

**READINGTON RECREATION  
RECREATION IN-TOWN BASKETBALL LEAGUE  
6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> GRADE LEAGUE RULES**

**1. General Rules**

- a. For the safety of all players, only basketball shoes or other spike-less athletic shoes are to be worn.
- b. No jewelry is to be worn, including necklaces, wristbands, bracelets, and earrings. Covering earrings with band aids or other medical supplies is strictly prohibited.
- c. Coaches and players will shake the other team's hands at the end of the game as a gesture of good sportsmanship.

**2. Games**

- a. Game play will be governed by NFHS (National Federation of High School Sports) rules, except where modified by local rules.
- b. The game will consist of four 8-minute quarters. The clock will stop on all dead balls. However, if games are running long or past schedule, officials have the right to implement a running game clock.

**3. Substitutions**

- a. Mandatory substitutions will take place at the 4-minute mark (or as near as possible, at the official's discretion).
- b. All teams must play with mixed grade levels.
- c. All players must have equal playing time.
- d. The mandatory substitution point is NOT a time out. Substitutions should be made as quickly as possible.
  - i. Team huddles during this substitution period are NOT permitted.
  - ii. A warning will be given at the first offense.
  - iii. Teams will have five seconds to inbound the ball or there will be a change in possession
  - iv. If a player comes out due to injury, that player cannot re-enter the same quarter.

**4. Pressing/Full-Court Defense and Fast Breaks**

- a. Full court defense will be allowed in the final four minutes of the fourth quarter. If a defensive foul occurs in the back court and have not reached seven team fouls, the offensive team will get the inbounds play from the center court. If a team is up by 10 points or more, they cannot press at all.
- b. Fast breaks should be running with the ball. Long passes from one half of the court to the other are not allowed. Players must be beyond the 3-point arc before passing across the mid-court line. During a game when a legal press is being applied to the offensive team, a pass of any distance can break the press.
- c. Teams leading by 10 or more points cannot press.

## 5. Timeouts

- a. Each team will be granted three full timeouts per game.
- b. In the playoffs, Teams can carry over unused timeouts from regulation and will be given one additional full (60-second) timeout for each overtime period.
- c. NO additional time outs will be given to teams with a depleted roster.

## 6. Overtime

- a. REGULAR SEASON: There will be no overtime periods in the regular season. Games ending in a tie after four quarters will be recorded as a tie.
- b. PLAYOFFS: In the playoffs, an overtime period will consist of 3 minutes, with the clock stopping on all dead balls.
- c. Teams can start any five players that they choose.
- d. Pressing will be allowed in the final two minutes of the overtime period.

## 7. Playoffs

- a. After the regular season, a single elimination tournament will be held. Consolation games will be held for teams that lose in the playoffs.
- b. Seeds will be based on the regular season record. Ties will be broken based on (1) head-to-head record, (2) record against the best team not involved in the tie breaker continuing through the standings, (3) average points allowed, (4) coin flip.

## Sportsmanship Statement

There is a fundamental responsibility of youth sport programs is to emphasize good sportsmanship. All players, coaches, and spectators should gain an understanding and respect of the rules of the game, recognize and appreciate skilled performances regardless of team affiliation, exhibit respect for the officials, openly display a respect for the opponent, display pride in their actions at all times, and exercise representative behavior at

every opportunity. Players, coaches and spectators who display questionable sportsmanship will receive appropriate penalties (technical fouls, suspensions, etc.) as determined by officials and league staff.

Players and coaches who receive a technical foul will receive a warning. A second technical foul (cumulative through the season) will be suspended one game. Penalties for further technical fouls will be decided by the recreation department and recreation committee.

**READINGTON RECREATION  
RECREATION IN-TOWN BASKETBALL LEAGUE  
4<sup>th</sup>/5<sup>th</sup> GRADE LEAGUE RULES**

**1. General Rules**

- a. For the safety of all players, only basketball shoes or other spike-less athletic shoes are to be worn.
- b. No jewelry is to be worn, including necklaces, wristbands, bracelets, and earrings. Covering earrings with band aids or other medical supplies is strictly prohibited.
- c. Coaches and players will shake the other team's hands at the end of the game as a gesture of good sportsmanship.

**2. Games**

- a. Game play will be governed by NFHS (National Federation of High School Sports) rules, except where modified by local rules.
- b. The game will consist of four 8-minute quarters. The clock will stop on all dead balls. However, if games are running long or past schedule, officials have the right to implement a running game clock.

**3. Substitutions**

- a. Mandatory substitutions will take place at the 4-minute mark (or as near as possible, at the official's discretion).
- b. All teams must play with mixed grade levels.
- c. All players must have equal playing time.
- d. The mandatory substitution point is NOT a time out. Substitutions should be made as quickly as possible.
  - i. Team huddles during this substitution period are NOT permitted.
  - ii. A warning will be given at the first offense.
  - iii. Teams will have five seconds to inbound the ball or there will be a change in possession
  - iv. If a player comes out due to injury, that player cannot re-enter the same quarter.

#### **4. Pressing/Full-Court Defense & Fast Breaking**

- a. Full court defense will be allowed in the final two minutes of the fourth quarter.
- b. During the rest of the game, full court defense is prohibited. In addition, the offense has 5 seconds in the "safety zone" to set up without the defense entering. After the 5 seconds, the safety zone disappears.
- c. If a team is fast breaking, the defensive team can pursue the ball and apply pressure to the ball handler, however, cannot attempt to steal the ball until the ball handler crosses the safety zone. If the ball handler begins a fast break and then pulls up, the defensive team should drop back to the safety zone.
- d. Teams leading by 10 or more points cannot press.

#### **5. Timeouts**

- a. Each team will be granted three full timeouts per game.
- b. NO additional time outs will be given to teams with a depleted roster.

#### **6. Overtime**

- a. There will be no overtime periods.

#### **7. End of Season Event**

- a. At the conclusion of the regular season, teams will participate in a fun "March Madness" round-robin style event.

### **Sportsmanship Statement**

There is a fundamental responsibility of youth sport programs is to emphasize good sportsmanship. All players, coaches, and spectators should gain an understanding and respect of the rules of the game, recognize and appreciate skilled performances regardless of team affiliation, exhibit respect for the officials, openly display a respect for the opponent, display pride in their actions at all times, and exercise representative behavior at every opportunity. Players, coaches and spectators who display questionable sportsmanship will receive appropriate penalties (technical fouls, suspensions, etc.) as determined by officials and league staff.

Players and coaches who receive a technical foul will receive a warning. A second technical foul (cumulative through the season) will be suspended one game. Penalties for further technical fouls will be decided by the recreation department and recreation committee.

**READINGTON RECREATION  
RECREATION IN-TOWN BASKETBALL LEAGUE  
2<sup>nd</sup>/3<sup>rd</sup> GRADE LEAGUE RULES**

**1. General Rules**

- a. For the safety of all players, only basketball shoes or other spike-less athletic shoes are to be worn.
- b. No jewelry is to be worn, including necklaces, wristbands, bracelets, and earrings. Covering earrings with band aids or other medical supplies is strictly prohibited.
- c. Coaches and players will shake the other team's hands at the end of the game as a gesture of good sportsmanship.

**2. Program Format**

- a. The first half of each session (approximately 30 minutes) will be a skills clinic led by a USA Sports trainer. Coaches should help the trainer with the drills and help their team during this time.
- b. The second half will be a scrimmage of 4-quarters of 6-8 minutes each (depending on available time remaining in the session) of running time. Players should be substituted half-way through each quarter. All players should have equal playing time. Game play will be 4 v 4.
- c. The basket should be adjusted to 9 feet.

**3. Defense & Fast Breaking**

- a. No full court defense will be allowed. In addition, the offense has 5 seconds in the "safety zone" to set up without the defense entering. After the 5 seconds, the safety zone disappears.
- b. Fast breaking is not permitted.
- c. Zone defenses are not permitted. Only man-to-man defense is allowed.
- d. Double teaming is not permitted.
- e. Stealing should be from passes only. A player should not steal from an active dribbler.

**4. End of Season Event**

- a. At the conclusion of the regular season, teams will participate in a fun "March Madness" round-robin style event.

## **Sportsmanship Statement**

Please remember that this is a youth sports league and the focus should be on fun and player development.

There is a fundamental responsibility of youth sport programs is to emphasize good sportsmanship. All players, coaches, and spectators should gain an understanding and respect of the rules of the game, recognize and appreciate skilled performances regardless of team affiliation, exhibit respect for the officials, openly display a respect for the opponent, display pride in their actions at all times, and exercise representative behavior at every opportunity. Players, coaches and spectators who display questionable sportsmanship will receive appropriate penalties (technical fouls, suspensions, etc.) as determined by officials and league staff.

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