

Rules and Regulations

5th and 6th Grade Girls

1. Teams shall warm up opposite of their benches. A 5 minute warm up period shall be used before games.
2. First team listed on the schedule will be the Home team. Each team will be responsible for keeping your own book. The home team will be the official book in case of a discrepancy. The home team shall be responsible for running the clock. Scorekeeper **MUST** sit at the score table.
3. Each game will be four (6) minute periods with the clock maintained as is with OHSAA games. Clock stops when whistle blows. With one minute between quarters and five minute half time.
4. Overtimes will be three (3) minutes. Two time-outs will be given during O.T play. Any player that has fouled out is ineligible for play in O.T.
5. Each team shall be given two time-outs per half; unused time-outs from the first half will not carry over to the second half.
6. One and One foul shots shall be taken starting with the seventh team foul and two foul shots after the tenth team foul.
7. Any player that reaches five fouls during the game (including overtime) or two technical fouls shall be remove from the game.
8. Free throw attempts: Players can release from the free throw line on the release of the shooter except for the shooter.
9. The offense will have five seconds to inbound the ball and ten seconds to get the ball across half court. Over and back will be enforced.
10. Zone Defense is allowed, but no more than two full quarters. But all coaches are encouraged to play Man to Man defense.
11. Five second rule in the lane will replace the three second rule.
12. Coaches will attempt to play every player who is dressed as equally as possible. If a player misses practices without a valid excuse, or there is some type of disciplinary action the coach must inform the other team of the reduced playing time for that player. (Before start of game)
13. Fighting and unsportsmanlike conduct requires a mandatory 1 game suspension for players, parents and/or coaches and will be reviewed by the Mid State Rec Board. As well as any harassment of players toward others, either in person or on any social network website. Swearing by a child, coach or parent at any time, will result in a technical foul with the offender being ejected. **2nd offense will result in a 3 game suspension. 3rd offense will result in expulsion for the remainder of the season.**
14. Coaches will conduct themselves in a calm manner and will not criticize the officials. Should you need to question a call ask the official for a time out and calmly discuss the issue.
15. Coaches shall not yell or publicly ridicule their players. This program is for teaching basketball, if you have constructive criticism please do so in a calm manner. If a parent or fan is harassing a referee, the referee may call a two shot technical foul against your team.
16. Press is allowed until a team is up by 10 points.
17. No player may play on a Travel team and in the Recreational League, regardless of age or level. ***Players must attend or live in the school district that they are playing for. (ex: home schooled children)***