



2023 REC LEAGUE BASKETBALL RULES

Grade Divisions: 3rd/4th & 5th/6th – Boys/Girls

CLOCK / SCORE

- Four 8:00 min. quarters with a 5-min. halftime.
- The clock will run continuously except for the last :10 of each quarter, the last 2-minutes of 4th Quarter, timeouts, and injury.
(Clock WILL NOT stop when there is a 20+ point lead last 2:00 of game)
- Each team will receive (3) full timeouts per game.
- After a 20-point lead, the score will stop being posted on the scoreboard and not re-posted until it is back under 20.

FOULS / VIOLATIONS

- Individual fouls will be kept at the score table and a player will be disqualified after accumulating a 5th personal foul.
- 3rd/4th Gr. will not shoot free throws. (If a player is fouled during a shot attempt, those points will be awarded, and a change of possession will occur.)
- 5th/6th Gr. will follow ***NEW*** MSHSAA FT rules: teams will shoot 2 FTs on opponent's 5th tm foul of a quarter. All team fouls reset at the end of each quarter.
- **:03**, **:05**, and **:10** second violations will be called by referees. Refs will attempt to warn players/coaches first. Please instruct your players!

GAMEPLAY

- Teams may play MAN-TO-MAN or ZONE defenses.
- Substitutions may be made during any dead ball situation by players checking in at the score table. It is the coach's job to make sure **ALL** players play nearly an equal amount in this league.
- 3rd/4th Gr: may steal a PASS, (not a dribbled ball - errant dribbles are considered a free ball) and cannot press.
- NO half court trapping defenses or pressure in 3rd/4th Gr. Players are not to pick up their opponent until near the 3-point line until 2-min. left in game.
- 5th/6th Gr: may steal dribble and press (press must be stopped after 10-pt. lead)

OVERTIME: If a game is tied at the end of regulation, (1) 2-min. overtime period will be played. Each team will receive 1 extra timeout. If both teams are still tied at the end of the overtime period, the game will end in a tie.

SPORTSMANSHIP – Points of Emphasis

- Only the head coach may stand during gameplay and assistant coaches are not allowed to address the game officials. (**per MSHSAA**)
- Our YMCAs will not tolerate any disrespect toward staff, players, referees, or other spectators. Anyone not conducting themselves in a proper and respectful manner will be required to leave the facility immediately and the game will not continue until that occurs.
- Any player or coach receiving (2) total technical fouls will be suspended from the rest of the league.
- Coaches are responsible for the behavior of their spectators - any verbal redirect by a YMCA referee or site supervisor towards a team's crowd will be a team warning. After that, team technical fouls and possible ejections will be issued.
- Any player, coach, or spectator ejected from a game will be prohibited from attending the next contest, at minimum.