

GRAFTON 456/789 RECREATION BASKETBALL

GAME RULES AND REGULATIONS

GAME TIME

4 – 10 MINUTE RUNNING TIME QUARTERS

1 – 3 MINUTE OVERTIME PERIOD FOR TIE GAMES (IF TIED AT END OF THIS 3 MINUTE PERIOD- GAME ENDS BEING A TIE)

1 TIME-OUT PER HALF (**NO CARRY OVER**)

1 TIME-OUT IN OVERTIME

789 BOYS PRESS RULE – FULL COURT PRESS ALLOWED IN LAST 3 MINS OF HALF AND END OF THE GAME. ONLY THE *LOSING TEAM* CAN PRESS!

“A” PLAYERS VS “B” PLAYERS

EACH TEAM HAS AT LEAST 5 PLAYERS WHO THEY HAVE DETERMINED ARE THEIR “A” PLAYERS AND 5 OR MORE PLAYERS ARE THEIR “B” PLAYERS. IF AN “A” PLAYER HAS TO PLAY ON THE “B” TEAM DUE TO A SHORTAGE OF PLAYERS THAT PLAYER CAN NOT SHOOT OR PLAY STRONG DEFENSE. THEY SHOULD BASICALLY BE A ROLE PLAYER HELPING MOVE THE BALL UP AND FACILITATE TO OTHER PLAYERS. “B” PLAYERS ARE FREE TO DO ANYTHING WHEN PLAYING UP ON THE “A” TEAM. COACHES SHOULD COMMUNICATE TO THE OTHER COACH WHAT “A” PLAYER WILL BE PLAYING ON “B” THAT GAME FOR CLARITY AND TRANSPARENCY. YOUR “A” PLAYER MAY NOT BE ANOTHER TEAM’S “A” PLAYER BUT THEY ARE YOUR “A” PLAYER. **YOUR BEST “A” PLAYER(S) SHOULD NEVER BE OUT ON THE FLOOR WITH THE “B” TEAM.**

PLAYING RULES

EACH TEAM IS TO BE DIVIDED INTO “A” TEAM CONSISTING OF THE BEST FIVE OR MORE PLAYERS, AND A “B” TEAM CONSISTING OF THE NEXT BEST PLAYERS. **GRADE DOES NOT DETERMINE “A” & “B” SQUADS, PLAYING ABILITY DOES.**

EACH WEEK WE ALTERNATE STARTERS – “A” & “B” PLAYERS THEN ALTERNATE EACH QUARTER DURING THE GAME:

- 1ST WEEK- A TEAM STARTS
- 2ND WEEK- B TEAM STARTS (ALTERNATE REST OF SEASON)

PLAYING TIME

ALL TEAMS WILL BE DIVIDED INTO AN “A” TEAM AND “B” TEAM, THEREFORE ALL PLAYERS SHOULD PLAY ROUGHLY A HALF OR MORE DURING THE GAME.

SUBSTITUTIONS

THE QUARTERS ARE 10 MINUTES RUNNING TIME. PLAYERS **SHOULDN’T HAVE TO BE SUBSTITUTED** BUT IF A PLAYER NEEDS TO BE REPLACED, A SUBSTITUTION CAN BE MADE AT THE 5-MINUTE MARK. WHEN MAKING A SUBSTITUTION AN **EVEN MATCH-UP MUST BE KEPT** (FOR EXAMPLE YOU CANNOT SUBSTITUTE YOUR BEST PLAYER FOR YOUR LEAST CAPABLE PLAYER). **YOUR BEST PLAYERS CANNOT BE ON THE FLOOR WITH THE “B” TEAM.** THE ONLY WAY THE 2ND TEAM DEVELOPS IS BY GETTING TOUCHES ON THE BALL.

LESS THAN 10 PLAYERS

IF YOU HAVE LESS THAN 10 PLAYERS PICK YOUR 5 BEST PLAYERS AVAILABLE TO PLAY ON YOUR "A" TEAM. YOUR "B" TEAM WILL CONSIST OF YOUR 5 LEAST CAPABLE PLAYERS. THE KEY IS TO COMMUNICATE WITH THE OTHER COACH ON LINE UPS AND SUBSTITUTIONS TO TRY TO KEEP THE TEAMS ON THE FLOOR AS BALANCED AS POSSIBLE. IF THE COORDINATOR FEELS A TEAM IS AT A DISADVANTAGE BECAUSE OF MISSING PLAYERS THE COORDINATOR MAY ADD A PLAYER FROM ANOTHER TEAM TO BALANCE THE ROSTER FOR THAT GAME. ***COACHES SHOULD NOT BE ASKING PLAYERS TO JOIN THEIR TEAM ONLY THE COORDINATOR SHOULD BE DOING SO!***

DEFENSE

- MAN TO MAN DEFENSE ONLY-***NO ZONE DEFENSE IS ALLOWED***
- **NO BALL CHASING IS ALLOWED!**
- FOR THE 456 BOYS/GIRLS TEAM DEFENSE IS TO BE PLAYED STARTING AT THE 3-POINT LINE **AT ALL TIMES.**
- FOR THE 789 BOYS AND GIRLS THE DEFENSE SHOULD ALLOW THE OFFENSE TO ADVANCE THE BALL OVER HALF COURT
- **NO FULL COURT OR HALF COURT PRESS IS ALLOWED EXCEPT FOR THE 789 BOYS/GIRLS DIVISION WHERE PRESSING IS ALLOWED IN THE LAST THREE MINUTES OF THE 2ND & 4TH QUARTERS. ONLY THE LOSING TEAM CAN PRESS!**
- FOULS ARE NOT KEPT DURING GAMES
- IF A PLAYERS COMMITS A FLAGRANT FOUL HE WILL BE EJECTED FOR THAT GAME WITH THE POSSIBILITY OF BEING SUSPENDED FROM LEAGUE PLAY FOR THE NEXT GAME.

STANDINGS

GAMES SCORES ARE KEPT TRACK OF DURING GAMES BUT THERE ARE NO OFFICIAL STANDINGS FOR THE SEASON.

REFEREES

- ONE CERTIFIED REFEREE WILL BE CALLING HALF COURT GAMES
- TWO CERTIFIED REFEREES WILL BE CALLING FULL COURT GAMES
- WITH ONLY ONE REFEREE FOR HALF COURT GAMES AND YOUNG PLAYERS WITH LIMITED BASKETBALL EXPERIENCE, A LENIENT GAME WILL BE CALLED.
- ***THIS IS A RECREATIONAL BASKETBALL LEAGUE LET THEM DO THEIR JOB!***

COACHES RESPONSIBILITY

- FOLLOW THE GAME RULES – EVEN MATCH-UPS ARE KEY TO A GOOD/FAIR GAME IN A RECREATIONAL LEAGUE (I WILL BE COURTSIDE AND WILL STEP IN TO MAKE ANY CHANGES AS NEEDED AND TO ENFORCE THE RULES.)
- **MAN-TO-MAN DEFENSE AT ALL TIMES, NO PRESS! NO BALL CHASING!**
- TEAM AND COACHES SHOULD ALWAYS DISPLAY GOOD SPORTSMANSHIP
- THIS IS A REC LEAGUE, WINNING IS NOT THE KEY, KIDS LEARNING TO PLAY, DEVELOP SKILLS AND HAVE FUN ARE THE GOALS OF THE SEASON!