defense can do what it wants.
- The players have 10 seconds to get the ball past half court and 5 seconds to get the ball past the extended foul line(or in play)
- Foul line 13 feet. (shooter can go over foul line once the shot is taken, but not in order to rebound)
- Mandatory Substitutions will occur every 5 minutes or sooner if necessary.
- Each game will have two - 20 minute halves, running time.
- Clock will stop for foul shots, time outs and instructional lessons.
- Half time will last for 4 minutes.
- First half of season is instructional, no turnovers for Walks or Double Dribble. Second half of season Walks and Double Dribbles are turnovers.
- Each team is allowed 2 timeouts per half, each will last 60 seconds.
- Kids get 7 fouls, the 8th foul will require the kid to sit out 5 minutes, and the purpose is to teach the proper defense and to stop the rough fouls that can occur.
- Each player must play at least 50% of the game and each child is to play the same amount of time. No one player should be playing the whole half or game, even if you only have 6-9 players. This is REC, and we want each player to have the opportunity to play in pressure situations.

Junior Division 5th & 6th Graders

- High School rules are in effect unless otherwise noted. Back court you have 10 seconds to advance the ball.
- Basket height is 10 feet, Foul line is 15 feet and the shooter must start behind the line and can go over it once ball is out of their hand. They cannot run up for the rebound until ball has hit rim/backboard.
- Each game will have two - 20 minute halves, running time.
- In all gyms there is no defense until the ball has been brought up past the half court line. This means that you cannot be waiting at the half court line to stop them from getting across, but wait for the first pass into the front court before playing defense.
- No defense in the backcourt or pressing, until the last 2 minutes of the game. No pressing if the team that opts to press is leading by 12 points or more. If you are leading by more than 15 points, please refrain from 3 point shots and also make sure that the team passes before shooting. Additionally, please do not fast break once you have a 15 point lead.
- Mandatory Substitutions will occur every 5 minutes or sooner if necessary. Exception: on a 2 shot foul, you may substitute after the first shot.
- 3 point shots are allowed.
- Half time will last for 4 minutes.
- Zone or Man to man defense is allowed.
- Each team is allowed 2 timeouts per half, each will last 60 seconds.
- Each player is allowed 5 fouls per game, on the 6th foul the player will have fouled out and can no longer play.
- Last 2 minutes of each game clock is stopped on every whistle.
- Team fouls by half: On the 7th foul – 1 and 1 situation on the 10th foul 2 shots.
- Each player must play at least 50% of the game and each child is to play the same amount of time. No one player should be playing the whole half or game, even if you only have 6-9 players. This is REC, and we want each player to have the opportunity to play in pressure situations.
- Overtime – 1 - 4 minute period, running time. Each team will have 1 – 30 second timeout

Senior 7th & 8th Graders

- High School rules are in effect.
- Basket height is 10 feet.
- No defense in the backcourt or pressing, until the last 4 minutes of the game.
- No pressing if the team that opts to press is leading by 12 points or more. If you are leading by more than 15 points, please refrain from 3 point shots and also make sure that the team passes before shooting. Additionally, please do not fast break once you have a 15 point lead.
- Foul line is 15 feet.
- Mandatory Substitution will occur every 5 minutes or sooner if necessary. Exception: on a 2 shot foul, you may substitute after the first shot.
- 3 point shots are allowed.
- Half time will last for 4 minutes.
- Zone or Man to man defense is allowed.
- Each team is allowed 2 timeouts per half, each will last 60 seconds.
- Each player is allowed 5 fouls per game, on the 6th foul the player will have fouled out and can no longer play.
- Each game will have two - 20 minute halves running time.
- Last 2 minutes of each game clock is stopped on all calls.
- Team fouls by half: On the 7th foul – 1 and 1 situation on the 10th foul 2 shots.
- Each player must play at least 50% of the game and each child is to play the same amount of time. No one player should be playing the whole half or game, even if you only have 6-9 players. This is REC, and we want each player to have the opportunity to play in pressure situations.
- Overtime – 1 - 4 minute period, running time. Each team will have 1 – 30 second timeout

Upper Senior Division 9th 10th and 11th 12th Graders

- High School rules are in effect.
- Basket height is 10 feet.
- No defense in the backcourt or pressing, until the last 4 minutes of the game.
- No pressing if the team that opts to press is leading by 12 points or more.
- Foul line is 15 feet.
- Substitution may be performed when referee has stopped play. Exception: on a 2 shot foul, you may substitute after the first shot.
- 3 point shots are allowed.
- Zone or Man to man defense is allowed.
- Each team is allowed 2 timeouts per half, each will last 60 seconds.
- Each player is allowed 5 fouls per game, on the 6th foul the player will have fouled out and can no longer play.
- Each game will have 4 - 8 minute quarters running time.
- Last 2 minutes of each game clock is stopped on all calls.
- Team fouls by half: On the 7th foul – 1 and 1 situation on the 10th foul 2 shots.
- Overtime – 1 - 4 minute period, running time. Each team will have 1 – 30 second timeout