

# Rockaway Girls Basketball

## OFFICIAL RULES

The Rockaway Girls In-House Basketball Program is formed to provide players the opportunity to learn, play, and compete in the sport of basketball. It is the policy of the Girls Basketball Program to use positive incentive and reinforcement for the purposes of teaching the sport of basketball and providing an enjoyable experience for its players.

While aggressive play is considered indicative of an enthusiastic attitude, extremes of this nature of play are detrimental to the sport. The referees are encouraged to prevent excessive aggressiveness that can escalate, create a hazard, or provide an unfair advantage for one team over another.

The Rockaway Girls In-House Program is comprised of four divisions:

<b>Rookie Division:</b>	3 <sup>rd</sup> and 4 <sup>th</sup> graders
<b>Junior Division:</b>	5 <sup>th</sup> and 6 <sup>th</sup> graders
<b>Senior Division:</b>	7 <sup>th</sup> and 8 <sup>th</sup> graders
<b>High School Division:</b>	9 <sup>th</sup> thru 12 <sup>th</sup> graders

The following rules apply for ALL divisions unless stated otherwise.

### **RULES OF PLAY**

- Coaches must provide these rules to the players and parents of each team.
- Coaches must have at all practices and games a completed medical release form for all players.
- No jewelry or anything that compromises the safety of a player is allowed to be worn on the court by any player. This includes costume jewelry, barrettes, bobbie pins, etc. Any player that has new earrings must place first aid tape or a band-aid over them. Also, all players must keep their nails short and clean. No sharp nails will be allowed or the player will be benched for the game.
- All players must have sneakers with a fastener (ties or Velcro).
- All players should have appropriate attire for a game. League authorized black shorts are the only shorts to be worn during game play. No exceptions.
- All players in a game must wear their team shirt. If circumstances should arise, the shirt must be the same color as their team shirt or they will not be permitted in the game.
- All games must start promptly. Coaches should have their players at the gym 15 minutes prior to the start of their game.
- To avoid scorers and referee confusion, the Home team should sit to the right of the scorer's table (if looking at the scorer's table) with the Visiting team to the left.
- If a player arrives late, i.e. past the official start of the game, that player will forfeit a number of splits equal to the quarter in which they arrive. In other words, if the player arrives after the 2nd quarter has already started, that player will forfeit 2 splits of playing time.

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- At the scheduled start time of a game, a team may play start play with only four players on the court. This is only allowed up to the mid-break of the first quarter. At that mid-break, if the team with only four players still does not have a fifth player, that team will forfeit. Coaches are responsible for assuring that their teams are prepared to play at the scheduled times. Regardless of circumstance, no official game shall start later than 15 minutes after the scheduled game time.
- The first teams that are scheduled for play that evening in the gym are responsible for setting chairs along the wall for spectators; the opposite side for players and coaches. The last teams playing that day will be responsible for clean-up of same. The only exception is Friday evenings when the chairs may be left up for Saturday games.
- Exactly 1 Head Coach and Only 1 Assistant Coach are the only non-players allowed on the player 'bench'. The coach, assistant coach or a person associated with the team must keep the book for the game. If a non-coach person is keeping the book, that person may not sit on the 'bench'. If a scorer's table is present, they may sit there. Scores, timeouts, and fouls must be recorded. Coaches may compare books for consistency at halftime. Games ending in a tie will be recorded as such. Overtime for **Junior and Senior Divisions** (not Rookies or High School). If a regular season game ends in a tie, one 4 minute overtime period will be played. If the game remains tied after overtime, it will be recorded as a tie. Rules of the overtime period are as follows:
  - Fouls - OT is a continuation of the 2nd half for team, personal, technical fouls.
  - Time outs - Each team will receive one time out for the overtime period.
  - Side of court - Teams will continue to shoot at the same basket they shot at during the 2nd half (Towards their own bench).
  - Jump - Overtime begins with a jump ball. Alternating possessions thereafter.
  - Pressing - Pressing is allowed in the final 2 minutes of overtime
  - Referee time out - At approximately 2 minutes to allow for substitutions
  - Playing time - All players must play one half the overtime period (approx 2 minutes) unless a team has more than 10 players at the game.
- After teams are selected and players are assigned to teams, the coach may select an additional assistant coach from the pool of parents of his drafted team. This second assistant coach can assist with practices and can substitute for the coach or first assistant in their absence. If the coach and first assistant coach are present for a game, the second assistant **may not** sit on the 'bench' with the two coaches on the 'bench' rule adhered to.
- Parents or other volunteers should operate the scoreboard.
- Final scores must be recorded. The winning team coach is responsible for e-mailing the score and game date to the League or Scheduling Coordinator within three days of the game. Every effort must be made to follow this rule. Scores not forwarded in the proper timeframe will be posted as a tie.
- No siblings or non-players will be permitted on the court or on the bench during game time.
- The Rockaway Township 'Youth Sports Code of Conduct' will be enforced per the Township Department of Recreation requirements. The coaches, players, participants, referees, parents and other attendees must act in accordance. The referee has the right to eject anyone from the gym if a violation occurs. If the person does not leave the gym, the team for which this person is for will lose the game. Violations may be reported to the Department of Recreation.

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- Any injury or accident must be reported to the Program Director or the appropriate League Coordinator immediately for proper record keeping procedures. No player will be allowed to play if an open, bleeding or draining wound is present.
- If the school is closed due to inclement weather or unplanned early dismissal, the gym will not be open the same night. If this occurs on a Friday, then Friday night will be closed; however, Saturday games will be played unless the weather does not improve. To determine if a game is cancelled, call the Recreation Hotline for game cancellations at 973-983-2853. The Recreation Department is responsible for canceling games and has the most up to date information. If no cancellation message is posted, the game will be played.
- All games will consist of four (4) quarters – each having a break at the mid-point of the quarter. The mid-point break will be called by the referee as close as possible to the quarter half-way split. The referee will use discretion so that a play in progress is not disrupted
- All coaches must manage their teams to assure fair and balanced playing time for all their players. Depending on the amount of players a team has for a game, the following allotment of playing time must be adhered to using half-quarter block time increments (a game totaling 8 blocks):

Number of Players	Number of Playing Time Blocks
5	All players in for the full game
6	4 players in for 7 blocks; 2 players in for 6 blocks
7	5 players in for 6 blocks; 2 players in for 5 blocks
8	All players in for 5 blocks
9	4 players in for 5 blocks; 5 players in for 4 blocks
10	All players in for 4 blocks
11+	No player in for more than 4 blocks or less than 3 blocks

- Players can only be substituted in and out of a game on the mid-quarter or end of quarter break or if a player is sick, injured, or foul's out. The entering substituting player's time does not get counted against their game block time allotment.
- Jump-for-Ball starts the game. Whichever team gets the Jump-for-Ball, the other team will get the next Held-Jump Ball and alternate possession on Held-Jump Ball and at throw-in of each quarter start will follow. At mid-quarter break, the team with the ball retains possession and will inbound at mid-court if ball was in their offensive zone when the referee called the mid-quarter break and under their own basket if ball was in their defensive zone. The referee has the responsibility of keeping track of possession. Alternate possession will follow for the remainder of the game.
- Players have 10 seconds to bring the ball over the mid-court line. Once the ball has crossed the line, the ball is in play from mid-court to the base line. Defense will be played on the entire half of the court.
- Picks must be stationary.
- For Divisions that can use full court defense, full court defense will be allowed in the last two (2) minutes of each half. A team that is leading by 15 or more points cannot play full court defense.
- Two foul shots are given after a player is fouled while in the act of shooting. The ball must make contact with the rim on the second shot or possession goes to the other team.

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- For All Divisions except the Rookie Division: During free throws, a player occupying a marked lane space, may enter the lane on the release of the ball by the free throw shooter; a shot violation will only be called when any player crosses the line before the free throw shooter releases the ball.
  - **For the Rookie Division:** During free throws, a shot violation will be called when any player crosses the line before the ball hits the rim. Additionally, since the free throw distance for the shooter is so close to the basket that it prevents the defenses ability to box out the shooter, **the shooter will not be allowed to rebound their own missed shot.**
  - **For the Junior Division:** A player shooting a foul shot may jump over the line during the shot, but if they do, it will be a violation (throw-in to opponent) if they rebound the ball or attempt to box out another player rebounding the ball. Note: if the shooter stays behind the foul line, they may attempt to rebound the ball or box out opponents without penalty.
- The ball will be considered out of bounds from a shot to the basket if the ball makes contact with the metal supports behind or above the basket.
- Any player who receives five (5) fouls will be benched for the remainder of the game, no matter how much time they have played. The remaining game time allotment of the other players must be balanced as equally as possible.
- If the 'team fouls' total seven (7) in a given half, the other team will receive 'one and one' foul shot. The fouled player will be the shooter. If the 7<sup>th</sup> foul is a shooting foul, then the next non-shooting foul will start the 'one and one' foul shot. If the 'team fouls' total ten (10) in a given half, the other team will receive two foul shots with the second shot live.
- If a player is on the floor with possession of the ball, the ball must be passed or dribbled before standing up or raising a knee off the floor. Otherwise, it is considered to be a travel.
- When two opposing players hold the ball, a held/jump ball will be called. The teams will alternate throw-ins from the sideline to resume play.
- Each team is allowed two (2) thirty-second time-outs per half. When the ball is in play, time-outs may only be called by the team with possession.
- If a team is up by more than 20 points at any point in the game, that team is not allowed to have fast breaks. **Running up the score must be avoided.**
- **JUNIOR, SENIOR AND HIGH SCHOOL DIVISION CLOCK AND DEFENSE:** All types of defense including zone and man-to-man are permitted.
  - Each quarter being eight (8) minutes with the clock stopped on all referee whistles and stoppage of play. At approximately the 4-minute mid-quarter mark, a referee timeout will be called for substitutions only.
  - A defensive player is not required to cover any particular offensive player.
- **ROOKIE DIVISION CLOCK AND DEFENSE:** Man-to-man defense (1<sup>st</sup> & 2<sup>nd</sup> Quarters); Zone defense (3<sup>rd</sup> & 4<sup>th</sup> quarters).
  - Each quarter being ten (10) minutes running time. At approximately the 5- minute mid-quarter mark, a referee timeout will be called for substitutions only.
  - The clock will be stopped for a team timeout, player injury, technical foul or a referee time out. Within the last two minutes of the 4th quarter, the clock will also be stopped for any fouls and restarted only when the ball is in play.
  - Players will line up at the center court line prior to the start of each 5-minute mark to pair up with opposing player during the first 2 quarters.

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- **Rookie Division - Man-to-Man Defense (1<sup>st</sup> & 2<sup>nd</sup> Quarters):**
  - To cover an offensive player bringing the ball up from the back court or for any other offensive player that has not crossed the center court line, the player(s) on defense may be positioned up to 10 feet off the center court line. Once the offensive player with the ball or other offensive player leaves the distance of no more than 4 feet of the center court line, the defensive player must maintain a man-to-man distance of 4 feet.
  - The referee will use the 4-foot rule to gauge the appropriate proximity of the defensive player to their opposing player.
  - *A player may step in to help out if the player with the ball beats his man and drives to the basket. Man-on-man help defense is allowed; however, double teaming is not.*
  - **No player on defense can hang in the key.**
  - All players must stay with their player. *If the defensive player is not in proximity to the opposing player or a 'switch' is not properly executed, an illegal defense will be called.* The first instance in a game of any illegal defense will be a warning with the opponent getting the ball for a throw-in. The second and subsequent instances will be a team technical foul - 2 shots plus the ball at mid-court. The coach of the shooting team will choose a player to shoot from the five players already on the court.
  - Switching on a pick is permitted and will not be called a double team by the referee unless it is a true double team. This is a help defense. The referee will call a double team if the switch takes too long to happen.
  - Help defense is always allowed in the key and on a fast break. There will be no double-teaming called by the referee in these instances.
  - If a defensive player is covering an offensive player without the ball and is within the proper 4 feet of their player, that defensive player is allowed to play for the ball when an offensive player with the ball closely passes them. That defensive player can only do so if they are playing proper man-to-man and remain within 4 feet of their covering player. Any moves beyond that 4 foot covering distance will be called a double team.
  - Isolation and excessive delay of game plays of any kind are not allowed. The purpose of enforcing man to man defense is to teach our youth players how to become better defenders and not to allow teams to run trick or isolation plays that remove defensive players from the area surrounding the key. As guidance, the team with the ball may not have any of their players stand in a corner, along the out of bounds line, or above the key for the sole purpose of pulling a defensive player away from the key. Players standing away from the key should become an integral part of the play (ie, setting a pick, receiving a pass, or cutting back towards the key). Further, the offensive team may not have the four non-ball handlers all move to the same side of the key for the sole purpose of opening a layup lane for the player with the ball. This defeats the man-on-man coverage beneficial aspects to the league and provides the stronger players with an unfair advantage. The referee will make the determination if such play is illegal. *The first illegal offense (isolation play) in a game (instead of half) will be a warning with a loss of possession, with the second and subsequent offenses being a non-shooting technical foul on the head coach with a loss of possession.*

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- **Rookie Division - Zone Defense (3<sup>rd</sup> & 4<sup>th</sup> Quarters):**
  - A defensive player is not required to cover any particular offensive player.
  - Traps and double teaming outside of the key will be called as an illegal defense. The first instance in a game of any illegal defense will be a warning with the opponent getting the ball for a throw-in. The second and subsequent instances will be a team technical foul - 2 shots plus the ball at mid-court. The coach of the shooting team will choose a player to shoot from the five players already on the court.

### **For the ROOKIE 3<sup>rd</sup> & 4<sup>th</sup> Grade Division:**

*Ball Size: 27"*

*Full Court Defense: None*

*Offensive Key: 5 Seconds*

*Free Throw Line: Modified*

*Inbound Throw in Time: 10 Seconds*

### **For the JUNIOR 5<sup>th</sup> & 6<sup>th</sup> Grade Division:**

*Ball Size: 28.5"*

*Full Court Defense: Last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarter*

*Offensive Key: 3 Seconds Violation*

*Foul Shot Line: Foul Line (But can jump over as per rules)*

*Inbound Throw Time: 5 Seconds*

### **For the SENIOR 7<sup>th</sup> & 8<sup>th</sup> Grade and HIGH SCHOOL Division:**

*Ball Size: 28.5"*

*Full Court Defense: Last two minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarter*

*Offensive Key: 3 Seconds Violation*

*Foul Shot Line: Foul Line*

*Inbound Throw Time: 5 Seconds*

APPROVED: RT GIRLS BOARD DATE: 11-18-18