



# Elementary Coed Recreational Basketball Rules

Revised 11/19/19 – at the Winter 2019 AD & Coaches Meeting

## I. GAME DAY CHECK-IN & ROSTERS

1. League officials will check every team's National Sports ID prior to each game.
2. Any player not on the official National Sports ID roster will be ineligible to play for that day.
  - If a player is "verified" (green) in NSID but NOT on the official team roster, they are INELIGIBLE to play.
3. Teams who play ineligible players will forfeit their game.
4. No players will be added to the rosters after the Wednesday prior to Week (4) of the season.
5. Players who arrive after check-ins have occurred but are on the official National Sports ID roster must check-in with the NCSAA Site Director prior to checking into the game.
6. No student-athlete is allowed to play on 2 rosters in the same sport. Student-athletes may not move divisions after the 3<sup>rd</sup> Week of the Season.

## II. 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:
  - **ES K-2 Rec:** 8 Feet
  - **ES 3-5 Rec:** 9 Feet
- Free Throws:
  - **ES K-2 Rec:** There will be no free throws. All fouls will be sideline out of bounds.
  - **ES 3-5 Rec:** The free-throw line will be twelve feet from the basket.
    - Clock will stop during player line up. Clock will resume once player has possession of the ball from the official.
    - The player may land over the line after shooting a free-throw.
- Size of the Basketball:
  - **ES K-2 Rec:** 27.5 inch or junior size
  - **ES 3-5 Rec :** 27.5 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.
  - There are no minimum number of girls that have to be on the court or team within those five players (*revised at 11/19/19 Meeting*)
  - 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 2 minutes of the 4th quarter when the clock stops for every whistle. 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.
- Lane Violations:
  - **ES K-2 Rec:** There will be no lane violations called.
  - **ES 3-5 Rec:** Five second lane violations will be 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 will receive a technical foul and the opposing team will receive one point, plus possession of the ball.
- Player substitutions may only occur between quarters or during timeouts unless an injury occurs.
- 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 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.