



SHARON RECREATION BASKETBALL LEAGUE RULES

A-B RULE

1. The A-B rule will be strictly enforced. Coaches must be good sports and avoid disputes over who belongs on what squad. The league coordinator will have the final say on all disputes and/or any exceptions relating to this rule.
2. Teams should have approximately 10-12 players so there will be adequate participation during each game and give players adequate rest. If the entire roster is present, the team must use 6 players on the "A" squad and 6 players on the "B" squad. If only 5 "B" players attend and one gets tired, or, if only 4 "B" players attend, less experienced "A" players must be used to fill the slot. In that event, the less experienced "A" player(s) may NOT shoot the ball, and they may NOT guard the opposing point guard.
3. In the first season game, the "B" squads will play during the first and third quarters, and the "A" squads will play during the second and fourth quarters. Every game, roles will reverse. In the latter instance, the league coordinator will notify coaches prior to the game and remind them that roles must be reversed. The published schedule will NOT reflect this issue in any way.
4. Coaches should use the term "first unit" and "second unit" when referring to A and B squads. For example, on the night that the "B" squad plays in the second and fourth quarters, the boys/girls should be referred to as the second unit. Please get used to that terminology and downplay the whole thing. Please do not say, "hey guys, tonight we are going to give the "B" boys/girls a chance to finish the game." Just do it. They will appreciate that. If an "A" player asks you about it, tell him/her "tonight you are going to start."
*Grade 9-12 - All players must have equal playing time or team may forfeit game.
5. Coaches should make 'first unit' and 'second unit' determinations before the start of each game.

PLEASE NOTE: The A/B rule is critical to make sure games are as fair as possible and to ensure that all players get an equal portion of the playing time. *Non-compliance with this rule could result in a forfeit.*

CLOCK - TIMEOUTS

1. There will be four (4) seven (7) minute stop-time quarters. If time constraints become an issue we will change the clock to running time. We must do everything possible to stick to the schedule so that each game lasts one hour. The quarters will be stop-time (i.e., the clock will be stopped constantly throughout the game). For example when the ball goes out of bounds, during timeouts, free throws, other longer play-stoppages, injuries, the ball going into the hallway, etc. the clock should be stopped.

2. If the game is running late and we do change it to running time we will have stoppage time during the final one (1) minute of the second quarter and the final two (2) minutes of the fourth quarter (i.e., the times when the backcourt press is permitted), the clock will be stopped as in a professional or college game. Coaches are advised to politely remind the clock operator of these rules before they come into play, and if there is a need to start or stop the clock. **DO NOT ALLOW PARENTS OR PLAYERS TO YELL AT THE CLOCK OPERATOR.**
*Grades 9-12 will play four (4), seven (7) minute quarters; stop-time.
3. Each team has a total of three (3) one (1) minute timeouts. The timeouts may be used at any time during the game, but no more than two (2) timeouts per half. Coaches are encouraged to move things along and not take too long on the sidelines. If games start taking too long the league coordinator will reduce the number of timeouts permitted. If the game goes into overtime, one (1) additional timeout will be given.

OVERTIME

During the regular season there will be no overtime. During the playoffs teams will be allowed a two (2) minute overtime with the "A" or "B" squad that was on the floor when time expired. If the overtime clock runs out and the game is still tied, another two (2) minute overtime will be permitted. In this overtime the squad on the floor, "A" or "B", must be substituted. (i.e. if the "A" squad finished up the 4th quarter they will start the first overtime; if the game goes into a second overtime the "B" squad will then be substituted in.) It will continue like this until a winner is determined.

MAN TO MAN DEFENSE

1. All teams through the sixth grade must use man-to-man defense only. Basic defense moves such as switching or help defense are allowed. However, if you are in help defense, as soon as the defender recovers the helper must fall back to his/her man. The referee will be instructed to use good judgment as to whether this truly constitutes double-teaming. If a player drives to the hoop and is in the paint, double teaming is allowed.
Exception - In the event of a fast break, anyone can pick up the ball handler. Any league with players in seventh grade or above may play zone defense. Players in the seventh grade or later also may double-team the ball.
2. Pressing is permitted **ONLY** in the following situations:
 - a. During the final one (1) minute of the third quarter and the final two (2) minutes of the fourth quarter, the defense may defend or press in the backcourt.
 - b. Grades 3rd-4th - Backcourt pressing is only allowed for one (1) minute in the 4th quarter.
 - c. Grades 5th - Backcourt pressing is only allowed for two (2) minutes in the 4th quarter.
 - d. Grades 6th-8th - Backcourt pressing is allowed the for the last two (2) minutes in the 3rd and 4th quarters.

- e. Once a team is ahead by 10 or more points, that team is no longer allowed to press.
 - f. Grades 9th-12th - Defense is allowed in the backcourt; Defense must stop pressing after a 15 point lead.
3. An informal/pre-emptive warning will be given to the player if a violation is noticed. Further violations are followed by a formal warning. All subsequent violations are a 1 shot foul shot with the lane cleared and resumption of play is the point of interruption (ex.-ball will be given back to the offense).
 4. If a player has already issued a formal warning for illegal (zone press or double teaming), he/she immediately shoots as these are all part of the same rule.

DOUBLE TEAMING

1. Organized or designed double teaming in the front court are not allowed UNLESS the following conditions exist.
2. The ball is in the team control inside the 3 point arc and the double team occurs as a result of the help defense by a defender whose teammate has been beaten by dribble penetration.
3. The ball has been batted away by the defender or offensive player miss handles the ball causing loss of player control and two defensive players are around the ball as the offensive player regains team control.
4. The screening by the offense created a situation where another defender must help switch for his teammate who is on the ball and the proximity is so close that this is not an intentional double team. This can also be the case when outside the 3 point arc. If two offense players are too close to each other, and/or a switch occurs.
5. Some examples of illegal double teaming:
 - a. 2 defenders mirror the movement of the player in control of the ball.
 - b. A player in control of the ball being covered by his defender but closely shadowed by another defender as if ready to trap the ball/player.
 - c. 2 defenders who reach for or grab the ball when no loss of control or interrupted dribble has occurred.
 - d. Once the player in control of the ball crosses the 3 point arc another defender runs up to steal.

NOTE: All these potential situations must occur inside the 3 point arc to be legal double-teams with the exception of #3.

FOULS

The following rules concerning fouls shall be in effect:

1. The scorer will track team and individual fouls.

2. When a team draws its first (1st) through sixth (6th) foul, the opposing team will get the ball out of bounds (unless it is shooting foul).
3. 1 and 1 shots will be taken on the 7th, 8th, and 9th foul of each half.
4. When a team draws its tenth (10th) or more foul in a half, the opposing team will receive two shots.
5. When a player draws his/her fifth (5th) individual foul, he/she will be removed from the game, resulting in a 30 second time out. If the player removed from the game is a "B" player, his/her removal from the game will require that an equally skilled player be substituted into the game. If an "A" player is inserted into the game by necessity, the "A" player(s) may NOT shoot the ball, and they may NOT guard the opposing point guard. *Exception* - Grade 9th-12th Boys - If a team only has 5 players and one of those players gets their 5th foul, they are allowed to stay in the game to keep the teams even. For any additional fouls this player has the opposing team will treat it as a technical foul. (ex. The person fouled will get two shots and the ball on the sideline.)
6. Second half fouls carry over into overtimes for the purpose of bonus and double bonus.
7. Fouls missed on 3 point attempts are awarded 3 free throws.
8. Player technical fouls are counted as a personal foul and a team foul.
9. Any player receiving 2 technical fouls in a game or who is ejected from a game shall not participate in the next league game.

Exception - There will be no double bonus in grades 3-4. When a team draws its tenth (10th) or more fouls in a half the opposing team will continue with the one and one shots.

FOUL SHOTS

1. A free throw shooter must begin his shot standing fully behind the free throw line with the following exceptions:
 - a. 3rd & 4th Grade - can start one step in from the free throw line.
 - b. 5th Grade - If he/she "jumps" and lands on the line or in front of it, he/she will NOT be penalized.
 - c. Grade 6th-12th - If he/she "jumps" and lands on the line or in front of it, he/she WILL be penalized.
2. On a one and one free throw or final free throw attempt, the ball must hit the rim for the ball to remain in play. If the ball does not hit the rim and goes out of bounds, the opposing team will receive the ball on the baseline.
3. All players, except the shooter, are allowed to enter the lane on the release. The shooter cannot cross the free throw line until the ball hits the rim.

TECHNICAL FOULS

1. Player technical fouls are counted as a personal foul and a team foul. If any player receives a technical foul the opposing team will receive two (2) free throws plus possession of the ball. Any player receiving two (2) technical fouls in a game shall be ejected from the current game, removed from the gymnasium, and shall not participate in the next, one (1) game. Any player that is ejected from a game for any other reason shall not participate in the next, one (1) game.
2. Referees can assess technical fouls for, but are not limited to, the following offenses: poor sportsmanship, unnecessary roughness or flagrant foul, profanity, delay of game, requesting too many time outs.
3. Any coach receiving a technical foul must sit for the remainder of the game. Any coach receiving two (2) technical fouls in a game shall be ejected from the current game, removed from the gymnasium, and shall not participate in the next, one (1) game. Any coach that is ejected from a game shall not participate in the next, one (1) game.
4. Any fighting before, during, or after a game, while still on town property, will result in suspensions in accordance with the Code of Conduct. This suspension does not have to be issued by a referee; league coordinators can also make this call.
5. Fouls of any kind will be carried over into overtimes; for the purpose of one and ones and the double bonus.

RULINGS AND CONTROVERSIES

1. Coaches should try everything possible avoid arguments and strife of any kind. The league coordinator will be the final word on all controversies.
2. If a team does not have enough rostered players by the scheduled start time the team will have to forfeit the game.
3. If a player is suspended from school; in school or out of school suspension, they cannot participate in Recreation basketball until the suspension is over.

BASKETBALLS

1. There is one official league ball. If the league ball is not available, coaches should use an actual or composite leather, brown basketball of the following size:
 - a. K-2nd Grade & 3rd Boys – Size 27.5” (Junior Size)
 - b. Boys 4th-6th Grade; Girls 3rd-12th Grade – Size 28.5”
 - c. Boys 7th-12th Grade – Size 29.5”

2. Please do not use street balls, decorated balls, etc., as the game ball.
3. Please make it clear to your players that the league cannot be responsible for lost balls brought to the gym.

UNIFORM

Players must wear their team shirt, shorts and sneakers. Sweat pants and road-style or hiking sneakers are discouraged. Please teach players to wear their uniforms with pride, tucking in their shirts and looking presentable.

MISCELLANEOUS

1. Key/Paint Violations:
 - a. Grades 3rd-4th will receive verbal warnings to get out of the key, if they do not move out of the key within 5 seconds it will result in a turnover.
 - b. Grades 5th-12th will not receive any warnings and have 3 seconds to get in and out of the key.
2. Each team has 10 seconds to get the ball over half court; if a team fails to do so it will result in a turnover.
3. There will be no half-time break; since there will be a different squad coming onto the court this should not be an issue.
4. No jewelry of any kind can be worn during games; including hair clips, barrettes, bobby-pins, necklaces, earrings, bracelets, anklets, rings, etc.
5. If there are any issues with the referee, janitor, or teams, please report the incident to the league coordinator. The league coordinator will follow up during the week with the coaches and the Recreation Department. All issues will be discussed and appropriate actions will be taken.

COACH OBLIGATIONS

1. Instruct your players to arrive 5-10 minutes before game time so they are ready to hit the court when their time arrives. Warm-ups should be brief.
2. Do not allow your players to run all over the court or in the hallways while waiting for the previous game to finish, and do not allow your players to shoot during breaks (i.e., time-outs, end of quarter, etc.) in the previous game.
3. Do not over-coach your team. Try to create a fun atmosphere. Minimize yelling and screaming.

4. Teach respect for officials, and behave accordingly. It is more important that the players learn to accept bad calls than for you to take issue with them.
5. Prior to the game, the designated home team coach must arrange (i) a scoreboard operator, (ii) scorebook operator and (iii) second-volunteer referee. It is recommended that coaches bring a whistle for use by the second referee. A copy of the rules will always be available at the scorers table.
6. Only one coach will be permitted to stand on the sidelines during the game. This rule will be enforced by the referee and the league coordinator. If several warnings are required, a technical foul may be called.
7. After the game, the winning coach must email the score to the league coordinator.
8. There is one scorebook. It is the official record of the season. If you are the winner of the last game of the session, take the scorebook home. League coordinators will arrange for it to be picked up prior to the next game.
 - a. *Exception* - if the schedule has the losing coach playing the first game of the next session, it makes sense for him/her to take it instead of the winning coach. In any event, please ensure someone takes the scorebook.

*Players play, coaches' coach, and parents cheer!
Let's all work together to make this a very positive experience.*