



**RecPlex
Youth Basketball 2016
League Rules & Regulations**

Mission

RecPlex Youth Basketball is designed to teach the fundamentals of basketball, inspire good sportsmanship and proper conduct of players, fans and coaches, and encourage 100% participation for all participants. At the RecPlex we focus on the experience of our participants.

Rim Heights & Ball Size

Grade 1 & 2 = 8'6" Rim, 27.5" Ball

Grade 3 & 4 = 9'0" Rim, 28.5" Ball

League Format

Grade 1-2: Instructional/Developmental

(3) 9 minute quarters*
3 on 3 with one coach on the floor
Substitutions at 3 minute mark
Score **will not** be kept

Grade 3-4: Developmental

(3) 10 minute quarters*
5 on 5 with coach on the sideline
Substitutions at 5 minute mark
Score will be kept

All players must have equal playing time.

*Clock stops on all substitutions, free throws and the last two minutes of each half. There is a two minute intermission after each quarter.

Time-Outs

As this league is designed solely for the instruction of the players, there will be a limit placed on the number of timeouts that a team will be granted during the course of a game. **Each team will have 3 full timeouts for the game.** Timeouts may be called either by the coach or any player on the floor while that team is in possession of the ball, or at any dead ball.

Participation Rule

All players will receive equal playing time. Each individual player should rotate in at each 3 or 5 minute mark. No player should sit on the bench 2 rotations in a row, unless there are more than 6 players on a 1st/2nd grade roster or more than 10 players on a 3rd/4th grade roster.

Defense

Teams are required to play "Man-to-Man" defense in grades 1-4. A player must guard his player at all times with the following exception: *A player may leave his man to guard another player's man if this does not create a "double-team" on this player, (HELP DEFENSE).* Once his teammate recovers, and returns to guard his man that player must return to his own man or switch. **This is a judgment call by the officials.**

Full Court Press

No full court press of any type will be allowed at any time. Defensive players may begin guarding their opponents at the half court.

Note: The referee may elect to require the defense to drop back farther than listed if he deems this to be necessary.

20 Point Lead Rule-3rd-4th Grade

If a team has a 20-point lead at any time during the game, they will not be allowed to employ any type of (full court or half court) pressure, allowing the team to get the ball up court to the top of the key. It is recommended that top players are removed and the substitutes play (only if player participation is not compromised). Any team with a 30 point lead (at any time), will prompt the scoreboard keeper to ZERO OUT the score (board only) until the lead is diminished to 10. Score will be only kept in the book. The team that is leading **CAN NOT FASTBREAK** and must have completed four passes before a shot is taken. Infraction of this rule- 1st infraction- verbal warning... 2nd & continuous infractions will result in a technical foul against the team.

Jump Balls

There will be jump balls only to start the game or to start any overtime period. All other jump ball situations will be determined by the alternating-possession rule.

Free Throws

All players must wait until the ball hits the rim or backboard prior to entering the lane on a rebound attempt.

Fouls

- **Personal Fouls** - Five personal fouls will disqualify a player from the game. A technical foul given to a player also counts as a personal foul.
- **Flagrant Fouls** - Will result in a Technical Foul and removal of a player, suspension will be determined.
- **Intentional Foul** - Will result in two free throws and the ball.
- **Technical Fouls** - *Two bench technical fouls will result in the removal of the coach. Two player or coach technical foul will result in the removal of that player and coach. Player or Coach will miss the next game.* Note: If a coach is removed for technical fouls, he will be required to miss the next week's game. That coach will also have to meet with the Director of Recreation and the Sports Supervisors to discuss the situation. Suspensions may be extended if deemed necessary and due to the severity of each case.
- **Team Fouls** - The bonus (1 and 1) foul rule is in effect when seven team fouls have occurred in a half.

Age Specific Rules

- **Grade 1-2:** No player and team fouls are recorded. Ball will be taken out on the side. **ONE** coach per team is allowed on the floor and can be used as a safety net for passing purposes. Every 3 minutes player substitution will take place.
- **NO STEALING the ball on the dribble, defensive player must allow the opponent to dribble the ball freely.**
- **Grade 3-4:** Five seconds in the lane will apply. No additional steps will be allowed on a travel violation. Double dribbles are not allowed. Three-point baskets are allowed.

Overtime

Grades 3rd – 4th overtime will be 2 minutes. Clock stops on all dead-ball situations in the final minute.

Sportsmanship

Sportsmanship must be shown at all times. All players, fans and coaches not conducting themselves in a proper fashion may be asked to leave the game and playing area. If a player, coach or fan shows or displays any unsportsmanlike conduct and is asked to leave will be suspended. Suspension will be issued by the Sports Coordinator and the Village of Pleasant Prairie Recreation Department.

Coaches Creed

All head and assistant coaches must fill out and return Coaches' Creed to the Sports Department before 1 regular season game begins.

REMEMBER THAT OUR LEAGUE IS ONLY AS GOOD AS OUR COACHES, PLAYERS AND FANS WORKING TOGETHER!!!! GOOD LUCK TO ALL TEAMS.....AND REMEMBER TO SHOW GOOD SPORTSMANSHIP!