



YOUTH BASKETBALL LEAGUE

2019-2020

RULE BOOK

CONTACT INFORMATION:

Recreation Department:

Office Hours: Monday – Friday, 8:30 am – 4:00 pm

Address: 430 Park Avenue, Scotch Plains, NJ 07076 (Town Hall)

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Website: <https://www.scotchplainsnj.gov/departments/recreation/basketball/>

- Schedule, scores, standings

Facebook: www.facebook.com/scotchplainsrecreation

- Cancellations & other urgent notifications

Basketball Coordinators:

Anthony Carter & Connell Spady

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Except where described herein, all game play will adhere to current and adopted NJSIAA Rules.

I. Rules of Conduct

- a. The Township of Scotch Plains Department of Parks and Recreation, through its representatives, reserves the right to request the removal of any player, coach, parent or spectator who conducts him/herself in a manner inconsistent with the goals listed below
- b. Coaches must conduct themselves in a dignified manner relating to emotions, language, attitude, and actions
- c. Coaches must act at all times to protect the principles of fun, safety, and player development
- d. Coaches must demonstrate respect for the ability of opposing players and coaches, as well as for the judgment of referees
- e. Coaches must refrain from physical contact with athletes except where necessary for the development of the players' skills
- f. Coaches must be aware of and understand the role and influence of a coach as an educator and leader
- g. Coaches are expected to exercise good judgment and courtesy at all times during our practices, games, and events
- h. Coaches are expected to control unsportsmanlike actions demonstrated by team parents/spectators
- i. Coaches must abide by all applicable basketball rules and regulations, including rules and regulations specific to Scotch Plains Recreation
- j. A player or coach who receives two (2) technical fouls in a game will result in that player or coach being ejected from the game plus one game suspension and possible removal from the program

II. All Levels

- a. All players should be wearing socks and sneakers
- b. **Teams must be prepared to begin play at the scheduled time. A ten (10) minute grace period will be allowed before a forfeit is declared**
- c. **Defenders will NOT be allowed to lunge, throw their bodies into or reach across the offensive player. Players are encouraged to slide their feet and exhibit the use of sound defensive principles. This will also minimize possible lunging injuries and allow for a more positive recreational experience for ALL participants. Referees will be directed to strictly enforce this rule for the good of the league and its participants. We applaud hustle but we value safety far greater. Remember, this is our recreational league**
- d. Full-court defense is permitted during the final (2) minutes of the fourth quarter and last two minutes in all overtime periods **in the 5th/6th and 7th/8th/9th Divisions ONLY. No "Pressing" or full-court defense in the 3rd/4th Division** or in ANY division when leading by 15 points or more
- e. 3-Pt shots are permitted in ***only*** in the 5th/6th and 7th/8th/9th Divisions
- f. Games consist of 4 quarters lasting 8 minutes each
- g. Each quarter is divided into 2 segments (explained under Substitution Rules)
- h. The official will stop the clock halfway between each quarter to allow for substitutions. **NOTE: this is not a Coach's timeout.** There will be no free substitutions. Subs can only enter at the beginning or halfway point of the quarter. **The only exceptions are injuries or "foul outs"**
- i. Games are played with a running clock

- i. The clock will stop for substitutions, timeouts, and at the referee's discretion
 - ii. The referee will stop the clock after each segment to allow for substitutions
- j. During the last minute of play during the 4th quarter, the clock will be stopped in accordance with NJSIAA High School Basketball Rules
- k. **Each team is allowed (2) 30-second timeouts per half and one (1) 30 second timeout per overtime period. Unused timeouts from the 2nd half DO carry over to Overtime**
 - i. Timeouts will be tracked by Table Staff
 - ii. Unused timeouts from the 2nd half will carry into overtime
 - iii. There will be a 1-minute timeout by the referee in between each quarter
- l. Halftime intermission will be approximately 5 minutes
- m. Overtime
 - i. The referee will stop the clock 2 minutes into overtime to allow for substitutions
 - ii. In the event of a tie score at the end of the 4th quarter, a maximum of (1) 4-minute overtime period will be played
 - iii. Due to the tight window of our gym permits, regular season games may end in a tie
 - iv. **EXCEPTIONS:** Playoff Games add (4) minute OT periods until a winner is declared

III. Division-Specifics

- a. 3rd/4th Grade Division
 - i. No backcourt defense the entire game
 - 1. This division plays man-to-man defense
 - ii. No double-teaming at any time except when in the key
 - iii. Defensive team must allow offensive team to cross the half-court line uncontested
 - iv. Defensive players must wait until offensive player reaches the top of the key to pick up who they are defending
 - v. 3-point shots are not permitted
 - vi. Free Throws at Halftime:
 - 1. Each member of both teams will attempt free throws
 - 2. Each player will have 1 attempt to score 1 free throw
 - 3. Each successful shot will count as 1 point
 - 4. The total number of points scored for each team during halftime will be added to the official score
 - 5. Teams of unequal size will take the same number of shots
 - a. Additional shots will be taken by the first players to miss their initial free throw
- b. 5th/6th Grade Division
 - i. Zone defense is to be played in the 1st half of the game
 - 1. If a team is caught not playing zone, the 1st offense will result in a warning from the referee ... the 2nd offense will result in a team technical foul
 - 2. Zones can't come out beyond the 3-point line
 - ii. Man-to-man defense is played in the 2nd half of the game
 - iii. Full-court defense is permitted during the final 2 minutes of the 4th quarter and the last 2 minutes in all overtime periods
 - iv. Coaches can choose which defense his/her team will play during overtime

- v. “Pressing” is not allowed when team is leading by 15 points
- vi. No double-teaming at any time except when in the key
- vii. 3-point shots are permitted
- c. 7th/8th Grade Division
 - i. Zone defense is to be played in the 1st half of the game
 - 1. If a team is caught not playing zone, the 1st offense will result in a warning from the referee ... the 2nd offense will result in a team technical foul
 - 2. Zones can’t come out beyond the 3-point line
 - ii. Man-to-man defense is played in the 2nd half of the game
 - iii. When in a zone, defense must remain within a zone inside the arc until the ball is established across the half-court line
 - iv. Double-teaming is permitted
 - 1. Teams must allow the ball-handler and ball to establish themselves across half-court before both man-to-man and double-teaming
 - v. In accordance with NJSIAA rules, players on the key and the line may enter on the release of the free throw
 - 1. Players outside the arc must wait until the ball hits the rim before entering the key
 - vi. 3-point shots are permitted

IV. Pre-Game

- a. Teams must be prepared to begin play at the scheduled start time
- b. A 10-minute grace period will be allowed before a forfeit is declared
 - i. Forfeits will be scored as 20-0
 - ii. Forfeited games are not guaranteed to be rescheduled
- c. Players should warm up at the basket opposite of team bench
- d. Check with the Table Staff to ensure that your entire tea roster is entered into the scorebook with names and jersey numbers
- e. Ensure that all players remove jewelry before playing

V. Starting the Game

- a. A team must have 5 (five) approved team roster players to start any game
- b. All players must wear appropriate athletic sneakers
- c. All players must have their jerseys tucked into their shorts
- d. Team shoots first at the basket opposite of team bench
- e. One player from each team starts in the center circle for the jump ball
 - i. The remaining players on the court stand outside of the circle
 - ii. 3rd/4th grade coaches – be prepared to help your players with this concept



VI. During the Game

- a. **Only players and assigned Coaches are allowed in the immediate vicinity of the bench. All others must leave the bench area or the team may be assessed a technical foul. It is the responsibility of the Coaches to maintain order in their bench area**
- b. **Head coach only may stand in front of their team bench** or sit on the bench
- c. Any coach or player on the court may call a timeout verbally or visually during play
- d. Substitute players must sit on the team bench
 - i. Parents and spectators are not allowed on or near the team bench
- e. Injuries
 - i. Coaches should only come onto the court to tend to an injured player when called by a referee
 - ii. Coaches should take as much time as necessary to tend to an injured player
 - iii. All injuries should be documented by staff
 - iv. Player tended to must leave the court for at least 1 tick of the clock
 - v. If a player is bleeding, he/she must leave game immediately
- f. Technical Fouls
 - i. All technical fouls assessed (players and coaches) will adhere to NJSIAA Rules
 - ii. A player or coach who receives 2 technical fouls in a game will result in that player or coach being ejected from the game plus one game suspension

VII. During the Game – Substitutions

THE SUBSTITUTIONS ARE CRITICAL TO ENSURE FAIR PLAY. Manipulation of the substitution rules may result in forfeiture of games and barring of the Coach (es) from future participation in Our League

- a. Games are divided into 8 segments...4 quarters made up of 2 segments each
 - i. 1A, 1B, 2A, 2B, 3A, 3B, 4A, 4B
 - ii. The official will stop the clock halfway between each quarter to allow for substitutions.
NOTE: this is not a Coach's timeout. There will be no free substitutions. Subs can only enter at the beginning or halfway point of the quarter. **The only exceptions are injuries or "foul outs"**
- b. **No player is allowed to play 3 segments consecutively when there are more than 7 players**
 - i. This includes injuries as well as playing 2 segments at the end of the 1st half and the 1st segment in the beginning of the 2nd half (2A)
- c. If a player is found to be playing out of turn while a segment is underway:
 - i. The team will be penalized with a technical foul that results in 2 free throws
 - ii. The opposing team will get possession after the free throw attempts are made
 - iii. If this occurs in the last segment of the game and overtime follows, that player will only be permitted to play 1 segment in overtime
- d. Player substitution rules depend on the number of players on your roster
 - i. 6 players - 4 play 7 segments and 2 play 6 segments
 - ii. 7 players - 5 play 6 segments and 2 play 5 segments
 - iii. 8 players - 8 play 5 segments
 - iv. 9 players - 4 play 5 segments and 5 play 4 segments

- v. 10 players - 10 play 4 segments
 - 1. **10 players - 5 in/5 out. (exception: start of 2nd half or O/T). No player sits for more than two consecutive periods.**
 - 2. **>10 players No player stays in for two consecutive periods (exception: start of 2nd half or O/T). No player sits for more than two consecutive periods.**
 - 3. **<10 players Entire bench goes in (exception: start of 2nd half or O/T). No player sits for more than two consecutive periods**
- i. 11 players - 7 play 4 segments and 4 play 3 segments
- ii. 12 players - 4 play 4 segments and 8 play 3 segments

VIII. Starting Each Successive Quarter

- a. During regulation time, the ball will be given to the team with the alternating possession arrow
- b. Overtime periods begin with a jump ball

IX. Other Common Happenings

- a. A player may only have his/her feet or hands touching the court while in control of the ball
- b. A player with his/her knee on the ground while holding the ball may shoot, dribble, or pass
 - i. Standing up or lifting one knee up is considered to be a traveling violation
- c. If a player shoots the ball and misses, but the ball hits the basket or backboard, the player can rebound their own shot as long as it's a legitimate shot attempt
- d. Intentionally kicking the ball is a violation
- e. The 7th foul in the half will result in a 1/1 free throw on all common personal fouls
- f. The 10th foul in the half will result in 2 free throws
- g. Throw-Ins:
 - i. The offensive team has 5 seconds to release the ball onto the court
 - ii. The defensive player may not cross the boundary plane with any part of his/her body
 - 1. 1st violation is a warning
 - 2. 2nd violation and each subsequent violation is a technical foul and will result in 2 foul shots for the offensive team plus possession at mid-court opposite the Scorer's Table
 - 3. If the defensive player reaches through and touches the ball or fouls the offensive player, it is an immediate technical foul
 - a. No warning necessary
 - b. The penalty in either case is the same: 2 foul shots plus possession for the offensive team
- h. **Dunking/rim hanging (or attempted dunking/rim hanging) before the game may result in a technical foul!!**
- i. Free Throw Lane:
 - i. Offensive players may not be in the free throw lane for more than 3 seconds once his/her team has control of the ball in the front court
 - 1. However, for an offensive player with the ball in the free throw lane, the 3-second count is suspended
 - ii. The 3-second count is suspended during shot attempts or drives to the basket
 - iii. On a free throw, no player should enter the free throw lane until the ball hits the rim

X. After the Game

- a. Game balls must be returned to the Scorer's Table
- b. Head Coaches must visit the Scorer's Table to sign off on the final score
- c. Standings will be updated by what is documented in the scorebook
 - i. Changes will not be made after scores are posted online unless scores are mistakenly entered backwards
- d. Make sure all belongings are collected and that trash is disposed



XI. Ball Sizes

- a. Girls 3rd/4th Grade Division – 27.5 / 28.5
- b. Girls 5th/6th Grade Division – 27.5 / 28.5
- c. Girls 7th/8th Grade Division – 28.5
- d. Boys 3rd/4th Grade Division – 28.5
- e. Boys 5th/6th Grade Division – 28.5
- f. Boys 7th/8th Grade Division – 29.5

The Commissioner, Recreation Department staff and/or game Officials reserve the right to amend these rules, at any time, in the essence of safety, equity and fair play.

Scotch Plains Recreation Office – (908) 322-6700 x 223