

REC BASKETBALL
LEAGUE RULES
BOYS GIRLS 4/5

LEAGUE RULES - BOYS & GIRLS GRADE 4/5			
Game Play	5v5 - unless both teams have 8 or less players, then 4v4	Defense Type	MAN to MAN
Scorekeeping	YES*	Double Dribble Violation	YES
Game Length	40 MIN	Palming/Carry Violation	YES
Breakdown/Halves	20 MIN	Back Court Violation	YES
Stop Time	Last 2 MIN of 1st Half / Last 2 MIN of 2nd Half (only IF score differential is 10 or less)	10 sec Half Court Violation	YES
Half Time	3 MIN	Paint Violation	YES - 3 SEC
Timeouts	2 PER GAME : 30 SEC	Travelling Violation	YES
Overtime	NO	Inbounding Time Restrictions	5 SEC
Subbing	EVERY 5 MIN*	Free Throw Taken	YES*
Goal Height	10 ft	Three Point Shot	YES
Ball Size	28.5	Team Foul Violation	NONE
Defense (pick up at...)	Half Court	Player Foul Violation	5 / OUT
Defensive Press	NONE ALLOWED	Referees	YES
Press Rule	NONE ALLOWED	Referee Type	CERTIFIED REFS

- Timeouts DO NOT carry over.
- All players MUST keep their shirts tucked in while playing games or running skill/drills.
- No player will play an entire game, unless you have a 5 person roster on game day.
- Subbing will take place at specified intervals throughout each half. The majority of the games, if not all will played as running time. The clock will NOT stop for substitutions, unless there is an injury or the staff or referees stop play for other reasons. You must have your subs ready prior to the substitutions. Once the referees call for subs, your players should quickly transition on and off the court. **All players MUST play an equal amount of time.** Subbing rotation charts are available upon request and will be posted on our website.
- Hudson Recreation may require that all teams submit a roster and substitution chart prior to the start of each game.
- In the 4/5 Division, we will allow any player taking a Free Throw to step over the line (limit of 1.5' past the 15' free throw line). Shot must be taken from behind the line initially. Players around the key are permitted to enter the key once the shooter releases the ball. Shooter must not advance until the ball hits the rim or is touched by another player. If the shooter crosses the line during his/her shot, s/he may not be the first to gain possession of a missed shot
- Coaches must stay within their coaches box throughout the game.
- Coaches should focus on the Fundamentals of Basketball and make sure that each child understands the Rules/Game Format before building on the fundamentals and teaching any advanced skills/plays. This is the focus for all divisions. We often have 4th and 5th graders who are coming out to play organized Basketball for the first time.
- Please encourage all players to show up on time. We prefer that everyone arrive 10 minutes prior to their start time. Our staff will keep to a strict time schedule.
- PLEASE NOTE: All Rules/Game Formats are subject to change at any time at the discretion of the referees, recreation staff or the Hudson Recreation Department.**
- Certified Referees will be brought in to officiate games in the following divisions: Boys and Girls 4/5 & 6/7.
- We will stop adding points to the scoreboard if the point differential reaches 20 in the Boys/Girls 4/5 & 6/7 divisions. We ask that coaches use their best judgment during games, if your team is up by 20 points. It is highly recommended to ask players on the court to pull back a little.
- Although we try to keep the teams as even as possible, there may be some teams that are stronger than others. **PLEASE NOTE: Team rosters may be altered at any point during the season at the discretion Recreation Staff. Such changed will ONLY take place if Hudson Recreation deems it necessary to "level the playing field" and better distribute both stronger and weaker players, all in an effort to provide the best and most competitive games for all participants.**

For any game play rule not covered above, we refer to NFHS Rules

A great website is www.breakthroughbasketball.com

I recommend that everyone read through the following article:

<http://www.breakthroughbasketball.com/coaching/teach-youth.html>

REC BASKETBALL
LEAGUE RULES
BOYS GIRLS 6/7

LEAGUE RULES - BOYS & GIRLS GRADE 6/7				
Game Play	5v5		Defense Type	MAN to MAN
Scorekeeping	YES*		Double Dribble Violation	YES
Game Length	40 MIN		Palming/Carry Violation	YES
Breakdown/Halves	20 MIN		Back Court Violation	YES
Stop Time	Last 2 MIN of 1st Half / Last 2 MIN of 2nd Half (only IF score differential is		10 sec Half Court Violation	YES
Half Time	3 MIN		Paint Violation	YES - 3 SEC
Timeouts	2 PER GAME : 30 SEC		Travelling Violation	YES
Overtime	NO, except during playoffs (2mins)		Inbounding Time Restrictions	5 SEC
Subbing	EVERY 5 MIN*		Free Throw Taken	YES
Goal Height	10 ft		Three Point Shot	YES
Ball Size	BOYS - 29.5\GIRLS - 28.5		Team Foul Violation	NONE
Defense (pick up at...)	Half Court		Player Foul Violation	5 / OUT
Defensive Press	NONE ALLOWED		Referees	YES
Press Rule	NONE ALLOWED		Referee Type	CERTIFIED REFS

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- 2 All players MUST keep their shirts tucked in while playing games or running skill/drills.
- 3 No player will play an entire game, unless you have a 5 person roster on game day.
- 4 Subbing will take place at specified intervals throughout each half. The majority of the games, if not all will played as running time. The clock will NOT stop for substitutions, unless there is an injury or the staff or referees stop play for other reasons. You must have your subs ready prior to the substitutions. Once the referees call for subs, your players should quickly transition on and off the court. **All players MUST play an equal amount of time.** Subbing rotation charts are available upon request and will be posted on our website.
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- 11 We will stop adding points to the scoreboard if the point differential reaches 20 in the Boys/Girls 4/5 & 6/7 divisions. We ask that coaches use their best judgment during games, if your team is up by 20 points. It is highly recommended to ask players on the court to pull back a little.
- 12 Although we try to keep the teams as even as possible, there may be some teams that are stronger than others. **PLEASE NOTE: Team rosters may be altered at any point during the season at the discretion Recreation Staff. Such changed will ONLY take place if Hudson Recreation deems it necessary to "level the playing field" and better distribute both stronger and weaker players, all in an effort to provide the best and most competitive games for all participants.**
- 13 **If multiple sessions of Overtime are required, substitutions must be made at the end of each Overtime session**

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