



ES Recreational Basketball Rules

- The size of the playing area is full court or crosscourt.
- The height of the basket will be nine feet.
- The free-throw line will be twelve feet from the basket.
 - The clock will stop during the player line up. Clock will resume once the player has possession of the ball from the official.
 - The player may land over the line after shooting a free-throw.
 - All other players lined up may not move until the ball hits the rim.
- The size of the basketball is a 28.5 inch or compact size.
- 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.
 - Each child will have equal playing time.
- The game will consist of four, 8 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), and the last two minutes of the fourth quarter when the clock stops for every whistle. There will be two, 30 second timeouts per team per half. Half time will last three minutes with one minute between quarters.
- Jump ball will start each game. Possession will alternate the rest of the game on all quarter breaks, jump balls & double fouls.
- Two coaches are allowed on sideline during game.
- No official score will be kept.
 - Game time will be kept by either the official or scoreboard clock. **The Home Team is responsible for a volunteer to work the clock.**
- Five second lane violations will be called.
- Fouls will not be officially recorded, but if a player is receiving too many fouls, the official may decide to remove the player from the game with a warning.

- Defense must be man to man, no zone. The first violation will receive a warning. Second violation will receive a technical foul and the opposing team will receive one free throw.
- Double teaming is allowed in the lane area only and backcourt defense is not allowed. The first violation will receive a warning. Second violation will receive a technical foul and the opposing team will receive one free throw, plus possession of the ball.
- 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.
- Offense must bring the ball across half court within the ten second time limit.
- If a team receives their seventh team foul (non-shooting) in one half of play, that foul, as well as each occurrence thereafter, results in the opposing team shooting one and one free-throws. This will occur at the discretion of the referee and site director.
- If a player is fouled in the act of shooting and misses the basket, the player will be awarded two free-throws. However, if the basket was made, basket counts, and the player is awarded one free-throw.
- 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.