

Park & Rec Basketball – Chester, Deep River, & Essex – Standardized Playing Rules for 2017-18 Season Revised 1-6-2018

| | Grades 2-3 | Grades 4-6 | Grades 7 – 12 |
|---|---|---|---|
| Ball Size | Size 5 (27½”) – Boys & Girls | Size 6 (28½”, Intermediate) – Boys & Girls | Size 6 (28½” Intermediate) – Girls Size 7 (29½” Official, Full Size) – Boys |
| Game Time & Clock Management | <p>Four 10-minute Quarters</p> <p>Running Game Clock: Clock runs continuously except for foul shots, time outs, & substitutions.</p> <p>2:00 halftime break. 1:00 between 1st & 2nd and 3rd & 4th quarters.</p> <p>1-hour time slot for games</p> | <p>Four 10-minute Quarters</p> <p>Running Game Clock: Clock runs continuously except for foul shots, time outs, & substitutions.</p> <p>2:00 halftime break. 1:00 between 1st & 2nd and 3rd & 4th quarters.</p> <p>1-hour time slot for games</p> | <p>Two 20-minute Halves</p> <p>Running Game Clock: Clock runs continuously except for foul shots, time outs, & substitutions (unless mercy rule is invoked).</p> <p>At 2:00 <u>remaining in each half</u>, the running game clock will end. There will be traditional clock management, with clock stopping for fouls, violations, balls out of bounds, etc.</p> <p>4:00 halftime break. 1-hour, 15-min. time slot for games</p> |
| Scoring | <p>NO SCORE KEPT</p> <p>NO 3-POINT BASKETS</p> | <p>3-Point Baskets – shots made from behind the 3-point line.</p> <p>2-Point Baskets – shots made from on or inside the 3-point line.</p> <p>1-Point – for free throws after player being fouled.</p> | <p>3-Point Baskets – shots made from behind the 3-point line.</p> <p>2-Point Baskets – shots made from on or inside the 3-point line.</p> <p>1-Point – for free throws after player being fouled.</p> |
| Jump Ball & Possession | Jump ball to start each half & alternating possession | Jump ball to start each half & alternating possession | Jump ball to start game, then alternating possession. Jump ball for each overtime. |

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| Violations for traveling, double dribble, back-court, etc. | <p>Ref. calls the violation, explains to player, and gives the ball back to the player/team that made the violation to take in from out-of-bounds.</p> <p>Change rules, first game in February, after kids have been educated, to enforce rules and award the ball to the other team after violation.</p> | All violations called, and ball awarded to other team. | All violations called, and ball awarded to other team. |
| 3-Seconds in paint | Not called | First few times violation is noted, ref. to give team a warning, then violation called. | Violation called. |
| 5-Seconds to Inbound ball | Not called | Violation called (ref discretion) | Violation called. |
| 10-Seconds to advance ball past midcourt | Not called | Violation called. | Violation called. |
| 5-Seconds for Player Closely Guarded | Not called | Violation called (ref discretion) | Violation called against offensive player after 5 seconds when defensive player(s) are closely guarding or trapping the player. |
| Moving Screen | Not called | <p>Ref may give warning to player.</p> <p>Offensive foul called, if there is illegal contact with the player setting the moving screen. (ref discretion)</p> | Offensive foul called, if there is illegal contact with the player setting the moving screen. |
| Fouls | <p>Do not count team fouls.</p> <p>Do not count personal fouls.</p> <p>Foul shots only for fouls while shooting.</p> | <p>Rules for Team Fouls</p> <ul style="list-style-type: none"> At 10 team fouls, 1-and-1 Bonus for free throws. At 13 team fouls, Double bonus and player shoots 2 free throws. <p>Reset team fouls count each half.</p> <p>Do not count personal fouls, so a player cannot foul out.</p> | <p>Rules for Team Fouls</p> <ul style="list-style-type: none"> At 10 team fouls, 1-and-1 Bonus for free throws. At 13 team fouls, Double bonus and player shoots 2 free throws. <p>Reset team fouls count each half.</p> <p>No foul shooting after offensive, ball control foul.</p> <p>At five individual personal fouls, the player is disqualified for the game.</p> |

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| Foul shooting | <p>Allow shooter to move up in front of free-throw line a step or two, up to the top of the circle if he/she can't reach the basket (at discretion of ref.)</p> <p>Allow players in lane spots to leave with release of ball from shooter.</p> | <p>Allow shooter to move up in front of free-throw line a step or two, up to the top of the circle if he/she can't reach the basket (at discretion of ref.)</p> <p>Allow players in lane spots to leave with release of ball from shooter.</p> <p>Enforce lane violations on both teams.</p> | <p>Allow players in lane spots to leave with release of ball from shooter.</p> <p>Enforce lane violations on both teams.</p> |
| Intentional, Flagrant, and Technical Fouls | <p>2 shots and ball back. Referee discretion.</p> | <p>2 shots and ball back. Referee discretion. Technical and Intentional fouls against players count as team fouls.</p> | <p>2 shots and ball back. Referee discretion. Technical and Intentional fouls against players count as team fouls.</p> |
| | <p>Technical Foul will be called against a player or coach for disrespectfully addressing a referee or continued arguing of any call made by the referee, or using profanity, vulgar or obscene language.</p> <p>Two Intentional Fouls or Technical Fouls against any one person in the same game, that player is automatically ejected.</p> <p>Flagrant Foul – the player is ejected for that game and possibly for future games, depending on the severity of the incident, and also depending on history of repeat incidents, to be decided by Park & Rec members overseeing the program.</p> <p>Flagrant Technical Foul for fighting, the player is ejected, and also disqualified for the following game at a minimum, or possibly for multiple games, depending on the severity of the incident, to be decided by Park & Rec members overseeing the program.</p> <p>Each team is responsible for their fans. If a referee is being harassed by parents of the team members, the referee may call a 2-shot technical foul against the team.</p> <p>NOTE: The Parks and Rec Dept. reserves the right to take further disciplinary actions against any player, coach, or fan as situations dictate appropriate. See the DR Parks and Recreation's Code of Conduct for Youth Athletic Programs for a full explanation of sanctions to be imposed for violations to the Code of Conduct</p> | | |

Note:

In addition to specific basketball rules provided here, all Parks and Recreation and school policies, rules and regulations, including the Code of Conduct must be strictly adhered to by players, coaches and spectators.

| | Grades 2-3 | Grades 4-6 | Grades 7 – 12 |
|------------------|--|---|--|
| Defense | <p>Coaches & teams choice of zone defense or man-to-man.</p> <p>After rebound or steal, if player tucks ball into chest and pauses to bring ball up-court, no player may grab at ball.</p> <p>Defense must return past mid-court.</p> <p>If team runs a fast break, defense can play the ball and defend against fast break the entire court. Referee discretion.</p> | <p>Coaches & teams choice of zone defense or man-to-man.</p> <p>First Half of Season until end of January: After rebound or steal, if player tucks ball into chest and pauses to bring ball up-court, no player may grab at ball.</p> <p>If team runs a fast break, defense can play the ball and defend against fast break the entire court. Referee discretion.</p> <p>Defense must return past mid-court and pick up defense in the front court.</p> <p>Starting first game in February: As player skills improve, defense is given a larger area to guard.</p> <ul style="list-style-type: none"> • <u>First Half of Games:</u> As noted above with defense returning past mid-court and setting up in the front court. • <u>Second Half of Games:</u> Defensive team may choose to full court press and defend entire court. <p>If mercy rule is in effect, defense must return past mid-court and set up in the front court.</p> | <p>Coaches & teams choice of zone defense or man-to-man.</p> <p>Defensive team can full court press and defend entire court at any time during the game (unless mercy rule is invoked).</p> |
| Full Court Press | Never allowed | Only allowed second half of season starting in February and in 2nd half of games (unless mercy rule is invoked) | Always allowed (unless mercy rule is invoked). |

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|---------------|--|---|---|
| Mercy Rule(s) | NEVER INVOKED NO SCORE KEPT | <p>When a team has extended a lead of 15 points, the following rules are imposed:</p> <ol style="list-style-type: none"> 1. The team with the lead is not allowed to play full court defense or full court press. 2. Any additional points scored by the team in the lead will not be counted. <p>Points may be again counted for subsequent baskets when the opposing team has cut the lead to under 15 points.</p> <p>The maximum possible lead in a game will be <u>15 points</u>.</p> | <p>If a team has extended a lead of 15 points, the following rule is imposed:</p> <ul style="list-style-type: none"> • The team with the lead is not allowed to play full court defense or full court press. <p>If a team has extended the lead to 20 points, the following rule is imposed:</p> <ul style="list-style-type: none"> • Any additional points scored by the team in the lead will not be counted. <p>Points may be again counted for subsequent baskets when the opposing team has cut the lead to less than 20 points.</p> <p>The maximum possible lead in a game will be <u>20 points</u>.</p> <p>During the time that the mercy rule is in effect, the running game clock stays in effect. Clock runs continuously except for time outs and foul shots.</p> <p>When the mercy rule is in effect, there will NOT be traditional clock management (STOP TIME) during the last 2 minutes of each half. That means the clock will not stop for fouls, violations, balls out of bounds, etc. If the lead is cut to less than 20 points, then the STOP TIME clock will again apply for the last 2 minutes of each half.</p> |
| | | <p>Note: The purpose of the Mercy Rule(s) is to prevent blowouts that can sometimes occur, for the benefit of players, fans, and the program itself.</p> | |

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|---------------------------------------|---|--|--|
| Timeouts | <p>Coaches take timeouts as needed, as long as not excessive which will lengthen game beyond scheduled time slot.</p> <p>Timeouts to be 60 seconds (1 minute)</p> <p>Refs can limit them if too many are taken and if needed to keep games on schedule.</p> <p>Note: Clock will be stopped for time outs and for coaches to make substitutions to ensure equal playing time.</p> | <p>Timeouts may be taken when:</p> <ul style="list-style-type: none"> Team has possession of the ball After a made basket (before ball is back in play) At a violation, foul, or out-of-bounds call <p>Timeouts may not be taken when other team has possession of the ball.</p> <p>Number of timeouts and length of time for timeouts <u>are limited</u> in order to keep games on schedule. <i>Past experience has shown that games can extend well beyond scheduled time slot with excessive timeouts taken.</i></p> <p>Length of time-out: MAXIMUM 60 sec. (This must be enforced by referees.)</p> <p>1 per team per quarter <u>(not cumulative)</u></p> <p>Unused time-outs from each quarter cannot be used in subsequent quarters.</p> <p>Clock will be stopped for time outs</p> | <p>Timeouts may be taken when:</p> <ul style="list-style-type: none"> Team has possession of the ball After a made basket (before ball is back in play) At a violation, foul, or out-of-bounds call <p>Timeouts may not be taken when other team has possession of the ball.</p> <p>Length of time-out: MAXIMUM 60 sec. (This must be enforced by referees.)</p> <p>2 per team per half <u>(not cumulative)</u></p> <p>Unused time-outs from 1st half cannot be used in 2nd half.</p> <p>Unused time-outs from 2nd half cannot be used in overtime.</p> <p>1 per team for each overtime (not cumulative).</p> <p>Note: Teams calling for a time out, with none remaining, will be given a time out but assessed a technical foul</p> |
| Substitutions and Playing Time | <p>ALL PLAYERS TO HAVE EQUAL PLAYING TIME.</p> <p>If the teams have 10 or less, substitutions are to be at the next whistle after the 5 minute mark (midway through each 10-minute quarter).</p> <p>If there are more than 10 players on either team, coaches must perform substitutions to ensure all players have equal playing time, and subs may be made at the 3 and 6 minute marks of each quarter.</p> <p>Coaches to discuss the substitution timing before the game with referee, opposing coaching staff and score table so clock management will be appropriate.</p> <p>Note: Clock will be stopped for coaches to make substitutions to ensure equal playing time.</p> | | <p>Note: The intent is for all players to have approximately equal playing time each game.</p> <p>Coaches to manage substitutions based on game situation, number of personal fouls on each player, and match-up of opposing team as required. Coaches have discretion when to make player substitutions; however, the goal is for all players to have approximately same amount of playing time.</p> <p>Substitute players must report to the score table and wait for the next whistle and referee acknowledgement before entering a game.</p> |

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|----------|-------------|-------------|---|
| Overtime | No Overtime | No Overtime | <p>2:00 minutes per Overtime period.</p> <p>Up to maximum of two periods with traditional clock management, with clock stopping for fouls, violations, balls out of bounds, etc.</p> <p>Team foul count to continue from end of regulation.</p> <p>Unlimited overtime periods as needed during end of season tournament.</p> |

Note:

In addition to specific basketball rules provided here, all Park and Rec and school policies, rules and regulations, including the Code of Conduct must be strictly adhered to by players, coaches and spectators.

Additional Rules Information applicable only to Grades 7-12 Programs:

| Specific Topic | Rules Explanation |
|---|--|
| <p>Rules regarding playing games with less than 5 players on a team</p> | <p>A game is started with a minimum of 5 players on each team, and with 5 players on the court for each team. If a team arrives with less than 5 players for any reason, they have the option of legally playing the game with 4 or fewer players, or forfeiting the game, at which time they may “borrow” one or more players from the opposing team or another team, with the consent of the opposing coach. If additional players from this team show up late, they may join in the game at any time. However, once a game is forfeited, this forfeit cannot be reversed even if more players show up later.</p> <p>The opposing team meanwhile plays with their full 5 players on the court, unless the coach wishes to be charitable and play with less players to match player for player. This is the choice of the opposing coach.</p> <p>Similarly, if a team has players foul out during the game, and is left with less than 5 players, the coach may forfeit the game or play with 4 or fewer players. If players continue to foul out, the team may play with 4, 3, or 2 players legally. If there is only one player left, the game must end in a forfeit. If additional players from this team show up late, they may join in the game at any time. However, once a game is forfeited, this forfeit cannot be reversed even if more players show up later.</p> <p>Same rules as the situation above if the opposing coach wishes to play with less than 5 players or allow the team with less than 5 players to “borrow” other players.</p> |
| <p>Rules regarding team roster and players for the End-of-Season Tournament, “The Valley Cup”</p> | <ul style="list-style-type: none"> • Only players on the roster for the team may legally participate in games in the tournament, or the team must forfeit. • Only players that have been playing in the rec basketball program this year may participate in games in the tournament. No players from outside the program. No exceptions. • For the tournament, any team that does not have enough players to field a team, and “borrows players so that it can play the game”, must first forfeit, and cannot advance in the tournament. If both teams in a given game must forfeit, the winner will be allowed to advance. |

PLEASE NOTE:

- **PLEASE BE RESPECTFUL TO ALL THE GYM FACILITIES. THERE IS NO PLAYING IN THE HALLWAYS.**
 - **FOOD & BEVERAGES NOT ALLOWED. BOTTLED JUICES & GATORADE and SODA NOT ALLOWED. as spills are sticky and messy. Bottled water is allowed.**
 - **YOU NEED TO PICK UP EVERYTHING THAT YOU BRING IN.**
 - **CHILDREN UNDER 12 MUST BE WITH AN ADULT AT ALL TIMES.**
 - **PLEASE DO NOT DROP YOUR CHILD OFF AND LEAVE WITHOUT SEEING A COACH FIRST (for Younger Players)**
 - **DO NOT DROP SIBLINGS OFF WITH PLAYERS AS IT IS NOT THE COACH'S RESPONSIBILITY TO WATCH THAT CHILD.**
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Code of Conduct & Ethics Agreement for Coaches and Parents

The philosophy of the Parks and Recreation Department is to teach skills, fundamentals, good sportsmanship and to create a positive, environment for youth participants. Coaches and Parents are required to conduct themselves in a responsible and supportive manner:

1. Behave as a positive role model for the children.
 2. Encourage children while teaching them.
 3. Lead by example in demonstrating fair play and sportsmanship.
 4. Encourage players to develop good sportsmanship, teamwork and self discipline.
 5. Provide a fun, informative and safe program.
 6. Provide an opportunity for each player to participate.
 7. Teach through positive coaching methods, refrain from negative coaching tactics.
 8. Communicate with parents and coaches and elicit their cooperation in dealing with any behavioral situations that may arise.
 9. Encourage and support the referees.
 10. Follow the policies and rules of the Parks and Recreation Departments.
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Each team is responsible for their fans. If a referee is being harassed by parents of your team members, the referee may call a 2 shot technical foul against your team. Poor sportsmanship by parents will not be tolerated.

- **NO JEWELRY**
- **NO EXCEPTIONS.**
- **NO PIERCED EARRINGS**

For the safety of the players, earrings are not allowed. If a child gets hit in the head with the ball, it can result in a very serious injury. Basketball rules strictly forbid jewelry. Thus, the legal ramifications to all concerned are very serious.

JOHN WINTHROP MIDDLE SCHOOL

GYM USE

Rules & Regulations for Basketball Games

Use of School facilities must be in compliance with BOE policy 1330 and all rules and regulations governing such use.

1. All groups using the gym should enter the school via the rear doors located under the covered walkway. Please DO NOT use the double doors that directly exit the gym to the outside, except in emergencies.
2. No FOOD and/or BEVERAGES: are allowed in the gymnasium. Water bottles are allowed but not encouraged. Chilled water fountains are located in the gym and hallways.
3. ONLY sneakers or approved court shoes are allowed on the gym floor playing areas.
4. Spectators and/or children not enrolled in the program or group assigned to the gym are not allowed on the playing court at any time.
5. Every Group is responsible for the conduct of participants AND spectators attending their event.
6. Baseball & Softball activities are NOT allowed in the gym.
7. Indoor soccer shall not allow high balls that may hit ceilings or lights and should adopt an "Out of Bounds" rule for all balls above top of mat height.
8. No Loitering in hallways. No one should be in the hallways other than to enter or exit gym and building or use lavatories.
9. All children must be supervised by a responsible adult at all times.
10. Each group must have a designated "Person In Charge" (PIC), who shall make themselves known to the custodian or other school personnel on duty.
11. Please make sure you leave the gym neat and clean. Double check all areas for trash, cloths, belongings, etc.
12. If you have questions or problems please see the custodian or school personnel on duty.

Please use it - - BUT don't abuse it
Failure to follow rules and regulations may result in the cancellation of your groups gym use
Thank you for your anticipated cooperation