



STANDARD RECREATION LEAGUE RULES

2022-2023 Winter Season

1. **Governing Rules:** With the exception of the special HCYP rules listed below, HCYP Recreation Basketball generally follows the National Federation of State High School Association (NFHS) Basketball rules.
2. **Quarters and Time Outs:** Games in each league shall consist of four quarters per game each with a 10-minute running clock that stops only on time-outs and on all whistles in the last (1) minute of each quarter. The clock shall also stop on all technical fouls. Each team receives two (2) timeouts per game, which do not carry forward into an overtime period.
3. **Overtime:** Overtimes consist of one-minute periods with the clock stopping on all whistles. Each team is allowed one time-out in the first overtime period. No time-outs are allowed in any subsequent overtime period. There is no "sudden death." Games shall end in a tie if the score is tied at the end of the second overtime period. This overtime rule shall not apply to playoffs.
4. **Ball Sizes:** The ball size for all recreation league games and practices shall be 27.5" circumference for all boys and girls clinic and the 2nd grade league, and 28.5" circumference for all boys 3rd through 6th grade and for all girls' leagues. The 29.5" size basketball shall be used for all boys leagues 7th grade and higher. This rule is consistent with National AAU, YBOA and other organizations which include groups younger than high school ages.
5. **Basket Heights:** The basket height for the clinic and 2nd grade leagues shall be 8 feet and for 3rd grade leagues shall be 9 feet. The goal height shall be 10 feet for all other grades 4th – high school.
6. **Fouls:** Players foul out on their fifth personal foul. Technical fouls count as personal fouls. For all technical and intentional fouls, two points shall be awarded plus possession of the ball to the offended team.
7. **Free-throw Awards:** Two free-throws shall be awarded for all shooting fouls and all fouls starting with the tenth team foul in each half. There is no one-and-one on the 7th foul. Free-throw shooters in the 2nd and 3rd grade leagues may start their free throw from 24" (2nd grade) and 18" (3rd grade) beneath the standard free-throw line. Free-throw shooters in the 2nd, 3rd, 4th and 5th grade leagues may jump over the line in the process of shooting the free-throw but may not rush the ball until it hits the rim.
8. **Defenses:**
 - a. **Backcourt defense (press):** Backcourt, zone and trapping defenses are not permitted at the second and third grade level. Backcourt defenses are not permitted at the fourth grade level. In other grades, no backcourt defenses are allowed if the defending team is leading by 15 points.
 - b. **Zone defenses:** In addition to the no backcourt defense rule stated above, zone defenses are not allowed in the first two quarters of any game for all boys and girls in the 4th – 8th grade leagues. Each defensive player must guard a particular offensive player as play moves on the court. Players may "switch" on defense (as in during an offensive pick). *NOTE:* Defensive players may play away from the player they are guarding if the offensive player they are guarding takes himself/herself out of play (i.e., if the player(s) spread to the four corners of the front court), but

the defender(s) must remain within reasonable proximity of the players being guarded. This determination is solely the call of the official.

9. **Playing Time** (*Except for the High School Girls and Boys leagues, the following rules shall apply to all officiated games*): Player substitutions shall only be made at the beginning of each quarter, except as noted below. Each player must play a minimum of two full quarters. Further, the bench must be cleared at the end of each quarter (including overtimes); *no player may sit out 2 quarters in a row. All players who arrive at each game prior to the start of the game must be allowed to play at least half of the game. (Note: In overtime, coaches may select any five players to start the first overtime period, regardless of who played in the fourth quarter; however, the bench must be cleared for each subsequent overtime period.)* Player participation requirements are as follows:

- 10: No team may have ten players
- 9: 2 play 3 quarters, 7 play 2 quarters
- 8: 4 play 3 quarters, 4 play two quarters
- 7: 6 play 3 quarters, 1 play 2 quarters
- 6: 2 play 4 quarters, 4 play 3 quarters
- 5: 5 play 4 quarters

Substitutions may only be made at the beginning of each quarter, unless a player must leave a game for injury, illness or other compelling reason. No player may sit out two straight quarters, and no player may play more than one quarter more than another player on the same team. *Note: High School Boys and Girls may substitute freely.*

Arrivals: Each player who arrives in time for the start of the game must be given the opportunity to play at least half of that game. If a player is substituted in **any part** of a period due to injury or other health reasons, both the substitute and the player generally are considered to have played that period, and it is counted as one of the periods played (even if it is ten seconds). The substitute cannot play more than his/her scheduled time and must come from the next rotation of players. When the injured player is ready to return in that period, he/she must re- enter the game during the next dead ball, replacing the substitute. The substitute is now considered to have played one of his/her periods and cannot substitute again unless it is for the same player in the same period. This rule is not absolute but is intended to ensure a team does not gain an unfair advantage by the substitution. If no advantage is deemed gained, then the regular rotation of players may continue without further ado.

10. **Health & Safety:** All coaches and players are responsible for following the established health and safety protocols as posted on the HCYP Basketball website. Failure to do so can result in ejection from the game, the gym and gym facilities after first being warned by any HCYP official (coaches, commissioners, administrative staff, referees). Any ejection from a game will affect the violator's participation in future practices, per HCYP Basketball regulations.

Personal Objects: Rubber, cloth or elastic bands may be used to control hair. Hard items including, but not limited, to beads, barrettes, and bobby pins are prohibited. Beads may be effectively covered by a soft head covering (i.e., ski cap) that is worn closely to the scalp. Plastic and elastic bands or other hard bracelets may not be worn on wrists or ankles; only athletic cloth wristbands may be worn. Any objects deemed by league officials to be injurious or pose risk of injury may not be worn.





HCYP Recreation Basketball

Rules of the Game

Summary



- 1. HCYP Basketball follows** the National Federation of State High School Associations (NFHS) Basketball Rules, modified by the HCYP rules. The officials control all games.
- 2. Quarters:** Four, 10-minute quarters per game with a running clock that stops only on time-outs and on all whistles in the last (1) minute of each quarter.
- 3. Time-outs:** Two (2) timeouts per team per game. One in the first overtime only.
- 4. Overtimes:** One-minute periods with a stop clock. One time-out per team in the first overtime period, and no time-outs in the subsequent period. There is no sudden death. Games end in a tie after the second overtime period if the scores are even.
- 5. Ball size:** The 27.5" circumference ball is used for clinic and 2nd grade leagues. The 28.5" circumference ball is used for all other grades and gender groups except for boys' leagues 7th grade and higher, which use the 29.5" circumference balls.
- 6. Fouls:** Players foul out on the fifth foul.
- 7. Free-throws:** Two shots awarded on and after the tenth team foul in each half. There is no 1-and-1. All shooting fouls shall be awarded two shots. No free-throws shall be awarded for player control or team control fouls at any time.
- 8. Technical fouls:** Two points and possession of the ball to the offended team.
- 9. Defenses:** All defenses are allowed except: a) No backcourt, trapping or zone defenses in the 2nd and 3rd grade leagues; b) No backcourt defenses in the 4th grade league; c) No backcourt or trapping defense in older leagues if the team is up by 15 points or more; and d) No zone defenses for boys and girls 4th – 8th grade leagues in the first two quarters.
- 10. Substitutions** may only be made at the beginning of each quarter, unless a player must leave a game for injury, illness or other compelling reason. No player may sit out for two straight quarters, and no player may play more than one quarter more than another player on the same team. Note: High School Boys and Girls may substitute freely.
- 11. Zero tolerance:** There is zero tolerance on fighting, use of foul language, or other abusive behavior. Any player, coach or fan who violates this policy shall be suspended or expelled from the HCYP Basketball Program without warning. Sportsmanship will be enforced with no exceptions. Parents and spectators who are removed from a contest must leave the facility and take their child with them.
- 12. Coaches:** Only two coaches may be on the sidelines during games. Only one coach may stand on the sidelines with the other coach remaining seated. They may switch positions so long as only one coach is standing at a time.
- 13. Health & Safety:** All coaches and players are responsible for following the established health and safety protocols as posted on the HCYP Basketball website. Failure to do so can result in ejection from the game and the gym and gym facilities after first being warned by any HCYP official (coaches, commissioners, administrative staff, referees). Any ejection from a game will affect the violator's participation in future practices, per HCYP Basketball regulations. Any objects deemed by league officials to be injurious or pose risk of injury may not be worn.

