



# 2018-2019 South Monmouth Recreation Basketball League

## 5<sup>th</sup> through 8<sup>th</sup> Grade Divisions



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### General Rules for All Ages & Parents

1. The league philosophy is for players to have fun, receive instruction, learn good sportsmanship, and to experience competition.
2. Emphasis is on sportsmanship on and off the court by players, parents, and spectators:
  - Any punches, spitting, trash talk, referee abuse, disregard for league rules, or other non-sportsmanlike behavior will result in suspensions without refund to the player and ejections from the gym for coaches, parents or spectators.
  - A player or coach that is ejected from a game is suspended for the next game as well.
  - The basketball director may eject any team or coach that received three (3) legitimate complaints against them from the program. Public officials, coaches, spectators, parents, or players may submit such complaints.
  - Parents / Coaches are responsible to contact their town's recreation director in reporting any issues or concerns. Leveraging social media to express issues / concerns is considered against league rules and policy and will result in suspension of the player and potential player ejection from the league.
3. Parents — At No Time are you entitled or have the authority to talk to or critique the officials before, during or after the game. If you have concerns you should talk to your coaches and the coaches will in return and if needed, contact the town Recreation Coordinator for resolution.
4. Each player must play at least 2 quarters per game but it is recommended that all players have approximately the same amount of court time and bench time. Coaches must follow this rule whether or not a player is able to attend practice.
5. Each player must wear their team shirt to play in league games unless the coaches agree to an exception.
6. If a team is unable to play a scheduled game, a call to the opposing team or Recreation Basketball Director should be made before 8:00 pm of the day prior to the game. The Basketball Directors for the league are as follows:
  - Avon: Doug Carter (732) 272-6751
  - Sea Girt: Patty Peterson (732) 241-0937
  - Spring Lake: Kathy Heine (732) 580-8868
  - Spring Lake Heights: Shawn Heeter (570) 807-0558
  - Point Pleasant: Joe Fitzsimmons (732) 299-6371
7. If a town has two (2) or more teams at the same grade/sex level, the teams should be evenly matched with talent and number of players.
8. If a team is short a player, both teams can play short, or if both coaches agree, the short team may pick up a player that is in the recreation program in the same or younger age group.
9. Coaches must monitor the play of game to ensure no opposing team and/or player is embarrassed. In particular, coaches must avoid running up the score. If a team is leading by 24 points in the second half, the scoreboard will be turned off.

## Playing Rules for All Ages

1. Actual game time totals approximately ONE HOUR. The clock stops for all foul shots throughout the entire game. The clock also stops for all whistles during the final 2 minutes of the game. Game time will be broken down as follows:
  - 8 minute quarters
  - 1 minute break between quarters
  - 5 minute break for halftime
  - 1 time out per team, per half
2. When the defensive team rebounds the ball, the opposing team must drop back and set up its defense within the 3-point arc; no stealing the ball backcourt except when pressing is allowed during the last 3 minutes of a game (5/6 & 7/8 grade divisions only).
3. Tie score games at the end of regulation will have ONE three-minute overtime period. The game is over at the end of this period, whether or not the tie is resolved, and the court must be cleared for the next game.
4. A player is out of the game after committing five (5) fouls. On the seventh team foul in each half, players that are fouled not in the act of shooting are awarded a 1 and 1 foul shoot attempt (if the first is made, a second attempt is awarded). If a team has no substitutes, a player with 5 fouls can continue to play; however, for each additional foul that player commits, the other team will receive 4 foul shots plus possession (normal foul shots plus technical foul).
5. All technical fouls result in two shots and ball possession for the team that was fouled.
6. Referees will call the game in accordance with standard high school rules except for any specific changes noted in these league rules.
7. Coaches are responsible for the behavior of their players, such as running in the school halls and gym when not playing.
8. Spectators are not allowed on the court at any time, no shooting the basketball between quarters or after the games. Only players involved in the game are to be on the court. No dribbling on the sidelines during games.
9. Food and drinks are not allowed in the gym.

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### Rules for 5<sup>th</sup> through 8<sup>th</sup> Grades Only

1. Upon change of possession, the team on defense must set up within the 3-point arc. Once the offensive team has crossed half court, the defensive may engage in play beyond the 3-point arc.
2. Any zone or man defense is allowed.
3. A full court press will be allowed during the last 3 minutes of the game for the losing team. If the score is tied, neither team can press.
4. Baskets beyond the 3-point arc are worth 3 points