

# **DFAC Recreational Basketball Rules**

For Boys Grades 3 – 8 and Girls 4 - 8

The purpose of DFAC Basketball is to provide training in the sport of basketball in an atmosphere of good sportsmanship and fair play with an equal opportunity for growth of individual skills, team play and the true enjoyment of playing basketball. The following rules should be interpreted consistent with this philosophy and should not be used as a tool to achieve victory on a technicality.

## **Scorebook**

Each coach will fill out the scorebook with the full name of all players on their roster (whether they are present or not) prior to the start of the game. DFAC will provide the scorebook for each game.

## **Scorekeepers**

Each team must provide a scorekeeper. The scorekeeper for each team will track each player's time on the court, each players scoring and the team totals. The scorekeeper must sign the scorebook at the completion of the game.

## **Timekeeper**

One of the referees will also act as timekeeper and run the official clock on the floor.

## **Starting Team**

If a team is short players at the beginning of the game, teams may play 4 v 5 or 3 v 5 if necessary or any registered DFAC player of the same gender and grade level (or below) may substitute provided that both coaches and the officials agree.

## **Uniforms**

Official uniforms (jerseys) distributed by the DFAC must be worn. Players must wear tennis or basketball shoes only in the gym. No dress shoes or any other type of shoes or boots are acceptable. No jewelry including necklaces, sharp, pointed or dangling earrings, rings or watches may be worn during the games. Names may not be added to the uniforms.

## **Refreshments**

Players are allowed to have only water within the gym. Snacks and/or other types of drinks are not allowed in the gym.

# **General Playing Rules**

## **Game Length**

Each game will be four (4) quarters of eight (8) minutes each in length. The clock will keep running for out of bounds balls and free throws. The clock will be stopped during a time-out or for any injury or player equipment needs (i.e. untied shoes). The clock will stop for any whistle during the last 10 seconds of each quarter and the last minute of the game. If either team is behind by 15 points or more, no stoppage of the clock will occur. We will stop the clock at the 4-minute mark of the second and fourth quarters of all other age groups for substitutions.

### **Quarter and Half Time Breaks**

For all age groups, the rest interval between quarters shall be one (1) minute and the half time shall be three (3) minutes unless otherwise notified.

### **Resuming the Game after Breaks**

After time outs, quarters, halftime of other stoppages of play, teams will be called to the floor only once, after that the ball will be placed into play and the game will resume.

### **Overtime**

In the case of a tie score at the end of regulation, there will be one, two-minute overtime period per game and be subject to the same rules that apply to the last two minutes of regulation. If the game is still tied after the overtime period the game will end in a tie.

### **Time Outs**

Each team will be allowed two (2) one-minute time-outs per half. Time outs not used in the first half will not be carried over to the second half. Any time outs not used during the regulation game are lost. One time out per team will be awarded during an overtime period.

Coaches may call time outs from the bench as well as any player on the floor.

### **Ball Size**

For the 3<sup>rd</sup> – 6<sup>th</sup> Grade Boys and all Girls leagues will use an intermediate-sized basketball. (28.5 inch)

The 7<sup>th</sup> – 8<sup>th</sup> Grade Boys leagues will use a regulation size basketball. (30 inch)

### **Basket Height**

Regulation height, 10-foot baskets will be used.

### **Free Throws**

For the 3<sup>rd</sup> and 4<sup>th</sup> Grade Boys and the 4<sup>th</sup> and 5<sup>th</sup> Grade Girls leagues free throws will be taken from approximately 8 feet from the basket.

The 5<sup>th</sup> - 6<sup>th</sup> Grade Boys and 6<sup>th</sup> - 8<sup>th</sup> Grade Girls leagues will take free throws from the regulation free throw line; however, they may jump over the free throw line.

The 7<sup>th</sup> - 8<sup>th</sup> Grade Boys leagues will shoot free throws from the regulation free throw line and it will be a violation if they jump over the line.

### **Three Point Shot**

For the 3<sup>rd</sup> and 4<sup>th</sup> Grade Boys and the 4<sup>th</sup> and 5<sup>th</sup> Grade Girls leagues no three point shot will be in effect.

For all other leagues three point shot will be in effect.

### **Jump Ball**

The jump ball will only be used to start the game. Alternate possession will be used on any other jump ball situations including the start of the 2nd, 3rd and 4th quarters. The jump ball will also be used to start an overtime period.

## **Match Up**

For the 3<sup>rd</sup> and 4<sup>th</sup> Grade Boys and the 4<sup>th</sup> and 5<sup>th</sup> Grade Girls leagues at the start of each quarter or after any dead ball or timeout where a new player or players enter the game, players will match-up across from each other at mid court so that coaches may tell them whom they are guarding.

For all other leagues the match up will only occur if either coach requests it.

## **Substitutions**

Substitutions may only be made when the ball is dead. (See Playing Time Rules) Substitutions must be made known to the opposing coach. Care should be taken in making substitutions so as not to disrupt the flow of the game or violate the two-quarter play rule and the one-quarter sit rule. Remember, no substitutions will be allowed in the 1<sup>st</sup> and 3<sup>rd</sup> quarters unless there is an injury or illness to a player. We will stop the game at the 4-minute mark of the 2<sup>nd</sup> and 4<sup>th</sup> quarters for substitutions if either coach requests to. This is not a time out so make substitutions quickly.

## **Coaches Area**

Coaches must remain at their bench area. The coaching area is defined as from the mid court line to approximately 20 feet from the baseline. Only players, coaches, assistant coaches and scorekeepers are allowed in the bench area.

## **Player Requirements**

### **Playing Time**

Each player on a team must play one complete quarter of the first half and one complete quarter in the second half. All players must also sit out one complete quarter when there are 7 or more players present. A complete quarter is defined as from the start of a quarter to the end of the same quarter, which is 8 consecutive minutes.

For teams with only 6 players present, 2 players may play 4 full quarters and 4 players may play 3 full quarters. These playing time rules for a player are waived if a player cannot complete a quarter of play due to injury, illness, or is disqualified by an official. If a player permanently leaves the gym after playing a full quarter in the first half, that team is not in default because he/she doesn't play in the second half. If the player arrives after the second quarter has started, but prior to the fourth quarter starting, he/she must be allowed to play a full quarter in the second half.

**No player may play more than three (3) quarters in a game, provided seven or more players show up for the game.**

### **Injury or Player Replacement**

If a team loses a player permanently, the coach must notify the division commissioner within 48 hours. A player lost to injury, illness or who quits can be replaced if the League President and Division Commissioner concur that the loss is legitimate and permanent. A player may not return without a doctor's clearance. If a replacement player is needed, the League President and Division Commissioner shall select the first available player on the waiting list. The new player must have paid the registration fee and have been on the team roster for 24 hours prior to playing his/her first DFAC game. A player cannot be replaced after the fifth regular season game unless that team has less than the seven-player minimum if there are still players on a waiting list.

### **Illness/Injury**

A coach must inform the opposing Coach and Referees before the start of the game, if a player has asthma or any other illness or injury that may interfere with the player's ability to complete a quarter

### **Playing Time Violation**

If a team violates the playing time rules, the official can administer a technical foul. Coaches not complying with the spirit of these rules will be subject to forfeiture and/or probation at the discretion of the DFAC Commissioners. Continued violations will result in expulsion of the coach from the league.

### **Bonus Fouls**

DFAC will use a modified version of the official rules of basketball concerning foul shots. A team will shoot a two shot penalty on the seventh (7<sup>th</sup>) team foul in each half. If the foul occurs while in the act of shooting and the basket is made, the basket will count and the fouled player will receive one foul shot. If the basket is not made, the fouled player will be awarded two shots. If a fouled player is injured and unable to shoot the free throws, the coach may pick any other player on the floor to shoot the free throws.

### **Fouling Out**

Players are disqualified on their 5th personal foul. If a player gets disqualified on fouls and the team then has less than 5 players, they coach may elect to go 4 v 5 or the first player disqualified on fouls can return to play to keep his team at five players, but each and every time he fouls after re-entering the game will result in a technical foul, which is 2 free throws and be awarded possession of the ball.

### **Free Throw Lane Violations**

Lane violations will occur on foul shots when a player enters the lane on a foul shot prior to the ball touching the rim. All players must wait until the ball touches the rim before entering the lane for a rebound on a foul shot including the shooter. If the ball does not touch the rim the ball will be turned over to the defending team.

### **Lane Violation – Five Second Rule**

Lane violations occur when an offensive player stays in the key for 5 consecutive seconds without a shot taking place. Referees may encourage kids to move out of the lane to avoid a 5 second call.

### **Flagrant/Technical Fouls**

In the event of a flagrant or technical foul, the offended team will be awarded 2 free throws and be awarded possession of the ball. Any player on the floor may shoot the free throws. The ball will be inbounded at mid court. This situation will apply to ALL technical fouls regardless of whether a player, coach or parent is assessed the fouls.

## **Offensive Rules**

*Note: For the Boys 3<sup>rd</sup> - 8<sup>th</sup> Grade leagues and the Girls 4<sup>th</sup> - 8<sup>th</sup> Grade leagues, normal High School rules will apply with the following restrictions.*

### **Isolation Plays**

No isolation or clear out plays are allowed. At least one offensive player (excluding the ball handler) must be on each side of the court. A clear out is anytime the offense moves all players to one side of the court allowing a one-on-one opportunity for one player. An isolation play is

considered anytime the offense spreads all players away from the basket allowing a one-on-one opportunity for one player. The object is to try to get all players involved in the game not just have the best player try to score one on one each time down the court.

### **Picks or Screens**

Picks are allowed. A pick is when an offensive player, without the ball, sets up to block out the defensive player. A player setting a pick cannot be in motion or hold the player he/she is trying to "pick". An illegal pick will result in an offensive foul with a loss of possession.

### **Fast Break Situations**

If a team steals the ball and has a fast break situation, any of the defending players may guard the player with the ball.

### **Pressing**

For the 3<sup>rd</sup> - 6<sup>th</sup> Grade Boys and 4<sup>th</sup> - 5<sup>th</sup> Grade Girls leagues a full court press can only be used in the fourth (4<sup>th</sup>) quarter and overtime of a game provided a team is not ahead by more than ten (10) points. No full court press will be allowed at any other time. When a defensive player gains complete control of the ball in the backcourt before attempting to advance the ball up court by dribbling or passing, the opposing players must immediately retreat and allow the team with possession to bring the ball up the court uncontested. This rule is in effect only when no pressing is allowed.

For the 7<sup>th</sup> - 8<sup>th</sup> Grade Boys and 6<sup>th</sup> - 8<sup>th</sup> Grade Girls leagues pressing and zone defense is allowed at any time. Any team leading by 10 points or more may not press.

If a player forgets the no press rule and causes a steal, causes a turnover or ties up a player in a jump ball situation in the backcourt, the officials shall warn the offender (or offenders) and award the ball out of bounds to the team that had possession.

The offensive team must bring the ball across the mid-court line in 10 seconds from the time of in bounding the ball or gaining possession from a defensive rebound. A violation of this rule will result in the ball being awarded to the other team.

### **Defensive Rules**

Teams may play any type of defense they desire. Man-to-man or zone defenses are allowed at any time including out of bounds situations except in the backcourt when applicable.

### **Referees**

All referee decisions are final. We will not tolerate any badgering of the referees. Judgment calls cannot be questioned. The referees will be using their own judgment with respect to individual capabilities of players.

Remember: Good attitudes towards the referees will create good referee attitudes.

### **Sportsmanship**

Every effort must be made by the coaches, parents and players to cooperate with the referees. Technical fouls (T's) will be imposed against a team for any unsportsmanlike behavior. Coaches are also responsible for the actions of their team parents. If a parent receives a technical foul, it will be

assessed to the coach. If a coach receives 2 "T's" he/she will be removed from the game and asked to leave the gym. If a coach or player receives two technical fouls or is otherwise ejected from a game, he/she will be suspended from the following game. Suspension means that he/she will not be allowed to coach or be present in the gym for the suspended game.

### **Player Sportsmanship**

A player, who is ejected from the game (by Referees, Director or a Commissioner) for fighting or for any reason, is required to leave the gym immediately. That player will also be suspended for the following game. If the player is ejected from a game twice for fighting or any other reason, he/she will be suspended from the league for the rest of the year.

### **Coaches Conduct**

Any unsportsmanlike conduct by coaches, as determined by the DFAC President, Director or Commissioners, which includes: A) improper player discipline; B) violation of the DFAC league rules; and C) criticism of the officials, timekeeper, scorekeepers, and/or players; will be subject to probation and/or suspension. The first violation will be a warning, however, the second violation will lead to a one-week suspension, and the third violation will result in the coach being banished for a minimum of one year.