

# Winthrop Harbor Recreation Basketball Rules 2010

## Winthrop Harbor Recreation Basketball

### 2010 Basketball Rules

#### DIVISION 1: (1<sup>st</sup> & 2<sup>nd</sup> GRADE)

- Ball size: Jr. ball
- Basket height is 8 ½ feet. Free throw line is 10 feet.
- Periods are 8 minutes, running clock. Clock stops on every whistle in the last 2 minutes of each half, and foul shots.
- Clock will stop at 4 minute mark every period. This is the only time that substitutions can take place. Each coach must substitute remaining players on bench every period.
- There is no full court press or fast breaking during games.
- Substitutions are allowed only at the half way point of each period.
- No player may score more than 10 points. He/she may remain in the game, but if they score the other team will get possession of the ball. If he/she is fouled, the coach will choose another player to shoot the free throw(s).
- Only man-to-man defense is allowed; No double teaming on defense.
- No picks or pick and rolls allowed in this division.

#### DIVISION 2: (3<sup>rd</sup> & 4<sup>th</sup> GRADE)

- Ball size: 28.5”
- Basket height is 9 feet. Free throw line is 12 ½ feet.
- Picks/pick and rolls are allowed.
- **No double team defense is allowed. Referees will give a warning first to the team double teaming, and issue a technical foul to the team and award the opposing team 1 foul shot thereafter. The team which had possession of the ball will be given the ball back after the foul shot.**
- All other rules are the same as Division 1, except a 16 point maximum per player.

#### DIVISION 3: (5<sup>th</sup> & 6<sup>th</sup> GRADE)

- Ball size: Official size
- Basket height and free throw line are regulation.
- Periods are 10 minutes, running clock. Clock stops on every whistle in the last 2 minutes of each half, and on foul shots.
- Fast breaks are allowed anytime.
- Full court press is allowed only in the last 2 minutes of the game, but not by a team that is winning by 10 points or more. Pressing is allowed by both teams as long as the score is less than a 10 point difference.
- Substitutions are allowed at the discretion of the referees or on any dead ball.  
\*\*Remember, every player must play a total of 20 minutes, half of a game, according to play time specifications made up by the league.

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- No player can play more than 3 periods, unless all players have played 3 periods.
- There is no limit on individual scoring.
- Man-to-man or zone defense are allowed.
- Picks/pick and rolls are allowed

## **DIVISION 4: (7<sup>TH</sup> & 8<sup>TH</sup> GRADE)**

- Full court press and fast breaks are allowed all game. \*Exception\* Once a team has a lead of 15 points or more, they are not allowed to full court press.\*\*
- Any plays are allowed, including plays designed to go one-on-one.
- All other rules are the same as Division 3.
- No player can play more than 3 periods unless everyone has played 3 periods.

## **GYM RULES:**

- No smoking
- No food or drinks
- No gathering in doorways
- No basketballs other than those brought in by the coaches
- No one is allowed on gym floor except those participating in the games - including between periods and at half time.
- Parents and participants are asked to clean up any and all liter from around their area after each game.

## **OFFICIAL SCOREKEEPER/BOOKKEEPER DUTIES:**

- Clock stops on timeouts, every whistle in the last 2 minutes of each half, on fouls which result in a foul shot, and at half way point of every period for Divisions 1 and 2. The clock will stop once a shooting foul is committed, and start when the player is handed the ball on their first shot ( for a one shot foul) or when handed the ball on their second shot ( for a two shot foul ). If a technical foul is called, clock will stop, and start again once the ball is passed inbounds following the technical foul shot.
- All players must play the equivalent of 2 full periods per game. No player can play more than 3 periods unless everyone has played 3 periods.

**\*\* Any coach caught not allowing their players to play the appropriate playing time during a game, will be given a technical foul in the game and must meet with the league director before coaching in another game. \*\***

- Home team and visiting team must provide an adult to be scorekeeper/bookkeeper
- The following information on top of the scorebook must be filled out for every game: **scorekeeper bookkeeper team coaches date division**
- The only persons allowed to sit at the score table will be the designated score/bookkeeper, referees, and the recreation staff.
- Technical fouls count as a personal foul and a team foul. Two technical fouls in a game and the player/coach will sit out the rest of the game. Document the player or coaches name at the bottom of the score sheet as they receive a technical foul.

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## **TECHNICAL PENALTIES:**

**Penalties to the coach for technical fouls received in the season are as follows:**

- **2 Technicals** - Suspended one game
- **3 Technicals** - Suspended three games
- **4 Technicals** – Suspended remainder of season

## **ALL DIVISIONS:**

- A team will be in the bonus ( one and one ) after the sixth foul of each half. Shoot on the seventh. A team that commits ten fouls in a half will be in double bonus ( two free throws ). Shoot on the eleventh.
- Each team is allowed two 60 second time outs per half. Time outs can be called by a player or a coach, as long as that team has possession of the ball.
- Every player is allowed five personal fouls until they are disqualified from a game.
- Teams will be allowed to start a game with 4 players. A team with less than 4 players after 5 minutes past scheduled time will result in a forfeit.
- If a team starts with only 5 players and one fouls out, the game will continue 4 on 5. No pressing will be allowed in this situation, if pressing is allowed in the division this occurs.
- During free throw shots, shooter & players can not move into the lane until the ball has hit the rim. In the event the ball does not touch the rim, the play will be whistled dead and the other team will inbound the ball.
- Any player caught pressing when not allowed, will first receive a warning but will be given a personal foul anytime thereafter. If a player commits a foul while pressing when not suppose to, it will be counted as a personal foul.
- If a team purposely presses when not allowed, a technical foul will be given to the team. The result will be a foul shot for the team with the ball, and possession after the foul shot.

## **POSSESSION/POSSESSION ARROW:**

- The game will start with a jump ball. Any play that results in a jump ball after the initial tip off, will be decided by the possession arrow. The team that loses the jump ball will be the first team the arrow points to. Once the ball is taken out, the arrow will change teams. The team who wins the tip off will also start with the ball in the 3<sup>rd</sup> period. The other team will inbound the ball to start the 2<sup>nd</sup> and 4<sup>th</sup> period.