



Seacoast Basketball League

3rd/4th and 5th/6th Grade

Recreation League

League Objectives:

Have fun! It's about learning the game, not just winning.

Demonstrate and teach players good sportsmanship.

Teach players basic strategies and fundamental skills of the game.

General League Rules:

- Have team arrive to gym fifteen (15) minutes prior to game time.
- No food allowed in gymnasiums.
- Encourage players to bring their basketball shoes and change before entering gym.
- Home team to provide referees (One referee 3rd/4th games and two (2) referees for 5th /6th games).
Coaches of participating teams should not referee their own games.
- **3rd/4th 27.5" ball to be used.**
- **5th/6th 28.5" ball to be used**
- Coaches should remain on bench with players.
- Each game to start with jump ball then alternate possession rule used.
- Encourage players to clean-up after themselves following every game, home or away.
- Home team responsible for providing clock/scorekeeper.
- Home team responsible for calling visiting team's coach 1-1/2 hr. ahead of game in the case of bad weather.

3rd / 4th Grade

Game/Playing Time:

- Each game to consist of four (4) 10 minute quarters, running time.
- Clock stopped for foul shots and substitutions - restarted once ball is live.
- Last two (2) minutes of the 2nd / 4th quarters will be stop time.
- Two (2) time outs per half (each 1 minute long).
- Three (3) minute halftime.
- Each player must play in each half. Coaches to make best effort to provide equitable playing time for all players.
- Substitutions to be made only during "deadball" situation.

- No full court pressure allowed.
- Defense must allow ball to cross “hash mark” (inside half court) or top of key before they pressure the ball. Once past hash mark/top of key area, ball is no longer “protected” for offense.
- No “trapping” or “Double teaming” player with ball.
- Defense must man-to-man defense for the entire game.
- In the event of a tie, one 5 minute overtime may be played.

Violations:

- Violations occurring in backcourt will not result in a change of possession.
- “3 Second” lane violation not called until 5+ seconds – referees to warn/teach players.
- Offense has 10 seconds to cross half court line or lose possession.
- Front court fouls will be called closely to maintain control and to teach proper play but fouls will not be counted. No “one and one”. Referee has discretion to sit a player if multiple fouls become an issue.
- Foul shots can be taken 2ft. inside foul line.
- No over the line violations called (but players should be made aware).
- Players lined up around the free throw lane may enter the lane on ball release during foul shots. All others, including the shooter, may enter the lane once the ball has made contact with the rim. If ball misses rim, possession will change.
- Players will line up above the box for foul shots.
- If a “technical” foul is called, opposing team will take one shot.

5th / 6th Grade

Game/Playing Time:

- Each game to consist of four (4) 10 minute quarters running time.
- Clock stopped for foul shots and substitutions - restarted once ball is live.
- Last 2 minutes of the 2nd / 4th quarters will be stop time.
- Two (2) time outs per half (each 1 minute long).
- Three (3) minute halftime.
- Each player must play in each half. Coaches to make best effort to provide equitable playing time for all players.
- Substitutions to be made only during “deadball” situation.
- No full court pressure allowed. Teams may press the last two minutes of each half, only if they are not up by 10 or more points).

- Defense must allow ball to cross half court before they pressure the ball.
- No back court defense except when press is allowed.
- “Trapping” or “double teaming” is allowed once the ball is below the top of the key or during full court press.
- Defense to use man-to-man defense. Zone defense may be used only if team is down by 10 or more points.
- In the event of a tie, one 5 minute overtime may be played.

Violations:

- Backcourt violations called with some discretion.
- “3 Second” lane violation not called until 5+ seconds – referees to warn/teach players.
- Offense has 10 seconds to cross half court line or lose possession.
- All front court violations called (with some discretion).
- Each player is allowed 5 fouls / game and the team is allowed 10 fouls / half. The 10th foul and subsequent fouls results in a “one and one” free throw situation.
- Foul shot taken from foul line, discretion to be used to enable player to reach basket. No over the line violations called (but players should be made aware).
- Players will line up above the box for foul shots.
- Players lined up around the free throw lane may enter the lane on ball release during foul shots. All others, including the shooter, may enter the lane once the ball has made contact with the rim. If ball misses rim, possession will change.
- If a “technical” foul is called, opposing team will take one shot.
- Home team keeps track of fouls.