

4REC Youth Sports BASKETBALL RULES

TEAM/PLAYER REQUIREMENTS

1. Age Divisions: 5/6, 7/8, 9/10, 11/12
2. League directors have final authority on all decisions and rule modifications regarding the program.
3. All players must be registered participants of the youth basketball program to be eligible to play in practice or games.
4. All players must meet age requirements of their division or get approval from their league director.
5. All players must have equal playing time.
6. Players will be required to wear like colored shirts with different numbers for each player.
7. Players are restricted from wearing jewelry such as bracelets, earrings, and necklaces during play and practice.
NOTE: If a player prefers a necklace/bracelet because of his/her religion or for medical identification it must be inside the jersey and/or taped.
8. Shoe requirements: Tennis shoes/athletic shoes that are non-marking.
9. Clothing must be free of zippers or any other extension that could potentially cause injury.
10. Eyeglasses must have a safety strap. The safety strap must be snug to the head.
11. Long hair must be pulled back and/or contained. Headbands are an acceptable form of containment. Hair clips are not allowed.
12. A player who is bleeding, has an open wound, or has any amount of blood on his or her clothing shall be directed to leave the court. Player may not return to play with blood on their clothing.

GAME FORMAT

1. All 5–8-year-old games will be 4 on 4 in Airway Heights, and 5 on 5 in Medical Lake, Fairchild, and Cheney.
2. All 9–12-year-old games will be 5 on 5.
3. 4Rec basketball will follow WIAA basketball rules except where altered by these rules.
4. Game length will vary:
 - **5-8:** 8-minute quarters, running clock. The clock will stop at the referee's discretion to give the coaches the opportunity to sub the players.
 - **9-10:** 8-minute quarters, running clock. The clock will stop at the referee's discretion to give the coaches the opportunity to sub the players, and for foul shots only.
 - **11-12:** 8-minute quarters, with regulation high school timing. Standard rules apply.
5. Teams will have one minute between quarters, and five minutes between halves.

6. Each team shall have two time-outs per half. One minute per time out. No time-outs will be charged to a team in the event a player gets injured, regardless of whether they are replaced or they go back into the game.
7. Defense shall be man to man only. Man to man means the player you line up with is the one you guard. *The 11/12 division will play general High School rules and can play zone defense.
8. No pressing, double teaming or trapping will be allowed, except for the 11/12 division.

SPECIFIC RULES: 5/6 DIVISION - The objective of the 5/6 division is to teach fundamentals and basic understanding of gameplay. *Coaches may be on the court during game to help flow of gameplay.*

1. 8-foot baskets will be used.
2. Rookie sized (25.5") balls will be used.
3. No score will be kept.
4. Coin flip or Rock-Paper-Scissors will determine the first possession to start the game.
5. Teams will use colored wristbands to determine defensive matchups. Players are to play man to man defense and maintain their color matchup.
 - Coaches should emphasize hands up and hands out defense to limit physical contact between players while on defense.
 - No stealing off the dribble or while a player is holding the ball. A player may only steal a pass.
 - No double teaming or full court press allowed.
 - Once a player has possession of the ball, they cannot be guarded until they have crossed mid court.
6. Screening is not permitted in this age division.
7. Substitutions will be allowed at quarter breaks, dead ball situations, or referees discretion.
8. Three-second violation will not be enforced in the key.
9. The ball will not be inbounded from under the basket on the offensive end of the court. The ball must be inbounded from the side. Free inboundes for player inbounding and player receiving the pass.
10. Foul shots will not be enforced. All fouls called will result in a side out of bounds.
11. Limited mechanic calls will be made by referees i.e. traveling, double dribbling, etc. As the season progresses, calls will be made more regularly.

SPECIFIC RULES: 7/8 DIVISION - The objective of the 7/8 division is to teach fundamentals and basic understanding of gameplay, with progression to some rule enforcement. Coaches may be on the court to coach and help flow of the game for the first half of the season, and should progress toward coaching from the sideline for the second half of the season.

1. 9-foot baskets will be used.
2. Junior sized (27.5") balls will be used.
3. No score will be kept.
4. Coin flip or Rock-Paper-Scissors will determine the first possession to start the game.

5. Teams will use colored wristbands to determine defensive matchups. Players are to play man to man defense and maintain their color matchup.
 - Coaches should emphasize hands up and hands out defense to limit physical contact between players while on defense.
 - No stealing off the dribble or while a player is holding the ball. A player may only steal a pass.
 - No double teaming or full court press allowed.
 - Once a player has possession of the ball, they cannot be guarded until they have crossed mid court.
6. Screening is not permitted in this age division.
7. Substitutions will be allowed at quarter breaks, dead ball situations, or referees discretion.
8. Three-second violation will not be enforced in the key.
9. The ball may be inbounded from the baseline. The defense must stay 5 (five) feet away from the player inbounding the ball.
10. If an offensive player holds the ball for five or more seconds, at the referee's discretion, it's a turnover.
11. Foul shots will not be enforced. All foul calls will result in a side out of bounds.
12. Limited mechanic calls will be made by referees. As the season progresses, calls will be made more regularly.

SPECIFIC RULES: 9/10 DIVISION - The objective of the 9-10 divisions is to teach fundamentals, with player progression, while emphasizing the rules of the game.

1. 10-foot baskets will be used
2. Junior sized (27.5") balls will be used.
3. Jump ball will be used to start the game.
4. Score will be kept. If one team is ahead by 20 points or more by the end of the 3rd quarter, points will no longer be added for the remainder of the game and the score will be cleared. *League staff/referees have the authority to have the score cleared and shut off at any point during the game.
5. Man to man defense only. No double teaming or full court press.
6. The defense must be 5 feet away from the player inbounding the ball.
7. Teams must set up defense behind the 10 ft volleyball line to allow the ball to be advanced into the half court.
8. Help defense is allowed only to stop a player that unabated to the basket. The defensive player then must resume their initial defensive assignment. Otherwise, a double team will be called at the referee's discretion.
9. Players are to play "straight up" defense and refrain from pressing, stealing off the dribble, swiping, or reaching in. The defense is allowed to steal the ball, however, "reaching in" will be a point of emphasis from the referees.
 - Called at referee's discretion or if mercy rule is in effect (up 20+ points).
10. If an offensive player holds the ball for five or more seconds, at the referee's discretion, it's a turnover.

11. Primary mechanic calls will be made by referees. As the season progresses, calls will be made more regularly. All rule violations will be called at the referee's discretion. Players will be given a warning and penalized at the next violation. This rule includes: 3 seconds in the key, traveling, double dribbling, double teaming, etc.
12. Fouls will be called and recorded when possible. Repeat offenders (5-6 fouls) will be required to sit for 2 minutes before returning to game.
13. Only shooting fouls will result in foul shots. Players must alternate defense and offense with two players on each side of the lane. During foul shots, players cannot enter the key or leave their position along the lane until the ball has been release from the shooters hand. The referee will whistle the play dead for lane violations if players move into the key before ball has been released.

SPECIFIC RULES: 11/12 DIVISION - The objective of the 11-12 divisions is to continue player progression and understanding and prepare for Middle School regulations.

1. 10-foot baskets will be used
2. Intermediate sized (28.5") balls will be used.
3. Jump ball will be used to start the game and any overtime periods.
4. Score will be kept. *League staff/referees have the authority to have the score cleared and shut off at any point during the game.
5. Man to man or zone defense may be played.
6. Full court press will only be allowed in the last 2 minutes of the 2nd and 4th quarter; as long as a team is not up by 10 or more points.
7. Defense must be 5 feet away from the player inbounding the ball.
8. Teams must set up defense to allow the ball to be advanced into the half court.
9. If an offensive player holds the ball for five or more seconds, at the referee's discretion, it's a turnover.
10. Stealing will be allowed in all situations. *If mercy rule is in effect (up 20+ points), players are to play man to man defense and refrain from pressing, stealing off the dribble, swiping, or reaching in.
11. All primary mechanic calls and rule violations will be made at the referee's discretion based on skills and abilities.
12. Warnings may be issued when necessary; including 3 seconds in the key, traveling, double dribbling, etc.
13. Fouls will be called and recorded when possible. Repeat offenders (5-6 fouls) will be required to sit for 2 minutes before returning to game.
14. Only shooting fouls will result in foul shots. Players must alternate defense and offense with two players on each side of the lane. During foul shots, players cannot enter the key or leave their position along the lane until the ball has been release from the shooters hand. The referee will whistle the play dead for lane violations if players move into the key before ball has been released.

CONDUCT AND SPORTSMANSHIP

1. Any player who receives a technical foul/flagrant foul will automatically have to sit for three minutes before returning to the game. If a second technical is called, the player is out of the game.
2. Coaches who personally acquire two technical fouls during a game must leave the facility. Refusal will result in forfeiture.
3. Fighting will result in an automatic ejection from the game and an automatic one game suspension to be served the next game. When serving a suspension, the person in question may not be on the premises for any reasons, unless cleared by league staff. Upon being ejected, the person in question must leave the premises immediately and not come back on the premises while serving their suspension. Failure to abide by this will result in league staff contacting the appropriate authorities to have the person arrested for trespassing and will, in addition, run the risk of his/her team having to forfeit the game. *Any person involved in an altercation, guilty or not, will be ejected and subject to a potential one game suspension to be decided by league staff. NO EXCEPTIONS!
4. Unsportsmanlike conduct by a team parent or fan will not be tolerated. One warning will be assessed, before a bench technical is given. The parent or fan will be required to leave the facility upon receiving a second technical foul. Refusal will result in forfeiture.
5. The officials/gym supervisors are the sole judges on the court. They have complete authority over the game, players, coaches, and spectators. Their decisions are final and backed by the league.
6. Rough play, profanity, or abuse of officials may result in immediate ejection and/or forfeiture of the game, based on referee's judgment. Only the coach may hold discussions on calls with the referees. He/she must call a time-out.

Questions? Please contact your league administrator:

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