

REDDING PARK AND RECREATION
BASKETBALL-GAME RULES

Rev 11/9/15

1. There must be player substitutions: All players must be given equal playing time. No player is allowed to play the entire game unless there are only 5 or less players present. We will attempt to remind coaches at least once per game, usually at the half, if their playing time is not balanced. However, it is solely the coaches' responsibility to balance playing time. If the coaches fail to give players equal time, it will result in the forfeit of the game and/or forfeit of that coach to continue coaching in our program.
2. Playing Defense
 - I. Man-to-Man Defense Only
 - 3rd & 4th Grade Boys and Girls Divisions
 - II. Zone Defense during the first 5 minutes of the second half is permitted.
 - 5th - 6th Grade Boys Division
 - III. Either Man-to-Man or Zone Defense during game
 - 7th & 8th Grade Boys Division
 - 5th - 8th Grade Girls Division
 - Zone for the last 5 minutes of first half
 - Zone for the first 5 minutes of second half
3. Two 20 minute halves. Clock is running time. However, the clock will stop for time outs and during the last two minutes of each half for fouls and all violations. If coaches are using too much time for substitutions, the clock may be stopped. The referees will use their discretion.

***in the last 2 minutes of a game the team in the lead has to get the ball across half court Within 10 seconds. Failure to do so will be lose of possession.
4. Teams will be allowed a total of three time outs per game, one in the first half and two in the second half. Time outs do not carry over (use it or lose it). One minute per time out. Clock will stop.
5. The Site Supervisor may reserves the right to shorten games to keep on schedule. The two minute half-time break may be shortened or lengthened per his discretion.
6. **Full Court Pressing:**
 - All 3rd & 4th grade divisions are not permitted to use the full court press.
 - Boys 5th & 6^h grade divisions may full court press in the first five minutes of the second half. Players must drop to half court on any inbound play once the 5 minute mark of the second half is reached. If the point differential is 10 or more, only the losing team may press in the last 4 minutes. If the point differential is LESS than ten, BOTH teams may press.

 - Boys 7-8th and Girls 5-8th grade divisions may full court press in the first 5 minutes of the second half. Both teams may press in the last 4 minutes of the second half if the point differential is less than 10. If the point differential is 10 or more, only the losing team may press in the last 4 minutes.

Players must drop to half court on any inbound play once the 5 minute mark of each half is reached.

All age groups: At a change in possession ó all defensive players must drop to half court to cover their opponent, (unless within the Full Court Press period described above.)
7. Double Teaming:
 - 7th & 8th Grade Boys Division - Double-teaming IS allowed.

- All other divisions - The double teaming of players is NOT allowed. An offensive player may be picked up by a second defender only when he/she has gotten past the first defender. On second offence, a technical foul will be put into effect.

8. On the first six team fouls the ball is taken out of bounds unless it is a shooting foul. On and after the 7th foul a one and one foul shooting situation will occur. On and after the 10th foul we shoot two foul shots.

9. On the 5th personal foul, a player will leave the game.

11. Three second rule will be enforced in all divisions except for 3rd & 4th grade boys and 3 & 4th grade girls divisions.

12. Coaches or Player Technical Foul: Two foul shots plus the ball at half court to opposing team. The second technical foul is an automatic ejection. Repeated technical fouls will result in re-evaluation of the coach's suitability for our league resulting in possible suspension or expulsion from the league.

13. Head Coach to be identified prior to the game ó Head Coach is the only one who may communicate with the referee during the game. This eliminates a lot of unnecessary banter between assistant coaches and the referee. It allows the referee to concentrate on the game and not on what is coming from the bench area.

14. Player Technical for Intent to injure or Open disrespect to referees (or other players) will result in being ejected from the game and may result in possible suspension.

15. There will be no overtime. The games can end in ties.

16. There are no playoffs or championships.

17. An official game may be played five on five or four on four. A team may play with only four players. Three or less players is a forfeit. If a team only has four players, the game will be played four on four.

18. Any player showing up to a game late is not subject to the equal play time rule.

19. Basket Height

- 3rd & 4th grade girls and boys will play at 9 feet.
- All 5-8 grade divisions will play at 10 feet.

20. Players can not wear jewelry of any kind. Referees will ask all players to remove jewelry. If they do not do so they will not be allowed on the court. Players may NOT cover earrings with athletic tape. They must be removed. Newly pierced ears will NOT close in the 40 minutes the game is played. Metal hair clips are not allowed as well. Please have all players remove them prior to play. These are safety precautions you should be taking in practices as well as games.