2027 NCSAA Elementary Recreational Basketball Rules

NCSAA ROSTER RULES & FORFEIT POLICY

NCSAA's roster rules and forfeit policy are posted at www.ncsaasports.com. Schools are expected to always know and follow NCSAA'S roster rules and guidelines.

DIVISIONS

- 1st Grade & Under Rec Coed Basketball
- 3rd Grade & Under Rec Coed Basketball

RECREATIONAL DIVISION

Our Recreational Division will not keep an official score or have standings or playoffs. These games will be designed to introduce the student-athletes to the sport of flag football without the pressures of winning or losing.

GAME PLAY

- The size of the playing area is full court or crosscourt. Exact size of the court may vary from school to school or facility to facility.
- **Height of the basket for 1st Grade & Under**: 8 Feet
- **Height of the basket for 3rd Grade & Under**: 10 Feet
    - *Note: Height of the basket may vary from site to site between 8 feet to 10 feet depending on the capability of the site.*
- **Size of the Basketball for all rec divisions**: 27.5" Size 5
    - No rubber basketballs.
    - All basketballs must be indoor basketballs.
    - Coaches are not allowed to ask opposing coaches to change the size of the basketball. If they do so, they will be suspended and any game played with a smaller ball will be subject to forfeit.
    - If a team is found to be attempting to use a smaller basketball illegally in competitive divisions, the coach will be suspended and the team may be removed from the league.
- There will be no free throws. All fouls will be sideline out of bounds.
- No forfeits! Game will be played five on five depending on team size.
    - Game will be played with less players, if less than five are in attendance.
    - There are no minimum number of girls that have to be on the court or team within those five players
    - Each child should have equal playing time.
- The game will consist of four, 10 minute quarters with a running clock except for timeouts, lining up for free throws (clock will begin to run again after players are in position). **The clock DOES NOT STOP in the last 2 minutes of the 4th quarter.** Halftime will last 3 minutes with 1 minute between quarters. Game time will be kept by either the official or scoreboard clock. **Home Team is responsible for a volunteer to work the clock.**
- There will be two, 30-second timeouts per team, per half.
- Jump ball will start each game. Possession will alternate the rest of the game on all quarter breaks, jump balls & double fouls.
- Three coaches are allowed on the sideline. Only 1 may speak to the game official. This person needs to be designated prior to the game starting. No coaches are allowed on the court.
- No official score will be kept.
- There will be no lane violations called.
- Fouls will not be officially recorded, excessive fouling, stealing, or rough play may result in the official deciding to remove the player from the game with a warning.
- Defense can be man to man or zone.
- Backcourt defense is not allowed. The first violation will receive a warning. Second violation the opposing team will receive possession of the ball.
- Player substitutions can occur on all dead balls. You do not need to wait quarter breaks or timeouts anymore.
- Clear-outs are not allowed.
- Stealing is allowed, but only by the player defending the player in possession of the ball or on an intercepted pass.
- Possession will alternate each quarter, jump ball, or double foul.
- After each basket the opposing team will then inbound the ball from their end line.
- Players may not run with the ball; dribbling must be emphasized. Traveling and double dribbling will be called at official's discretion
- Offense must bring the ball across half court within the ten second time limit.
- If a player is fouled in the act of shooting and misses the basket, the player will be awarded two points. However, if the basket was made, basket counts, and the team maintains possession.
- Each team's bench must be seated and cheering positively for their team. Trash talking will result in a technical foul.
- Unsportsmanlike conduct will result in a technical foul and player ejection. The opposing team will be awarded two points and possession of the ball. This includes players on the bench.
- Coaches are required to show good sportsmanship towards other Coaches, Players, Scorekeepers & Officials. First Bench Technical called by an official on a Coach requires to sit during duration of the game. Second Technical, the coach must leave the facility in a timely manner.

Rules Updated: 7/1/26