

2018/2019 Boys Rec League Rules

The following are the rules for 5/6 and 7/8 basketball league. Please read thoroughly

GENERAL OVERVIEW AND GUIDELINES FOR COACHES

- Good sportsmanship, safety, individual skill/teamwork development and fun are the overriding priorities. The point of the rec program is to teach kids the basic skills necessary for their future enjoyment of the game.
- Mark Warfield and John Cullen manage the referees. They have the full support of the Patriots Basketball Board. Please respect their decisions at all times. Should you have concerns please discuss with the following:
 - 5/6 grade boys-Peter Parrinello 973-975-7240
 - 7/8 grade boys-Jared Forminard 973-349-6127
 - Rec Board representative-Mark Politan-973-768-6072
- Good sportsmanship is expected at all times. Each player and parent must sign the SAGE document as a condition of program participation
- Coaches must sign the Coaches Code of Conduct as a condition of program participation
- Point spreads of greater than 15 are not expected and definitely not encouraged. If the score spread reaches 15 points or higher use sound judgement and creativity to reduce the chances of extending the lead.
- Kids and adults are expected to pick up after themselves. Parents are responsible for monitoring their playing and non-playing children at all times. We are guests of the Mendham Schools and we expect all to treat the facilities with respect and care at all times. No food or drink, other than water/Gatorade, allowed in any of the gyms.
- The coach of the winning team should enter the score on the web site within 24 hours of game completion.
- Harding will continue as a full participant in our program.
- Chester cross town games will continue. When in a Mendham gym, Mendham rules apply. When in a Chester gym, Chester rules apply. Main differences will be communicated on a separate email.

GAME RULES

- **Playing time and game time requirements.** Everyone gets equal playing time (to the extent possible). The refs will stop the clock at roughly the 4:30 mark for subs. Subs are only permitted at the start of a quarter or the 4:30 mark, except in case of injury.
 - 9 players-5 play 4 periods (1/2 the game) and 4 will play 5 periods
 - 8 players-all play 5 periods
 - 7 players-5 play 6 periods, 2 play 5 periods
 - 6 players-See below
 - 6 player team rule. If a team has only 6 players available for a game and the opponent has seven or more players, the team with six players must identify the two highest ranked players of the top three on hand to the opposing coach and require them to sit two rotations during the game. If only one of the top three are in attendance then that player must sit two rotations. This rule balances the play of the top players as a team with 7 players will see 6 rotations for their top 5 players where the team with 6 players will get 6 rotations for the top players as well
- A helpful player rotation worksheet is available on the website to download
- Late arriving players who are not ready to play until start of second quarter may be played one less period. A player who requests to sit or not play will be exempt from playing the minimum amount
- Games can be played with four players. Opposing coach should play with four players as well.
- Each quarter will be 9 minutes running clock.
- Thirty seconds will be allotted to make substitutions at the 4:30 mark of each quarter. One minute will be allotted between quarters. Half time will be three minutes in length.
- Clock will be stopped for shooting fouls until the ref hands the ball to the player for his final shot. Clock will also stop for injury and the last two minutes of second and fourth quarter during dead ball whistle (not a basket)
- **Defense:** No back court defense, except for the last two minutes of each half, during which time teams can full court press (unless up by 15 points or more)
- Man-to-man must be played during the entire game for 5th/6th. For the 7th/8th level only, a zone can be played in the 2nd half only. If a team is leading by 10+ points they may not play a zone defense.
- Zone defense. A standard 2-1-2 or 2-3 must be used. No trapping or 1-3-1 zones, and no trick defenses like box-and-one or triangle-and-two.
- No trap rule. No trapping, except during the last 2 minutes of each half when full court press is allowed. Trapping takes the defense out of the normal man or zone, where the ball-handler is double-teamed and the goal is to force a quick bad decision that leads to a turnover. This is not to be confused with help defense, which is permitted. If an offensive player beats the man guarding him, another defender may step in to stop the ball, and that is not considered trapping. Similarly, if the ball-handler tries to penetrate a zone, the defense may pinch together to close the lane and that is also permitted and not considered trapping.

- **Timeouts:** Each coach has two regular time outs per half (one minute each) and one “officials” time out which can be used during the first 3 quarters only. If you don’t use your officials time out it is not carried over to the 4th quarter. The “officials” timeout should be used to calmly discuss officiating concerns with the referee and opposing coach. The referee’s decision is always final.
- **Technical Fouls:** Arguments with a referee are strictly prohibited. If a coach is given a technical foul the opposing team will get two shots and the ball. A technical foul given to a player will be dealt with in a similar fashion. A player who receives a technical foul will be removed from the game for the remainder of the half-quarter rotation. Anyone assessed a second technical foul in a game will be ejected. No warning is required to assess a technical foul. All ejections will be reviewed by the Mendham Basketball Board for possible disciplinary action.
- **Three point baskets:** Count in leagues on courts with an arc
- **Overtime:** If tied at the end of regulation, a single 2 minute overtime period will be played (if time permits) The next scheduled game should not start any later than 5 minutes after the scheduled time. If still tied at the end of OT, game ends in a tie. One thirty second timeout per team in OT. Substitutions only during a timeout in overtime. Clock stops on dead balls. Full court pressing allowed in OT
- **Fouls and foul shots:** Players foul out of game with their 5th personal foul
- Teams shoot “one and one” free throws when opposing team reaches 7th team fouls. Two free throws if team has 10 or more team fouls.
- The shooter must start and end behind the line. The shooter may cross the line once ball hits the rim. Other players lined up to rebound may enter the lane after shooter releases the ball.
- If a player fouls out with their 5th foul and no other players are available, the last player fouling out remains in the game. Any additional foul by that player is 2 shots for the opposing team and that team also keeps the ball
- **Misc:** Games will start on time. Please ask your players to arrive 15 minutes before tip off
- Home team is responsible for supplying the game ball, scorekeeper and timekeeper
- Two referees will be assigned to every game. One adult and one youth. If only one ref is present (adult ref), coaches can decide to play the game with one referee. If no adult referee shows the coaches can use their gym time to scrimmage so the kids get playing time. No game make up
- No jewelry allowed of any kind during a game