

3-4 years & 5 years/Kindergarten League

- I. PLAYING TIME
 - a. All players must receive equal playing time, regardless of previous experience, skill level, or number of players that day.
 - b. The most skilled or experienced player should not receive more playing time than other players.
 - c. Playing time will not be limited by a player's inability to attend practice.
- II. OFFICIAL GAME TIME/SCORING
 - a. Coaches officiate their own games.
 - b. Only one coach per team allowed on the court at a time.
 - c. A game will consist of four 6-minute quarters. Substitutions will occur at the 3-minute mark of each quarter.
 - d. The clock will run continuously and will only stop for substitutions, injuries, and halftime.
 - e. No score or league standings will be kept.
 - f. Players cannot foul out. Coaches may call fouls if appropriate but explain the rules to the players.
 - g. The goal will be set at a height of six feet for three- and four-year-old.
 - h. The goal will be set at a height of seven feet for five-year-old and Kindergarten.
 - i. A mini sized basketball will be used for both three- and four-year-old and five-year-old/Kindergarten.
 - j. Players will wear colored wristbands to help players begin to understand man-to-man defense.
- III. TIMEOUTS
 - a. Teams have timeouts halfway through and after each quarter to allow for player substitution. No other timeouts may be called.
- IV. DEFENSE
 - a. Man-to-man defense only, no zone.
 - b. No press of any type is allowed.
 - c. Defensive players must retreat across the mid-court line and allow the ball and offensive player with the ball to cross mid-court unimpeded.
- V. SUBSTITUTIONS
 - a. Teams substitute players halfway through and after each quarter.
- VI. MISCELLANEOUS
 - a. Players may not eat any food/snacks during the game.
 - b. Games may not be protested due to any circumstances.
 - c. Games will not be rescheduled due to a team conflict with the published schedule.
 - d. Team rosters will not consist of more than 10 players.
 - e. Any questions, comments or concerns should be directed to the Recreation Coordinator and/or Site Supervisor.

1st – 2nd Grade League

I. PLAYING TIME

- a. All players must receive equal playing time, regardless of previous experience, skill level, or number of players that day.
- b. The most skilled or experienced player should not receive more playing time than other players.
- c. Playing time will not be limited by a player's inability to attend practice.

II. OFFICIAL GAME TIME/SCORING

- a. A game will consist of four 8-minute quarters. Substitutions will occur at the 4-minute mark of each quarter.
- b. The clock will run continuously and will only stop for timeouts and injuries.
- c. No score will be kept, and league standings will not be kept for non-competitive basketball.
- d. No overtime periods will be played.
- e. Officials may call fouls when appropriate to explain the rules to the players.
- f. Free throws will be shot from the white stripe.
- g. The goal will be set at a height of seven feet.
- h. A junior sized basketball (27.5") will be used.
- i. Players will wear colored wristbands to help players begin to understand man-to-man defense.

III. TIMEOUTS

- a. Teams have timeouts halfway through and after each quarter to allow for player substitution. No other timeouts may be called.

IV. DEFENSE

- a. Man-to-man defense, no zone.
- b. No press of any type is allowed.
- c. Defensive players must retreat across the mid-court line and allow the ball and offensive player with the ball to cross mid-court unimpeded.
- d. No double teaming.

V. SUBSTITUTIONS

- a. Teams substitute players halfway through and after each quarter.

VI. MISCELLANEOUS

- a. Players may not eat any food/snacks during the game.
- b. Games may not be protested due to any circumstances.
- c. Games will not be rescheduled due to a team conflict with the published schedule.
- d. Team rosters will not consist of more than 10 players.
- e. Any questions, comments or concerns should be directed to the Recreation Coordinator and/or Site Supervisor.

3rd-4th Grade League

I. PLAYING TIME

- a. All players must receive equal playing time, regardless of previous experience, skill level, or number of players that day.
- b. The most skilled or experienced player should not receive more playing time than other players.
- c. Playing time will not be limited by a player's inability to attend practice.

II. OFFICIAL GAME TIME/SCORING

- a. A game will consist of four 8-minute quarters.
- b. Substitutions will occur at the 4-minute mark of each quarter.
 - i. The mandatory substitution may be waved as the season moves on to encourage players to play longer stretches.
- c. The clock will run continuously and will only stop for timeouts and injuries.
- d. Two-minute overtime periods will be played
- e. Fouls are kept by a parent volunteer. Coaches are responsible for identifying one parent volunteer per game to run the clock and keep a score sheet.
- f. Free throws will be shot from the regulation free throw line.
- g. The goal will be set at a height of 10 feet.
- h. A junior sized basketball (27.5") will be used.

III. TIMEOUTS

- a. Each team will be allowed 2 timeouts per half.
- b. Timeouts will not carry over from the first half to the second half.
- c. Timeouts will last one minute.
- d. Timeouts may be called by the coach or the players on the court.
- e. Timeouts can only be called by the team in possession of the ball.

IV. DEFENSE

- a. Man-to-man defense only, no zone.
- b. No press of any type is allowed.

V. SUBSTITUTIONS

- a. Teams may substitute players on dead balls, during time-outs, or at the end of the quarter.

VI. MISCELLANEOUS

- a. Players may not eat any food/snacks during the game.
- b. Games may not be protested due to any circumstances.
- c. Games will not be rescheduled due to a team conflict with the published schedule.
- d. Team rosters will not consist of more than 10 players.
- e. Any questions, comments or concerns should be directed to the Recreation Coordinator and/or Site Supervisor.

5th-6th Grade League

VII. PLAYING TIME

- a. All players must receive equal playing time, regardless of previous experience, skill level, or number of players that day.
- b. The most skilled or experienced player should not receive more playing time than other players.
- c. Playing time will not be limited by a player's inability to attend practice.

VIII. OFFICIAL GAME TIME/SCORING

- a. A game will consist of four 8-minute quarters.
- b. The clock will run continuously and will only stop for timeouts and injuries.
- c. Two-minute overtime periods will be played
- d. Fouls are kept by a parent volunteer. Coaches are responsible for identifying one parent volunteer per game to run the clock and keep a score sheet.
- e. Free throws will be shot from the regulation free throw line.
- f. The goal will be set at a height of 10 feet.
- g. A women's sized basketball (28.5") will be used.

IX. TIMEOUTS

- a. Each team will be allowed 2 timeouts per half.
- b. Timeouts will not carry over from the first half to the second half.
- c. Timeouts will last one minute.
- d. Timeouts may only be called by the players on the court.
- e. Timeouts may only be called by the team in possession of the ball.

X. DEFENSE

- a. Zone and man-to-man defenses are permitted.
- b. Pressing only allowed last two minutes of the game if you are within 10 points.

XI. SUBSTITUTIONS

- a. Teams may substitute players on dead balls, during time-outs, or at the end of the quarter.
- b. Substitutions are NOT timeouts. Coaches will not help players with substitutions.

XII. MISCELLANEOUS

- a. Players may not eat any food/snacks during the game.
- b. Games may not be protested due to any circumstances.
- c. Games will not be rescheduled due to a team conflict with the published schedule.
- d. Team rosters will not consist of more than 10 players.
- e. Any questions, comments or concerns should be directed to the Recreation Coordinator and/or Site Supervisor.