BEL AIR RECREATION BASKETBALL PROGRAM  
*Rec Basketball League*

The playing rules for the league will be those of the National Federation of the State High School Association Basketball Rules unless covered by these rules unless noted below.

**General Rules:**

* Coaches must ensure that all players are picked up before departing from a game or practice. There must be two adults present when a player is waiting for parents.
* Only the head coach is allowed to stand. Assistant coaches standing will result in a warning followed by a technical foul for a second violation.
* In order to start an officiated game by referees, a minimum of 5 players are required. If a team is unable to field five (5) players for a game, the team must forfeit. A forfeit will be considered 10 minutes after the scheduled games start. A pick-up game may be played as agreed upon by the coaches, WITHOUT AN OFFICIAL but must end by 5 minutes before the next game. If a team has only three (3) players at any time during the game, the team must forfeit the game.
* NO JEWELRY is allowed to be worn.
* Officials will do their best to balance their calls with skill level, however, they may begin enforcing more rules should one team have a large lead over the other.
* Clinic (5-6) League
  + No scores will be kept for clinic (5-6) games.
  + All fouls should be called; however, no foul shots will be taken. The team who was fouled will in-bound the ball from the sideline/end line closest to where the ball was when the foul occurred.
  + One (1) coach from each team is allowed on the court to guide the girls.
  + Girls will play with a junior size basketball (27.5") basketball and basket height is approximately 8 feet. As there are no markings on the baskets, this height will be approximated by coaches and should be the same on both sides.
  + Girls must play defense with one foot in the lane.
* ​7-8 League​
  + All fouls should be called; however, no foul shots will be taken. The team who was fouled will in-bound the ball from the sideline/end line closest to where the ball was when the foul occurred.​
  + Basket height is approximately 8 feet. As there are no markings on the baskets, this height will be approximated by coaches and should be the same on both sides.
  + Defense must be played within the 3-point arc.

**Timing Rules:**

* There will be no 30 second shot clock.
* Two (2) twenty (20) minute running clock halves for all age groups except Clinic. Clinic will be two (2) (16) minute running clock halves.
* Clock stops only during time outs, injuries, substitutions, and in the last two (2) minutes of the second half.
* Each team will receive two (2) one (1) minute time outs per half. These timeouts do NOT carry over. Each team will receive one (1) one (1) minute time out during each overtime period. These timeouts will NOT carry over.
* Halftime will be three minutes in length.
* The clock will NOT stop in the last two (2) minutes of the second (2nd) half if one team is up by the following number of points, but will stop again should the lead fall below the points listed below.
  + ​7-8: 10 points
  + ​9-10: 10 points
  + 11-12 & 13-16: 15 points

**Overtime Rules:**

* Games that end regulation play in a tie will play one (1), three (3) minute overtime with the clock being stopped during the last minute of play.
* Each team will be awarded one (1) time out per overtime period. These timeouts will NOT carry over.
* Should the overtime period end without a winner, the game will end in a tie. **THIS WILL NOT APPLY DURING THE PLAYOFFS. DURING PLAYOFFS ADDITIONAL OVERTIMES WILL BE PLAYED UNTIL THERE IS A WINNER.**
* 7-8 games WILL NOT HAVE OVERTIME. If the game is a tie at the end of regulation, the game is over and the teams will be awarded a tie.

**Mandatory Substitutions:**

* All substitutions will take place at the following time intervals:
  + For 20-minute halves: 5 minutes, 10 minutes and 15 minutes in each half.
  + For 16-minute halves: 4 minutes, 8 minutes, and 12 minutes.
* Any player who is sitting on the bench must report into the game.  Every girl must play at least half the game. No player may sit out for more than one four-minute segment in a row. **Each player must sit out at least one 5-minute segment per half.**
  + If a player becomes injured during the game, she may be replaced by a player on the bench at the time of injury. However, this does not negate the substitution rules and so this replacement player may need to sit out a different 5-minute period.
* ​Stoppage of play for scheduled substitutions is NOT A TIME OUT for coaches to gather a team and strategize. Players on the bench rotating in at each substitution point should be at the scorer's table ready to enter immediately at the planned substitution point. At the discretion of the officials, coaches who do not complete substitutions in a timely manner will be assessed a timeout. If no timeouts remain, then a technical foul will be assessed.
* In the event of an overtime period, coaches may place any player on the court during the first overtime period regardless of the time the player played in the regulation game time. Substitutions are not required during the overtime period. If there is more than one (1) overtime period, coaches must substitute all players on the bench during the break between periods.

**Pressing:**

* **Clinic** - There will be no pressing allowed in Clinic. The only exception is if a girl gets a rebound and immediately starts dribbling down the court. At this point, she can be defended. If a girl gets a rebound and waits, or passes to a guard who waits, all defensive players but get back. All defensive players must maintain at least one foot inside the 3 second lane. Should one team be up by 10 points, no fast-breaking is allowed. Upon a rebound, the team that is up by 10 or more points must wait to advance the ball until the other team is set up on defense.
* **7-8** - There will be no pressing allowed in 7-8.  The only exception is if a girl gets a rebound and immediately starts dribbling down the court. At this point, she can be defended. If a girl gets a rebound and waits, or passes to a guard who waits, all defensive players but get back. All defensive players must maintain both feet inside the 3-point arc. Should one team be up by 10 points, no fast-breaking is allowed. Upon a rebound, the team that is up by 10 or more points must wait to advance the ball until the other team is set up on defense. Half-court pressing will be allowed in the last 1:00 minute of the second half, unless a team is leading by more than 10 points until the lead falls below.
* **9-10 -**Half-court pressing will be allowed at all times. Full-court pressing will be allowed in the last 2:00 minutes of each half unless a team is leading by more than 10 points until the lead falls below.
* **11-12 & 13-16**- Pressing will be allowed at all times unless a team is leading by more than 15 points until the lead falls below.

**Behavior Issues:**

* Absolutely no fighting, wanton or willful aggressive physical behavior, trash talking or tantrums during the game. Absolutely no cursing or derogatory or slanderous remarks by players, coaches, or parents. Any and all violations will be assessed technical fouls.
* Derogatory comments from the coaches or parents directed towards the girls, other parents, or the officials will not be tolerated. First violations will result in immediate ejection from the game plus an additional one game suspension. A second violation will be a season-ending suspension (including tournament games).
* Only the head coach may stand during the game. All assistant coaches must remain on the bench. If an assistant coach is standing, a technical foul may be assessed.
* The head coach is the only person who may speak to a referee during the game.
* Coaches are responsible for their fan’s behavior. Should it be necessary, the referees will ask the head coach to take care of a problem fan or fans. Fans that are unruly and uncooperative will be asked to leave the gym and premises. Any fan that refuses to leave the gym or premises in a timely fashion will cause that team to forfeit the game.

**Referees:**

* The majority of the referees are either High School or College students. Please do not tell them how to referee. Do not over rule a referee.  Please treat them as if they were your child.