

## North Attleboro Park & Recreation 2024-2025 Basketball Rules

### POLICY STATEMENT

The purpose of Recreation Basketball is to provide youngsters with the opportunity to learn and develop their basketball skills in a forum geared for equal participation and fun. Games are held each week and are intended to stress participation and teamwork. We require that all children, regardless of their skill level, get the same amount of involvement. This approach helps nurture enthusiasm and interest in the sport as well as all the athletic aspects that we are trying to teach. Let's see to it that ALL players, coaches and teams show improvement throughout the season.

### **Rules apply to the following divisions:**

Boys 3<sup>rd</sup> & 4<sup>th</sup> & 5<sup>th</sup> Grade

Girls grade 3<sup>rd</sup>

Girls 4<sup>th</sup> & 5<sup>th</sup> Grade

### **Games will consist of SIX periods, as follows:**

6 minutes / 6 minutes / 6 minutes  
(Halftime 3 minutes)

(5 minutes shooting free throws)  
6 minutes / 6 minutes / 6 minutes

1. SCORE BOARD WILL be cleared after every period.
2. Players can not play three periods in a row if you have 8 players or more.
3. If you have 7 players exactly, you cannot play 4 periods in a row.
4. If you have exactly 6 players, they can only play 5 out of 6 periods.
5. No substitutions during periods unless a player must be removed due to injury or fouling.
6. Clock runs continuously, except during last 30 sec of 6-minute periods.
7. Every player shoots one free-throw at half time which counts towards their team score. Free throws will apply to the following period.
  - a. Each player shoots regardless of how many players each team has.
  - b. Teams will go to opposite ends of the court and refs will assist each team.
8. Full court press is not allowed.
9. One time-out per half (no carry over).
10. Three point shot attempts are not allowed, except for in the last 10 seconds of the game
11. No food or drink with the exception of water is allowed into the gym at any time!
12. Players must check in at the table before going in to verify their playing time.
13. If a player doesn't play in the first period, they MUST play in the second; if they don't play in the fourth, they must play in the fifth.
14. **Arguing with the referees is strictly prohibited. If a coach/ parent has a question about a matter, he/she should speak directly to the Site Supervisor.**
15. Both zone defense and man-to-man should be employed. One half zone and one-half man. Order to be determined by the coaches.
16. A player who is out of control or fouls a great deal should be substituted for and spoken to by his/her coach.
17. If any child willingly attempts to hurt another player, the child will be asked to leave the game.
18. Violations that will be called in all divisions are traveling, backcourt, double dribble, fouls, 3 sec in the key, 5 sec inbound, and 10 sec over midcourt
19. Only 2 coaches will be allowed per bench. Too many coaches can create confusion for players and referees.
20. Players should not wear jewelry during games. Players wearing jewelry will be asked to remove the jewelry prior to entering the game.
21. On a two-shot foul only the shooter is involved (like a technical foul) then on the 2nd shot only four people in the lane plus the shooter. If 1-1 then both shots are with 4 in the lane.
22. Please do not arrive more than 10 minutes early to your game