

Ridgefield Park Board of Recreation

2019-2020 Basketball Rules

1) Conduct:

- a. **Players, coaches, and parents WILL NOT ARGUE with, or ANTICIPATE referees' calls. Coaches can only question a referee to better understand the call. This will be strictly enforced. THIS IS NOT THE NCAA!! We follow the NFHS (High School) code of conduct.**

2) **Technical fouls:** Two technical fouls in one game, or one technical foul in two consecutive games, will result in expulsion from that game and an additional one game suspension. **Referees will assess technical fouls to coaches who can't control their own players' parents.** All technical fouls result in two foul shots and loss of possession.

3) Time:

- a. Games will consist of **2 TWENTY-MINUTE HALVES**. Each half will consist of four 5-minute periods. Rotation change will take place at the end of each period. **The game will resume where it left off** (teams in possession will keep possession). This stoppage is for rotation change only. Any coach who delays in getting players on or off the court may be charged with a timeout or have game resumed.
- b. Each team will be allotted **FIVE** time-outs per **GAME**.
- c. **Games will be running time except for foul shots.** In the last two minutes of the game, clock will stop on all whistles. True stop time.
EXCEPTION: . Any game with 20+ point lead in second half can be running time, and clock will not stop at all—even on foul shots (ALL DIVISIONS) at the discretion of the referee.
- d. **The referees, also at their discretion, have the authority to "speed up" games in certain situations.**

4) Rotation:

- a. Rotation system will be used to try and give equal playing time to all players, regardless of skill level. Each team will follow rotation based on the total number of players on the team (not the number of players who are present at the game). NOTE: When selecting numbers for their players, coaches should try to spread out their talent to avoid overly strong or weak rotations.
- b. Teams will start games using rotations based on **game and jersey number-- (1st game start with #1, 2nd game with #2, 3rd-3, 4th-4, etc.)**. This allows different combinations of players to play throughout the game and the year. A player who has to leave the court before their rotation is up (due to injury, sickness, fouls, etc.), will be replaced by the next number in the rotation, who will finish that session and then continue to play their own session in full. A coach who believes a mistake has been made in the rotation numbers should **bring it to the referee's attention immediately**, so the correct player can get into the game without losing too much playing time. Players that come late must wait for their next rotation. Note: It is acceptable to sit out a player for one rotation for disciplinary reasons, but the coach must inform the opposing coach and referee prior to the game. **Each coach will post their rotation for that game in a place where it is easy for all to see. Games will not start if rotations are not posted.**
- c. Players who abandon (quit) their team during the season will not be eligible for playoffs unless they have a good reason for absence (medical, schoolwork).
- d. 5th/6th and 7th/8th grades: Can alter rotation and substitute during the last 5 minutes of a game and in overtime periods.

5) Fouls:

- a. Individual fouls: Player fouls out of game after 5 fouls, with the following exception: 3rd/4th Grade: Players foul out after 9 fouls--but each foul, starting with the sixth individual foul, will result in two foul shots, and fouled team will retain possession of the ball at point of interruption (intentional foul rule).
- b. Referees have authority to sit a player who cannot/will not control himself and becomes a safety risk.
- c. Team fouls: 7th foul in one half will result in 1-and-1 if not a shooting foul. Scorekeeper must alert referee on team's 7th foul. 10th foul in one half is two shots.

6) Foul Shots:

- a. **Distance exceptions can be made** based on age and/or ability. Every player should have an *opportunity* to make a foul shot and not be embarrassed by failing to reach the basket. This can be on a case-by-case basis, and the coaches should agree on this before the game.
- b. Lane Violations: **3rd/4th and 5th/6th grades:** No lane violation if shooter steps over foul line on follow-through and makes no attempt to go for rebound. Will line up starting with second lane space.
- c. **Players will line up starting with "second" lane space from end line.** Lane violation for shooter stepping over foul line in 7/8 boys only.
- d. Players along lane in 5/6 boys, 7/8 boys/ and 6/7/8 girls can enter lane when ball is released by shooter. Players may not enter free throw shooter's area until ball hits rim.
- e. **If shooter steps over the line before ball hits rim, he/she cannot be involved in the rebound.**

7) **"3-Second" Violation:**

- a. 7th/8th grade: 3 seconds
- b. 5th/6th grade: 5 seconds
- c. 3rd/4th grade: 5 seconds. Very liberal, especially early in season. Referee will warn player to get out, and then call the violation if player still remains in lane and makes no effort to move. Referee should then explain rule to player when called.

8) **Defense:**

- a. 3rd/4th grade: Fast breaks are allowed. Defense can slow down the break but cannot steal ball until it crosses into area allowed for steals. All Divisions have 10 seconds to cross mid-court line.
3/4/5 GIRLS : Must stay behind red line until possession is established in frontcourt. Can defend outside the red box to prevent uncontested shots. **No double teaming or trapping** outside the red box is allowed. Backcourt violations will be called if ball goes beyond the foul line in the backcourt.
3/4 BOYS: Must stay behind red line until possession is established in frontcourt. Can defend outside the red box to prevent uncontested shots. **No double teaming or trapping** outside the red box is allowed. Backcourt violations will be called if ball goes beyond the red line in the backcourt.
- b. 5th/6th and 7th/8th grade: 10 seconds to cross mid-court. Can pressure and steal ball after it crosses mid-court. Can fast break. Defense can slow down fast break in back court but cannot steal ball or create a turnover. Full court press is allowed in last 5 minutes of game.

9) **Score:**

- a. Teams up by 15 or more points must keep entire team behind foul line on defense. (games in Lincoln School use the 3-point arc).
- b. Coaches must not run up score. A team winning by 30 or more will result in a one game suspension for the head coach. If an assistant is not available, then the suspended coach must make arrangements for another certified coach to run the team for the next game.
- c. Teams leading by 20 or more points can remove more talented players, and replace with less experienced players, for remainder of a rotation in an effort to keep score down.
- d. 7th and 8th grade: 3-point goals will count on shots from beyond the 3-point arc.
- e. **Overtime:** 3 minute overtime periods will be played, starting with a jump ball. Each team will be allowed one timeout in the overtime (no accumulation of TO's). 3rd/4th grades use next rotation.

10) **Standings:**

- a. Standings will be kept but not posted. Playoff schedule will be done by matching up highest seeded and lowest seeded teams.
- b. There will be **no forfeits**. If a team is short players, it is acceptable to pull players from another team in order to make the game more competitive, as long as both coaches agree.

11) **Coaches/Draft:**

- a. **Each team must have TWO certified coaches, and must be certified by 12/31/2018 or the team cannot continue.**
- b. There will be **one head coach per team**, who will be responsible for drafting his/her team. **Assistant coaches will be selected from players drafted by the head coach. No requests for certain teams/coaches can be honored if it will affect competitive balance.** Trades can be made in draft room to satisfy certain needs if all head coaches agree. "Division Leader" has final say.

12) **Jewelry:**

- a. **No jewelry of any kind shall be worn. This includes new studs which can no longer be taped over, due to NJ state mandate.** The only exceptions would be medical bracelets or tags (which must be under a sweatband or taped down). The referee has the final determination and can prevent a player from participating if wearing anything causing safety concerns.

13) **In the event of only two divisions for girls, 3/4/5 will follow 3rd/4th rules and 6/7/8 will follow 7th/8th rules (except for Free Throw shooter violation for stepping over line.)**

13) **Any rule not specifically mentioned will be covered by NFHS (high school) rules.**

These rules are for the 2019-2020 basketball season. Many of the rules are the same as in the past. Some changes were made based on suggestions from parents and coaches. The rules were formalized at a meeting of the Board of Recreation. We all hope these rules give the players the best chance at a fair and competitive season. Anyone who feels their division can be better served with a variation of one or more of these rules can submit proposed changes, in writing, to their division leader or to the Board. A decision will then be made on whether or not to allow such changes. Emphasis has been placed on conduct. **FAILURE TO FOLLOW THESE RULES COULD LEAD TO EXPULSION FROM THE PROGRAM FOR YOU AND/OR YOUR CHILD!!**