



RECREATION BASKETBALL LEAGUE RULES

Updated 4/1/2016
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(A Sidekick Sports Academy division)

LAWS of the GAME

QUICK RULES

- Players have 5 seconds to inbound the ball
- Players have 10 seconds to advance the ball into the frontcourt once ball is in play
- Three-Pointers will be counted for all divisions
- Backcourt violation will be enforced for all divisions
- NO Backcourt 'Press' Defense for grades 3 – 6
- NO Zone Defense for grades 3 – 6
 - Defenders must set up inside the three-point arc before playing Man-to-Man Defense
- Any type of Defense is allowed for grades 7 – 8
- Substitutions must be made during a 'dead ball' play
- Beginning with the 7th team foul in a half, "BONUS" foul shots are taken
- Beginning with the 10th team foul in a half, "DOUBLE BONUS" foul shots are taken

GAME LENGTHS

- All games are 40 minutes in length
- Games are divided by two 20-minute halves
- Running time will be kept in all divisions until the final minute in a half (and/or overtime). The clock will stop for injuries, timeouts and at the referee's discretion.
- The clock will stop on every 'dead ball' (i.e. foul, timeout, out of bounds) ONLY in the final minute of each half (and/or overtime)

DIVISIONS

- Girls 3/4 - NCAA Women
- Girls 5/6 – FIBA Europe
- Girls 7/8 – Jr. WNBA
- Girls High School - Olympics
- Boys Grades 3/4 – ABA
- Boys 5/6 – NCAA Men
- Boys 7/8 – Jr. NBA
- Boys High School – NBA D-League

MORE DETAILED RULES

- Jump Ball: Center tap off will start the game. Alternating possessions will be used throughout the game if there is a “tie-up” between players from opposing teams.
 - Teams may call two one-minute timeouts per half (when in possession of ball).
 - Teams may call one timeout in overtime
 - Timeouts do NOT carry over in an accumulated way from one period to the next.
 - **Overtime is two minutes in length. Clock stops in final minute (just as in each half)**
 - A team must have four players to begin a game. No team may have fewer than three players on the court at any time.
 - Back court violation will be enforced for all divisions.
 - Players in oldest boys and girls division will be ejected from game if they commit 5 individual fouls in a game. Players in all other divisions will be ejected from game if they commit 10 individual fouls in a game.
 - Two technical fouls will result in ejection from the game for player and/or coach. If a coach and/or player is ejected twice on technical fouls in a season, he/she will be removed from the program for the remainder of the season, at the discretion of the league coordinator.
 - Fighting and/or gross un-sportsmanlike conduct will result in automatic ejection from the game and a one game suspension to be enforced at the next scheduled game. If a player and/or coach is ejected for the same offense a second time such conduct will constitute removal from the program for the remainder of the season.
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- All players must wear the following: UNIFORM shirt, shorts, socks, non-marking sneakers -- no exceptions.
 - Each team must wear a distinctively colored shirt with a number on the shirt.
 - No casts or splints are allowed.
 - Players may not wear eyeglasses. Sport-specific eyewear worn with a strap are okay.
 - Jewelry (including hair beads), watches, earrings, metal barettes and other dangerous items are not permitted.
 - Legal contact shall not be careless, reckless or excessive.

NATIONAL FEDERATION HIGH SCHOOL RULES WILL BE FOLLOWED IF SUBJECT IS NOT STATED IN THIS LEAGUE’S RULE BOOK.

Forfeits

Teams have a five (5) minute grace period to field five (5) players. A game may start with one team having no less than four (4) players. The fifth player may be added at the next stoppage in play and then at the officials’ discretion. If after the five (5) minute grace period a team still does not have at least four (4) players, a forfeit will be declared and the teams may be combined for a scrimmage for the time remaining before the next game.

Substitutions

On any official’s whistle, foul shot, time out or at the end of each half. Coaches are **STRONGLY** encouraged to give players equal playing time. Coaches must make every effort to see that all players participate equally.

Coaches are asked to have substitutes slap hands with the player they are replacing to ensure that no more than five players are on the court at once.

All substitutions must take place in front of the court's half-way line.

Scoring

- a. A shot made during the flow of play is worth two points, unless it is taken with both players feet behind the three-point line at the moment the ball is released. (3-point shots will be counted at all divisions)
- b. If a team goes up by 25 points, the scorekeeper will use discretion in not adding points on the scoreboard to the 25 point lead. The scorekeeper will keep track of the correct score at the table.

Foul Shots

Occur when:

- A. Fouled in the act of shooting –
two or three shots (depending on where they were shooting from) if fouling shot is missed
one shot if fouling shot is made
- B. Deliberate/Technical foul –
Two foul shots and offended team in-bounds the ball at midcourt to restart play after foul shots are attempted.
- C. “BONUS Rule” –
Team accumulates seven (7) fouls against them in a half, then on the seventh foul (as well as eighth and ninth foul) – whether in act of shooting or not – the player who was fouled will shoot one (1) foul shot. If shot is missed, then ball is live at the moment it leaves the hoop area. If shot is made, then the player will shoot one (1) more foul shot. There is a maximum of two foul shots that can be taken in this scenario.
- D. “DOUBLE BONUS Rule” –
Team accumulates ten (10) fouls against them in a half, then on the tenth foul (as well as any foul after) – whether in act of shooting or not – the player who was fouled will shoot two (2) foul shots, regardless of if the first of the foul shots goes in or not. If second shot is missed, then ball is live at the moment it leaves the hoop area. There is a maximum of two foul shots that can be taken in this scenario.

Fouls and Misconduct

ACT & CONSEQUENCES

- **Flagrant Foul** - Two free throws, possession of the basketball out of bounds, and the player committing the foul is disqualified.
- **Intentional Foul** - Two free throws and possession of the basketball out of bounds.
- **Personal Foul** - Possession of the basketball out of bounds. One-and-one free throw situation if the team is above their foul limit.
- **Shooting Foul** - Two or three free throws depending on the type of shot taken.
- **Technical Foul** - Two free throws and possession of the basketball out of bounds.

COMMON TYPES

- **Blocking** - When a player uses their body position to prevent their opponent from advancing.
- **Charging** - When an offensive player runs into a defender who has an established position.
- **Elbowing** - When a player swings their elbows in an excessive manner and makes contact with their opponent.
- **Holding** - Using the hands to interfere with or limit an opponent's freedom of movement.
- **Illegal Screen** - The player setting the screen is still moving when the defender makes contact with them. This is a form of blocking which prevents the defender from moving around the screen.
- **Hand Check** - When a defender intermittently or continuously uses one or both hands on an opposing player, usually the ball handler.
- **Holding** - Using the hands to interfere with or limit an opponent's freedom of movement.
- **Over-the-Back** - Jumping on and over the back of an opposing player who is attempting to rebound the basketball.
- **Reaching In** - When attempting to steal the basketball, the defender extends their arm and hand and makes contact with the ballhandler.
- **Shooting Foul** - When a defender makes contact with an offensive player who is in the act of shooting the basketball.
- **Tripping** - When a player uses their foot or leg to cause their opponent to fall or lose their balance.

DELIBERATE/TECHNICAL FOULS

- **Flagrant Foul** - A foul committed in an violent and harmful manner.
- **Intentional Foul** - A foul committed on purpose, usually by a defensive player, to stop the clock or prevent a basket.
- **Technical Foul** - Violations and misconduct that are detrimental to the game.



'Timed' Rules/Defense

Three Second Rule: An offensive player shall not remain for more than 3 seconds in that part of his free throw lane between the end line and extended 4' (imaginary) off the court and the farther edge of the free throw line while the ball is in control of his team. Allowance may be made for a player who, having been in the restricted area for less than 3 seconds, is in the act of shooting at the end of the third second. Under these conditions, the 3- second count is discontinued while his continuous motion is toward the basket. If that continuous motion ceases, the previous 3-second count is continued. The 3-second count shall not begin until the ball is in control in the offensive team's frontcourt. If a 3 second violation is called, then the ball is awarded to the opponent at the sideline at the free throw line extended.

Backcourt Ten Second Rule:

This rule applies to Boys 5/6, 7/8 and Girls 6/7/8.

Ball must be advanced into the front court within ten (10) seconds. A violation of this rule will result in a turnover of the ball to the other team.

Five Second Rule: Ball must be in bounded within five seconds or the ball is turned over to the other team from that spot.

Zone Defense: Grades 3/4/5/6 must play a man on man defense - NO zone allowed.
Grades 7/8 zone is allowed.

Full Court Press:

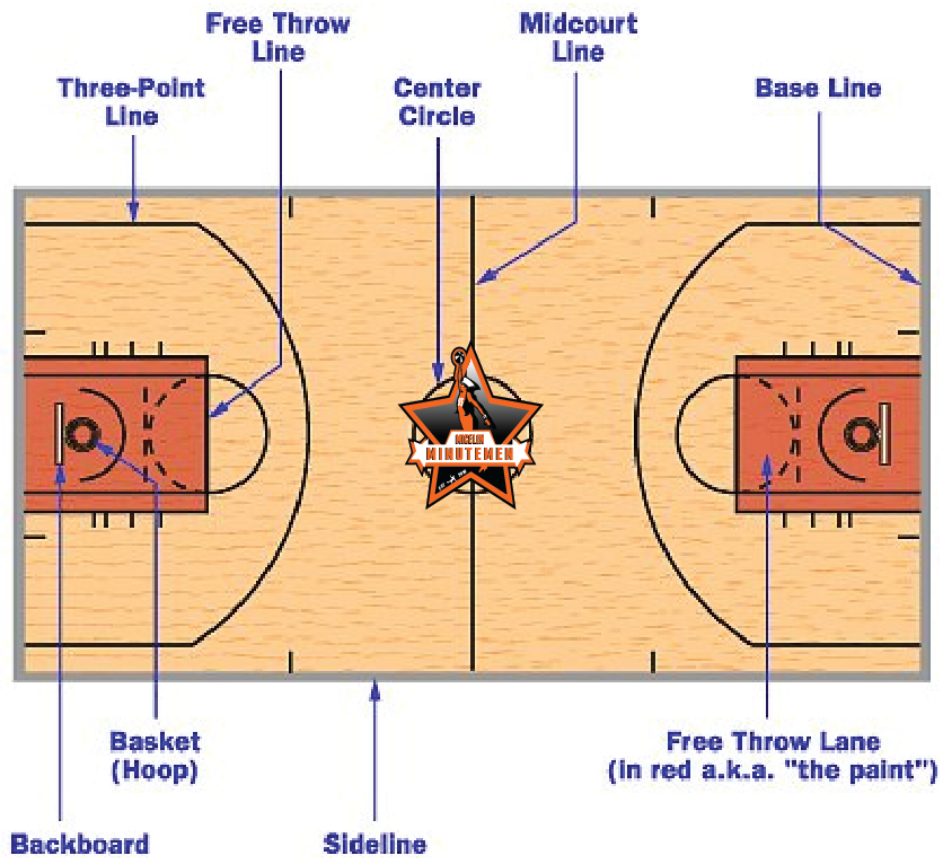
Boys 3/4, and Girls 3/4/5 may NOT press. All other divisions may press full court in the last minute of the game.

OVERTIME/PLAYOFFS

- If a Game ends in a tie after regulation, the following applies to determine a winner:
 - Two-Minute Overtime – Whoever has most points at end of period wins.
 - Fouls & timeouts carry over from the second half
 - If score remains tied at end of Overtime, then ANOTHER Two-Minute Overtime (any more necessary) are taken to determine winners

Additional Information for Coaches

- Wheelies and soccer cleats are not permitted inside facilities.
- High-top flat-soled basketball shoes and/or cross-training shoes are BEST to play in.
- All players must change their footwear in the facility lobby before entering the gymnasium. Coaches with wet or dirty feet must change their footwear as well.
- Boys 3, 4 and ALL Girls Divisions will use Intermediate Size (28.5") Ball
- Boys 5, 6, 7, 8 will use Official Size (29.5") Ball
- In most cases game balls will be provided by the league; however, in the event a game ball is not provided, the home team is required to provide a game quality ball.
- Teams are expected to arrive a minimum of 20 minutes before tip-off.
- Teams are responsible for providing their own medical supplies, including ice.
- In the event two teams are wearing the same color, the home team must change colors and must do this before kickoff. If your team doesn't have a change strip, please be sure you have pinnies.
- Head coaches are responsible for controlling the conduct of their assistants, managers, players and spectators.



FOR ADDITIONAL INFORMATION, PLEASE GO TO:
MICELINMINUTEMEN.COM

