

# **DFAC Recreational Basketball Rules**

For Boys Grades 1 and 2 and Girls Grades 1 – 3.

The purpose of DFAC Basketball is to provide training in the sport of basketball in an atmosphere of good sportsmanship and fair play with an equal opportunity for growth of individual skills, team play and the true enjoyment of playing basketball. The following rules should be interpreted consistent with this philosophy and should not be used as a tool to achieve victory on a technicality.

## **Scorebook**

Each coach will fill out the scorebook with the full name of all players on their roster (whether they are present or not) prior to the start of the game. DFAC will provide the scorebook for each game.

## **Scorekeepers**

Each team must provide a scorekeeper. The scorekeeper for each team will track each player's time on the court, each players scoring and the team totals. The scorekeeper must sign the scorebook at the completion of the game.

## **Timekeeper**

One of the referees will also act as timekeeper and run the official clock on the floor.

## **Starting Team**

Games will be played 4v4. If a team is short players at the beginning of the game, teams may play 3 v 4 if necessary or any registered DFAC player of the same gender and grade level (or below) may substitute provided that both coaches and the officials agree.

## **Uniforms**

Official uniforms (jerseys) distributed by the DFAC must be worn. Players must wear tennis or basketball shoes only in the gym. No dress shoes or any other type of shoes or boots are acceptable. No jewelry including necklaces, sharp, pointed or dangling earrings, rings or watches may be worn during the games. Names may not be added to the uniforms.

## **Refreshments**

Players are allowed to have only water within the gym. Snacks and/or other types of drinks are not allowed in the gym.

# **General Playing Rules**

## **Game Length**

Each game will be four (4) quarters of eight (8) minutes each in length. The clock will stop at the 4-minute mark of each quarter to allow for substitutions. This is not a time-out so please make changes quickly. (In reality we play eight, four-minute periods.) The clock will keep running for out of bounds balls and free throws. The clock will be stopped during a time-out or for any injury or player equipment needs (i.e. untied shoes). The clock will stop for any whistle during the last 10 seconds of each quarter and the last minute of the game. If either team is behind by 15 points or more, no stoppage of the clock will occur.

### **Quarter and Half Time Breaks**

For all age groups, the rest interval between quarters shall be one (1) minute and the half time shall be three (3) minutes unless otherwise notified.

### **Resuming the Game after Breaks**

After time outs, quarters, halftime of other stoppages of play, teams will be called to the floor only once, after that the ball will be placed into play and the game will resume.

### **Overtime**

For all 1<sup>st</sup> and 2<sup>nd</sup> grade boys and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grade girl's games there will not be an overtime period and games will end in a tie.

### **Time Outs**

Each team will be allowed two (2) one-minute time-outs per half. Time outs not used in the first half will not be carried over to the second half. Any time outs not used during the regulation game are lost.

Coaches may call time outs from the bench as well as any player on the floor.

### **Ball Size**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues will use an intermediate-sized basketball. (28.5 inch)

### **Basket Height**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues lower rims of approximately eight and one-half feet will be used.

### **Free Throws**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues free throws will be taken inside the free-throw circle, approximately 6 feet from the basket.

### **Three Point Shot**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues no three point shot will be in effect.

### **Jump Ball**

The jump ball will only be used to start the game. Alternate possession will be used on any other jump ball situations including the start of each quarter.

### **Match Up**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues at the start of each quarter or after any dead ball or timeout where a new player or players enter the game, players will match-up across from each other at mid court so that coaches may tell them whom they are guarding. Players on each team will wear wristbands and will guard the player on the opposing team wearing the same color wristbands.

### **Substitutions**

Substitutions may only be made when the ball is dead. For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues substitutions may only be made when starting a new quarter or at the 4 minute mark of each quarter when the clock is stopped by the officials.

## **Coaches Area**

Coaches must remain at their bench area. The coaching area is defined as from the mid court line to approximately 20 feet from the baseline. Only players, coaches, assistant coaches and scorekeepers are allowed in the bench area.

## **Player Requirements**

### **Playing Time**

Each player on a team must play one complete quarter of the first half and one complete quarter in the second half. Since we really play 8 four-minute periods, each player must play 2 periods in each half. The goal is for equal playing time.

These playing time rules are waived if a player cannot complete a quarter of play due to injury, illness, or is disqualified by an official. If a player permanently leaves the gym after playing a full quarter in the first half, that team is not in default because he/she doesn't play in the second half. If the player arrives after the second quarter has started, but prior to the fourth quarter starting, he/she must be allowed to play a full quarter in the second half.

### **Injury or Player Replacement**

If a team loses a player permanently, the coach must notify the division commissioner within 48 hours. A player lost to injury, illness or who quits can be replaced if the League President and Division Commissioner concur that the loss is legitimate and permanent. A player may not return without a doctor's clearance. If a replacement player is needed, the League President and Division Commissioner shall select the first available player on the waiting list. The new player must have paid the registration fee and have been on the team roster for 24 hours prior to playing his/her first DFAC game. A player cannot be replaced after the fifth regular season game unless that team has less than the six-player minimum if there are still players on a waiting list.

### **Illness/Injury**

A coach must inform the opposing Coach and Referees before the start of the game, if a player has asthma or any other illness or injury that may interfere with the player's ability to complete a quarter

### **Playing Time Violation**

If a team violates the playing time rules, the official can administer a technical foul. Coaches not complying with the spirit of these rules will be subject to forfeiture and/or probation at the discretion of the DFAC Commissioners. Continued violations will result in expulsion of the coach from the league.

### **Bonus Fouls**

DFAC will use a modified version of the official rules of basketball concerning foul shots. A team will shoot a two shot penalty on the seventh (7<sup>th</sup>) team foul in each half. If the foul occurs while in the act of shooting and the basket is made, the basket will count and the fouled player will receive one foul shot. If the basket is not made, the fouled player will be awarded two shots. If a fouled player is injured and unable to shoot the free throws, the coach may pick any other player on the floor to shoot the free throws.

### **Fouling Out**

Players will not foul out on their 5th personal foul. However, if a player does reach 5 fouls coaches are asked to sit the player the next period and talk to him/her about their fouls and what they can do to not foul so much.

### **Free Throw Lane Violations**

Lane violations will occur on foul shots when a player enters the lane on a foul shot prior to the ball touching the rim. All players must wait until the ball touches the rim before entering the lane for a rebound on a foul shot including the shooter. If the ball does not touch the rim the ball will be turned over to the defending team.

### **Lane Violation – Five Second Rule**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues no lane violations will be called, however, coaches are encouraged to teach players to move out of the lane area on offense.

### **Flagrant/Technical Fouls**

In the event of a flagrant or technical foul, the offended team will be awarded 2 free throws and be awarded possession of the ball. Any player on the floor may shoot the free throws. The ball will be inbounded at mid court. This situation will apply to ALL technical fouls regardless of whether a player, coach or parent is assessed the fouls.

## **Offensive Rules**

### **Traveling or Double Dribble**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues dribbling with 2 hands and traveling will be enforced. If a player travels and creates a scoring advantage for him/herself, then a violation may occur and the ball will be awarded to the defensive team. If a player creates no advantage, play will stop and the referee will explain the infraction. The ball will be retained and inbounded by the offensive team or the referees may have the players set up and hand the ball to the player who traveled and play will begin.

### **Isolation Plays**

No isolation or clear out plays are allowed. At least one offensive player (excluding the ball handler) must be on each side of the court. A clear out is anytime the offense moves all players to one side of the court allowing a one-on-one opportunity for one player. An isolation play is considered anytime the offense spreads all players away from the basket allowing a one-on-one opportunity for one player. The object is to try to get all players involved in the game not just have the best player try to score one on one each time down the court.

### **Picks or Screens**

Picks or screens are allowed away from the ball. No “on the ball” picks are allowed. A pick is when an offensive player, without the ball, sets up to block out the defensive player guarding the man with the ball. A player setting a pick cannot be in motion or hold the player he/she is trying to “pick”. An illegal pick will result in an offensive foul with a loss of possession.

### **Fast Break Situations**

If a team steals the ball and has a fast break situation, any of the defending players may guard the player with the ball. If the offensive player stops the fast break outside of the of the lane or attempts

to back the ball back out, the defense must assume Man-to Man rules once the ball is cleared to the outside.

### **Pressing**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues no full court pressing will be allowed at anytime.

If a player forgets the no press rule and causes a steal, causes a turnover or ties up a player in a jump ball situation in the backcourt, the officials shall warn the offender (or offenders) and award the ball out of bounds to the team that had possession.

The offensive team must bring the ball across the mid-court line in 10 seconds from the time of in bounding the ball or gaining possession from a defensive rebound. A violation of this rule will result in the ball being awarded to the other team. On courts where there is not a marked center court line then the referees will not call the 10 second count or over and back but will encourage the offensive player to advance the ball to the offensive zone.

## **Rules for Man-to-Man Defense**

### **Guarding the Offensive Player**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues each defender must be actively guarding their assigned offensive player at all times. This means that the defensive player must be within an arms length of their assigned offensive player at all times.

### **Double-Teaming**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues No double-teaming is allowed. If an offensive player dribbles into a crowd or close enough where a defensive player who is still properly guarding his/her player but can take the ball from the dribbler, then it will be considered a legal steal and play will continue with the change of possession.

### **Switching**

For the 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys and the 1<sup>st</sup> - 3<sup>rd</sup> Grade Girls leagues switching is not allowed at anytime.

### **Out of Bounds**

Man-to-Man rules apply to all out-of-bounds situations. You do not have to defend the inbounding player until he/she passes the ball into play. A team may not assume a zone set and go Man-to-Man once the ball is inbounded. You may not defend any players in the backcourt.

### **Referees**

All referee decisions are final. We will not tolerate any badgering of the referees. Judgment calls cannot be questioned. The referees will be using their own judgment with respect to individual capabilities of players.

Remember: Good attitudes towards the referees will create good referee attitudes.

### **Sportsmanship**

Every effort must be made by the coaches, parents and players to cooperate with the referees. Technical fouls (T's) will be imposed against a team for any unsportsmanlike behavior. Coaches are also responsible for the actions of their team parents. If a parent receives a technical foul, it will be

assessed to the coach. If a coach receives 2 "T's" he/she will be removed from the game and asked to leave the gym. If a coach or player receives two technical fouls or is otherwise ejected from a game, he/she will be suspended from the following game. Suspension means that he/she will not be allowed to coach or be present in the gym for the suspended game.

### **Player Sportsmanship**

A player, who is ejected from the game (by Referees, Director or a Commissioner) for fighting or for any reason, is required to leave the gym immediately. That player will also be suspended for the following game. If the player is ejected from a game twice for fighting or any other reason, he/she will be suspended from the league for the rest of the year.

### **Coaches Conduct**

Any unsportsmanlike conduct by coaches, as determined by the DFAC President, Director or Commissioners, which includes: A) improper player discipline; B) violation of the DFAC league rules; and C) criticism of the officials, timekeeper, scorekeepers, and/or players; will be subject to probation and/or suspension. The first violation will be a warning, however, the second violation will lead to a one-week suspension, and the third violation will result in the coach being banished for a minimum of one year.