

## Voorhees Basketball Association

### 2019-20 Rec League Key Rules Matrix

- See Rules document for any items not shown below

	Playing Time - Regular Season	Playing Time - Finale Day & Playoffs	Foul Shots	Pressing	Defenses Allowed	Defense Outside the 3-Point Line
Boys 3-4	All players must play at least 20 minutes of the game and must sit for 3 consecutive minutes of each half.	FINALE DAY - All players must play at least 20 minutes of the game and must sit for 3 consecutive minutes of each half.	Shots will be taken from about 10 feet from the basket; ball must hit the rim before other players enter the lane	No pressing allowed; however, the refs will apply the 10 second count to get the ball over half court if it appears the winning team is stalling.	<u>Updated for 2019-20</u> : Man to man defense only; no zone. If a team plays zone the refs will warn the coach. If the team plays zone again technical free throws will be awarded and the offense will keep possession.	<u>Updated for 2019-20</u> : Prior to the final 4 minutes of the game and OT the defense must remain inside the 3-point line at all times. In the final 4 minutes and OT the defense must start inside the 3-point line but may extend out once the ball crosses mid court; not allowed by a team that is winning by 10 points or more.
Girls 3-5						
Boys 5-6	All players must play at least 20 minutes of the game and must sit for 3 consecutive minutes of each half.	PLAYOFFS - <u>updated for 2019-20</u> : All players must play at least 15 minutes of the game. <b><i>There is no requirement that a player must sit for any portion of the game.</i></b>	Shots will be taken from the foul line. The ball must hit the rim before any player enters the lane. The 5/6 grade boys may touch the line after releasing the shot without it being a violation but may not attempt to rebound the ball before it hits the rim.	Pressing is allowed in the last 2 minutes of each half and all of overtime; not allowed by a team that is winning by 10 or more points in any situation.	There are no restrictions; however, the rules of playing defense outside the 3-point line must be followed as noted.	Prior to the time when pressing is permitted all players on defense must remain inside the 3-point line until the offense moves the ball over mid court
Boys 7-8						
Girls 6-8						

Game Length 4 ten minute quarters

Half time 3 minutes

Possession A team that is trailing by 15 or more will be awarded the ball in all jump ball situations regardless of the time of the game (**was 10 points prior to 2019-20**); applies in the regular season and playoffs

Time Outs 60 seconds (**increased from 30 seconds for 2019-20**); players are expected to return to the court promptly once the time out is over. Failure to do so may result in the opposing team being awarded possession or the offensive team being awarded the ball and allowed to begin play.

Lane Violations 3 seconds in the boys 5-6 / 7-8 and girls 6-8; 5 seconds in the boys 3-4 and girls 3-5

Clock Stoppages Time outs, injuries, last minute of the quarter for foul shots or other play stoppage  
**New in 2019/20** - when a time out is called prior to a player taking a foul shot the clock will remain stopped until the ball is live again either following a rebound or an inbounds pass (prior rule was to start the clock once the time out ended).

Fouls Players may foul out in rec basketball games; 5 is the limit

Overtime 3 minutes; one OT period only; the clock will be managed as it is in the final minute of regulation

**Playing Time - Regular Season**

**Playing Time - Finale Day / Playoffs**

**Possession**

**Lane Violations**

**Foul Shots**

**Pressing**

**Defenses Allowed**

**Crossing Half Court**