

5th and 6th Grade Girls Rec Basketball Rules 2018-19

- 1) At start, jump ball, afterwards, alternate possession.
- 2) 20 minute halves, running clock, except for last minute of each half.
- 3) Sub every 5 minutes. No free substitution during game time, unless there is an injury or if team has more than 10 players. **In last two minutes, substitution can be made after a time out.** If a girl is taken out because of an injury, she must sit out until the next 5 minute substitution.
- 4) No player (unless injured) will sit out twice in a row.
- 5) During substitutions, there will be a 30 second time out.
- 6) Each team has 4 / 30-second time outs per game. 1 additional in overtime.
- 7) Back court will be enforced.
- 8) 5 second rule in the paint. **This rule is not enforced until January.**
- 9) No backcourt press/defense in the back court **(pickup at red line at TJ gym)**, except in last 5 minutes of each half. **Last 5 minutes pressing is allowed if less than 15 point lead.**
- 10) No accumulated personal fouls – nobody fouls out. (Excessive fouls will result in player being substituted).
***Exception: If excessive fouling is going on (more than 6 per team per 5 minute period e.g.-Fouling at end of game to stop clock. 1 and 1 foul shots will incur at refs discretion.**
- 11) Fouls - Normal basketball rules: Shooting fouls are 2 shots, 3 for 3-point shots. Otherwise, take ball out of bounds.
- 12) Clock runs during foul shots except last 2 minutes.
- 13) Half time is 5 minutes. (May be shorter if running late.)
- 14) After halftime, switch baskets.
- 15) 3 point shots count for 3 points.
- 16) (1) 2 minute overtime in case of a tie.
- 17) Players should arrive 20 minutes prior to game start time. The schedule will be set up for this.
- 18) There will be 10 minutes of practice/warm-ups prior to game. If time allows.
- 19) Coaches, Parents and Players should not talk back or verbally abuse the refs. Individuals risk warning and/or possible technical foul and/or expulsion from game. THE REFS ARE THE BOSS! All calls are final. Repeat offenses will not be tolerated.
- 20) No fast break, offense must wait for defense to cross red line at TJ after half court **(except in last 5 minutes of half & last 5 minutes at end of game. Pressing is allowed last 5 minutes if not up by 15 points).**
- 21) All players should play equally. If less than 10 girls are at the game (and more than 7), travel players cannot play more than (2) 5 minute sessions in a row. **If someone needs to play more than 2 in a row it must be non-travel.** Plan accordingly. If this is issue, discuss with opposing coach
- 22) Teams should not beat up on the opposing team. Play to win, but make every effort to keep games under 12 point lead. Move players out of position, give players opportunities to play positions they are not familiar with, take out travel players, etc.
- 23) REMEMBER....This is Rec. Most of the players playing are not travel players, and our program is the only opportunity they have to play.
If you have any issues email Amiee Joyce (Coordinator) at amieejoyce@yahoo.com or Jerry Piemonte 201-602-0685 at jpiemonte68@gmail.com