



## RECREATIONAL BASKETBALL RULES

### ALL DIVISIONS

- All players receive equal playing time
- Games at all grade levels will be played 5 on 5
- All players must wear provided uniform with no modifications
- No jewelry allowed (earrings must be removed or taped)
- Coaches and players from both teams on the same sideline
- For a game to be "official" and for standings, within five minutes of scheduled game time, each team must have no fewer than two players less than standard from their own roster or the game will be forfeited. Borrowed players will also result in a forfeit.
- Should participate in postgame elements *after each* game
  - Thank opponent with handshake line
  - Thank referee with high five or knuckles
  - Thank God with postgame prayer with opponent
  - Thank spectators with applause

### GENERAL RULES

**CCV STARS Basketball will follow the National Federation of State High School (NFHS) Association Basketball rules with the modifications listed below to fit the needs of our league. Please refer to the NFHS Basketball Rulebook for items not listed here. Rules are subject to change at the discretion of CCV STARS.**

- **Game Length**
  - 2 x 20 minute halves, Running clock
  - Substitutions will take place every 5 minutes
    - **Coaches will NOT be allowed on the court during substitutions**
    - **Players will NOT line up at half court to match up**
      - Colored wristbands will be provided to help with matchups
- **Possession.**
  - First team listed will start with possession (no tip off to start the game)
  - Possession will alternate for every jump ball that is called by the referee including start of second half
- **Defense**

- Teams must play man to man defense. NO ZONE!
  - This means every defensive player is responsible for guarding a player on the offensive team and not for covering an area of the floor.
- Teams can begin playing defense at half court.
  - No Full Court Press.
- Defenders may not steal ball from the dribbler.
  - Can steal passes and block shots
- **Fouls**
  - Fouls will not be recorded
    - Referee has the discretion to ask a player to sit for excessive fouling
  - Ball is taken out of bounds on all fouls
    - No Free Throws
  - If a foul is committed on a shot and the shot is made, the team receives two points from the made shot plus an additional point from the foul
- **Halftime**
  - 2 minutes
- **Timeouts**
  - There will be no timeouts given during regulation

#### **4 YEAR OLD – KINDERGARTEN DIVISION**

- Hoop Height: 7.5' (8.0' will be used if 7.5' isn't an option)
- Ball Size: 27.5
- No referees: coaches are on the court directing players and keeping track of time
- Players coached to:
  - Dribble, pass, or shoot while limiting violations such as traveling and double dribbling
  - Take the ball out after a made basket
  - Get into position on defense
- Score will not be kept for this division
- Teams will not switch directions after halftime

#### **1<sup>ST</sup> – 2<sup>ND</sup> (KINDERGARTEN – 2<sup>ND</sup>) GRADE DIVISION**

- Hoop Height: 8.0'
- Ball Size: 27.5
- 1 referee
  - **No** on court coaching
    - **Coaches must stay on the sideline**
  - Referee will:
    - Keep track of time
    - Regulate general flow of game
    - Coach kids to:
      - Dribble, pass, or shoot while limiting violations such as traveling and double dribbling

- Take the ball out after a made basket
  - Get into position on defense
- Score will not be kept for this division
- Teams will not switch directions after halftime

### **3<sup>RD</sup>-4<sup>TH</sup> GRADE DIVISION**

- Hoop Height: 9.0' (10.0' will be used if 9.0' not available)
- Ball Size: 28.5
- 1 referee
  - **No** on court coaching
    - **Coaches must stay on the sideline**
      - **Failure to do so will result in a technical foul**
        - **If a technical foul is given the opposing team will get 2 points and possession**
- Score
  - Score will be kept for all games
  - The team listed as home is responsible for providing a parent volunteer to keep score during the game
  - If a team is intentionally not moving the ball, trying to run out the clock, then the referee has the discretion to call a turnover
  - If a team is intentionally fouling to waste time, then the referee has the discretion to award the opposing team with 2 free throws and stop the clock
- Teams will switch directions at half time
- If regular season games are tied at the end of regulation, then the game will end in a tie.
- Overtime
  - Playoff games will go to overtime if the score is tied at the end of regulation
  - 2 minute overtime
    - Team with next jump ball starts with possession
    - Same rules apply as the last 2 minutes of the game/half
    - Each team is awarded 1, 30 second timeout for the overtime period
  - If score is still tied, then the game will go to a 2<sup>nd</sup> overtime
  - 2<sup>nd</sup> overtime is an untimed sudden death(first team to score)
    - Make sure to sub your players before the start of a 2<sup>nd</sup> overtime
    - No timeouts will be given during sudden death
    - Will begin with tip off

### **5<sup>TH</sup>-6<sup>TH</sup> GRADE DIVISION**

- Hoop Height: 10'
- Ball Size: 28.5
- 1 referee
  - **No** on court coaching
    - **Coaches must stay on the sideline**
      - **Failure to do so will result in a technical foul**
        - **If a technical foul is given the opposing team will get 2 points and possession**
- Score
  - Score will be kept for all games
  - The team listed as home is responsible for providing a parent volunteer to keep score during the game

- If a team is intentionally not moving the ball, trying to run out the clock, then the referee has the discretion to call a turnover
  - If a team is intentionally fouling to waste time, then the referee has the discretion to award the opposing team with 2 free throws and stop the clock
- Teams will switch directions at half time
- If regular season games are tied .at the end of regulation, then the game will end in a tie.
- Overtime
  - Playoff games will go to overtime if the score is tied at the end of regulation
  - 2 minute overtime
    - Will begin with a tip off (Team with next jump ball starts with possession)
    - Same rules apply as the last 2 minutes of the game/half
    - Each team is awarded 1, 30 second timeout for the overtime period
  - If score is still tied, then the game will go to a 2<sup>nd</sup> overtime
  - 2<sup>nd</sup> overtime is an untimed sudden death(first team to score)
    - Make sure to sub your players before the start of a 2<sup>nd</sup> overtime
    - No timeouts will be given during sudden death
    - Will begin with tip off