



“Working together for the better of our basketball programs”

Recreation – 3rd/4th; 5th/6th; 7th/8th; and High School

(see separate rules for 1st/2nd)

Rules

1. Team play, sportsmanship, and basketball fundamentals should be stressed at all times.

2. A jump ball starts the game and the overtime period. Alternating possession starts the second half of the game.

3. Games will consist of 4 - 10-minute running quarters except for **foul shots, player injury, timeouts, substitutions, official timeouts, and the last 2 minutes of the game**. The game clock stops at the whistle during the final 2 minutes of the game and the entire overtime period **if time permits it (this decision is at the referees' discretion)**.

An official scorebook will be kept for team and individual scoring, team and personal fouls, and timeouts. **The game clock must be operated by an adult from one team and the scorebook is to be kept by an adult from the other team.**

4. The basket is standard regulation height of 10 feet. Basketballs are 28.5” for all divisions except boy’s 7th and 8th grade and boys high school which use 29.5” regulation basketballs.

5. One 3-minute overtime period will be played if necessary.

- Coaches may select players of choice in the overtime period.
- Free substitutions will be permitted during the overtime period.
- The game clock stops at the whistle during the entire overtime period if time permits it.

6. Each team will receive **2 - 45 second timeouts per half**. Timeouts ***will not*** carry over into the second half of the game or into the overtime period. Only 1 - 45 second timeout will be given to each team in the overtime period.

7. **Defense:**

3rd/4th Boys: man-to-man defense is mandatory for the entire game

5th, 6th, 7th, and 8th: Teams must play man-to-man defense in the first half.

Zone or man-to-man defense can be played in the second half (and overtime, if applicable).

High School: Zone or man-to-man defense is permitted at any time during the game.

8. **Pressing:**

3rd/4th Boys : A full or half court press is not permitted at any time during the game.

5th, 6th, 7th, and 8th: Pressing is only permitted during the last 5 minutes of the game and during the overtime period. Teams leading by 10 points, or more are not permitted to press. The safety zone is not in effect when pressing is allowed.

High School: Pressing is permitted for the entire 4th quarter only.

9. Once a defensive player rebounds the ball and has established control of the ball, the opposing team must drop back. There is no backcourt defense allowed. However, as mentioned above, in 5th, 6th, 7th, and 8th; and High School; pressing is permitted during the last 5 minutes of the game and during the overtime period.

10. **Safety Zone:**

3rd/4th and 5th/6th: The defense must set up behind the three-point line. Once the offensive player with the ball has crossed over half- court the defense is allowed to extend.

7th/8th; High School: The defense must set up behind the half court line. Once the offensive player with the ball has crossed over half- court the defense is allowed to engage.

11. **Fast breaking:**

3rd/4th: No fast breaking is permitted.

5th/6th; 7th/8th; High School: Fast breaking is always permitted during the game. The defensive player will be allowed to defend in the back court against a fast break dribble or a forward outlet pass with the intent of fast breaking. Once the offensive player's forward momentum is contained in the back court, the defense must drop back into the defensive zone. There are no turnovers in the backcourt in these situations. The exception to this is when pressing is allowed.

12. **3rd/4th grade only,** all field goals will be worth 2 points.

13. **Referee explanations of the rules:** - **3rd/4th:** The following violations will be called and explained during the first half of the game for weeks 1 through 4 and not result in a turnover. Such violations will result in a turnover during the second half and overtime - walking, double dribble, 5 second out of bounds, 3 second lane violation, offensive pushing, moving picks, and foul shooting violations.

5th/6th; 7th/8th: The above-mentioned rules violations will be called and explained, but will result in a turnover throughout the game.

High school: The referee will not stop the game to explain rules violations at the high school level.

14. Foul shots:

3rd/4th: The foul line will be at the 12-foot mark. **A player will be permitted to land over the foul line after a foul shot.** All other players can move only after the ball hits the rim. Only the three top spots on either side of the foul line are to be occupied.

5th/6th: The foul line will be at the 15-foot mark. **A player will be permitted to land over the foul line after a foul shot.** All players on the three top spots on either side of the foul line can enter the lane upon release of the ball by the shooter. Only the three top spots on either side of the foul line are to be occupied.

7th/8th and High school: The foul line will be at the 15-foot mark. **A player will not be permitted to land over the foul line after a foul shot.** Current NJ High School rules will be followed as it pertains to players entering the lane on a foul shot. The Free throw shooter and players behind the shooter can move only after the ball hits the rim. All players on the three top spots on either side of the foul line can enter the lane upon release of the ball by the shooter. Only the three top spots on either side of the foul lane are to be occupied. Players occupying the marked free-throw lane line spaces cannot enter the free-throw semicircle until the ball touches the rim or the free throw ends.

15. Fouls:

3rd/4th: **Once a team has 7 team fouls the opposing team will shoot a 1 & 1 foul shot on all fouls and 2 shots on the 10th team foul and thereafter.** The team fouls are kept per half and erased at the start of the second half of the game. Only team fouls are erased and not personal fouls. Personal fouls are carried over into the second half of the game and into the overtime period.

Players will not foul out in the 3rd/4th grade level. Instead, the 5th and all subsequent fouls on an individual player will automatically result in 2 free throws for the other team. The scorekeeper will alert the respective coach when his or her player has 3 and 4 fouls. On the 5th and all subsequent personal fouls, the scorekeeper will notify the referee who will award 2 foul shots to the other team.

5th/6th; 7th/8th; High School: **Once a team has 7 team fouls the opposing team will shoot a 1 & 1 foul shot on all fouls and 2 shots on the 10th team foul and thereafter.** The team fouls are kept per half and erased at the start of the second half of the game. Only team fouls are erased and not personal fouls. Personal fouls are carried over into the second half of the game and into the overtime period.

Once a player has 5 personal fouls the player fouls out of the game. The scorekeeper will alert the respective coach when his or her player has 3 and 4 fouls. On the 5th personal foul, the scorekeeper will notify the referee and at which time a substitution will be made. The opposing coach selects one player who cannot replace the fouled-out player. The coach of the team with the fouled-out player will then replace the fouled-out player with any other eligible player from their bench. Only eligible players can re-enter the game for a fouled-out player (i.e., once a player has fouled out, they are no longer eligible to return). If a team has less than 5 eligible players remaining, play will continue for that team with 4 players, then 3, then 2, then 1 until there are no more eligible players remaining. At that point, the team with no eligible players remaining must forfeit the game.

16. Substitution Rules:

- **Substitutions will only be made at the 5-minute mark of each quarter and the beginning of each quarter.** There are NO FREE substitutions. The clock will stop for 30 seconds at the 5-minute mark.
This stoppage in play is *not a timeout nor is it a coaching session*. Players are to be instructed prior to the five-minute mark and urged onto the court to start play.
- Players **must** play a full 5-minute period without substitution with the exception of an injury or foul out.
- If a team has 9 players or less at the game and a player is substituted due to an injury or a foul out, the player leaving the game is considered to have played that period regardless of time played. The player entering the game is not considered to have played a full 5-minute period when determining minimum play. **For substitutions due to injury or foul out, the opposing coach has the option of selecting 1 player who cannot replace the injured or fouled out player. The coach of the team with the injured or fouled out player will then replace the injured or fouled out player with any other eligible player from their bench. All players must play a minimum of 4 - 5-minute periods in full or the equivalent of 20 minutes of playing time.**
- All players **must** be substituted after sitting out a period. A player **must not** sit out two consecutive periods in a half.
- Substitutions will be made using a rotation system. **No player may play more than 4 periods in a game unless there are less than 10 players at the game.**

17. Player Playing Time: All coaches must provide the opposing coach a copy of their FRYB Player Time Tracker/Lineup (available on the FRYB website) filled out prior to the start of the game. Please use name and jersey number for each player. The referees are aware of this rule and will remind you to exchange. If there is a violation during the game the opposing coach needs to call it and referees resolve it and the game moves on. In game adjustments (such as a late arriving player) to the player rotation are allowed but must be made within the substitution rules and adhere to all player time requirements.

- **10 Players:** Every player must play an equal amount of time 4 - 5 minute periods.
- **9 - 8 Players:** No player may play more than 5 - 5 minute periods.
- **7 Players:** No player may play more than 6 - 5 minute periods •
- **6 Players:** No player may play more than 7 - 5 minute periods.
- **5 or Less Players:** Good Luck!

18. The bench will consist of 2 coaches and a maximum of 10 players (or up to 12 players based on registration for a particular age group). **No one else will be permitted on the bench during the game.**

19. Standard high school basketball rules apply unless otherwise stated.

20. Technical Fouls: If there are any technical fouls assessed during your game, both coaches are required to report these to the level coordinator ASAP. We need to know who it was assessed to (player, bench or coach) and the nature of the technical foul. Referees will confirm these details as well.

- Technical fouls are given to a player or coach during the game for any deliberate infraction that may cause injury to another player, fighting, using bad language, taunting, or for showing disrespect to any person involved in the game. If a player or coach demonstrates this behavior during a game, that player or coach will receive a technical foul and the opposing team will shoot 2 foul shots and retain possession of the ball. A technical assessed to any bench personnel will result in all personnel being warned and having to sit the remainder of the game.
- Any player or coach who receives a second technical foul during a game is ejected from the game. After a bench technical has been called, any bench personnel receiving another technical foul will result in that person's ejection from the game.
- In addition, a player or coach who receives 2 technical fouls in one game will be suspended from the following game. If a player or coach does not sit out the mandatory suspension after an ejection, the team must forfeit any game in which that individual participated.

- If a player or coach receives two technical fouls at any time during the season (either two technical fouls in one game, or one technical foul in two separate games), that player or coach may be removed from the team and FRYB program.
- If a player or coach receives three technical fouls at any time during the season, that player or coach will be removed from the team and FRYB program.

21. Bench technical fouls are given to the team if a parent is unruly after the coach has been warned.

22. **All coach technical fouls will be reviewed by the Recreation Directors. The coach and referee are required to fill out an index card at the game explaining the details of the technical foul. The referee is responsible to give the index cards to the referee assignor before the following week's games. After consultation between the coach, referee, referee assignor and Recreation Directors, potential disciplinary action may be taken against the coach including possible game suspension. A coach that receives 2 or more technical fouls during a season will be subject to additional suspensions and possible permanent removal of coaching duties by the FRYB Board.**

21. All rules, game and practice time slots, and team assignments are subject to change at any time during the season.

22. **Game Recommendations:**

- At halftime review scorebook for fouls, points, timeouts, etc.
- Demonstrate sportsmanship by preventing your team from running up the score. Refer to the Codes of Conduct signed during the registration process for further information regarding expectations of sportsmanship throughout the FRYB organization.
- At the conclusion of each game, **coaches for both teams** should check the gym for any trash and properly discard any trash left in the gym.
- In addition, the coaches of the final game are responsible for securing and locking the time clock, game ball, and first aid kit.
- **The Head Coach of the winning team MUST report the final score back to the Scheduling Director no later than the first Monday following the game.**

When in doubt, let Good Sportsmanship be your guide.