

NORTH PLAINFIELD RECREATION BASKETBALL

ALL GRADES RULES AND REGULATIONS

2015 - 2016

START OF GAME

1. Games will begin promptly at scheduled time.
2. Minimum players to begin a game are four (4) players per team. If a team only has the minimum of 4 players at the start of the game, the opposing team will start with 4 players. If the 5th player arrives late, he/she may be inserted in the game after he/she has properly stretched and warmed up. The opposing team will put their 5th player on the court at this time. The addition of the players will take place during the next dead ball.
3. If one or both teams meet the minimum required players after waiting past the scheduled game time, the game will be shortened and played in a four (4) quarters of six (6) minutes.
4. If one or both teams are not ready to proceed within 10 minutes of scheduled game time or end of preceding game, one or both teams will forfeit the game. The game **WILL NOT BE RESCHEDULED**. However, a pick-up game can be played in the time allotted with the players that are present.
5. **FORFIET TIME WILL BE 10 MINUTES AFTER SCHEDULED GAME TIME. Ten (10) minutes will be place on the clock at the scheduled start time and count down.**

UNIFORM

1. **ALL players must wear the League issued game uniform. No uniform top, No play, No exceptions.**
2. If wearing sleeves, leggings, tights, undershirts, head or wrist bands, the color will be **BLACK**. (no exceptions)
3. No jewelry may be worn during the game; this includes earrings *regardless of where on the ear* and all piercings. The only exception is a medical ID.
4. Nails must be kept at a reasonable length and is at the discretion of either the coach or the referee.
5. Players may not wear ribbons, barrettes, or bows in their hair.

THE GAME

1. Length of the game is four (4) quarters of eight (8) minutes running time except for the last 3 minutes of the fourth quarter) or when the allotted hour is over, whatever happens first. **THERE ARE NO EXCEPTIONS.**
2. There is a one (1) minute break between periods and a five (5) minute break for halftime.
3. Each team is allotted two (2) time-outs per half. Each is one (1) minute.
4. Each player must play the same amount of time in the game. At the halfway point in the quarter, all players must be substituted. **This is not a time out. PLEASE BE PREPARED TO MAKE YOUR SUBSTITUTIONS/CHANGES AHEAD OF TIME. If players are not ready to enter, the officials will assess a delay of game warning and any subsequent delay of games will receive a technical foul – opponent will shoot 1 technical foul shot and receive the ball at half court.** If you do not have 10 players, the players should be rotated in the extra time slot. **NO PLAYER SHOULD PLAY THE ENTIRE GAME.**
5. Overtime: limit of one (1) per game, if the hour has not expired. The overtime period will be three (3) minutes running time. The clock will stop during free-throws. Each team is allowed one (1) timeout that is one (1) minute long.
6. One minute time outs are not to exceed one minute. If a team fails to be ready to play after the one minute, a technical foul will be called.
7. Maximum of two certified coaches to the sideline during games.

SPECIFIC RULES

1. The start of the game and overtime will be determined by a jump ball. The rest of the game will go by the alternating possession arrow.
2. The defensive team may not defend the ball until it crosses half court. Except **Boys 3/4 & Girls 3/4/5**: Defensive team may not defend the ball until it reaches the 3 point line.
3. **NO INTENTIONAL DOUBLE TEAMING.** We understand that this may happen in the flow of the game but teach your players right away what this is and not to do it!!!
4. **Full court press is allowed in the fourth quarter during last 3 minutes of the game. A team cannot press if it is winning by 15 or more points. A team losing by 15 or more points cannot press. Fast breaking, trapping and double teaming by the team leading by 15 points or more is also not allowed. Fast breaking is a turnover. Pressing is allowed during the entire overtime period.**
5. If a team fails to meet rules #3 and/or #4 the result is a warning for first offense and 1 free throw for the second offense.
6. Team fouls will be kept. Foul shots will be taken when a player is fouled in the act of shooting. At seven (7) team fouls, a one (1) and (1) will be taken. **ALL LEVELS**: at ten (10) team fouls, two (2) free throws will be taken.
7. Only 5/6 boys, 7/8 boys and 6/7/8 girls can score 3 point shots.

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8. Coach's attitude and behavior toward the referee and timekeeper will be strictly enforced. Continuous harassing will result in a technical foul. Please set an example for the players.
9. The referee has the final word. The Site Supervisor is responsible for all activities off the court.
10. To determine league standings and seeding for the tournament, 2 points will be awarded for a win and 1 point for a tie. The teams with the highest point total will be declared League Champion and will be the top seed in the tournament. The team with the second most points will be the second seed, etc.
11. In the event of a tie, head to head competition will break the tie. If teams split head to head, both teams will be declared co-champions. A flip of the coin will determine higher seed in the tournament.