

2nd Grade Holland Recreation Basketball League Rules

Rule 1 – Player Eligibility

- Under no circumstance may an individual practice or compete with a team unless he/she is a registered player for Holland Recreation.
- Holland Recreation promotes a non-discriminatory policy that ensures participation for all youth regardless of race, sex, economic status or disability.

Rule 2 – Formation of Teams

- Teams will be formed based on the school they attend.
- Volunteer coaches are not permitted to add a player to his/her team roster. All player registrations must be made through Holland Recreation.

Rule 3 – Number of Players

- Games will consist of playing 4 on 4.
- In the event that the opposing team is unable to field 4 players, the two teams scheduled to play an official game shall participate in a scrimmage contest with officials. Coaches are encouraged to divide up teams for balance during scrimmages.

Rule 4 – Playing Time/Game Length

- Games will consist of four (8) eight-minute quarters (running time). Substitutions can be made at/near the 4-minute mark of each quarter and between quarters. Substitutions may take place for injuries as well.
- The time between quarters is not a time out. This time is meant for a brief water break and getting substitutions in.
- The clock will stop for time outs and foul shots only.

Rule 5 – Position Specialization

- Players should be familiar with multiple positions. Teams should have players trying different positions.
- Ball handlers are important but please do your best to expose each athlete to a number of positions.

Rule 6 – Game Interval Time

- Pre-game warm up: 10 minutes
- Time between quarters: 1 minute (based on officials)
- Halftime: 3-5 minutes (based on officials)

Rule 7 – Time outs

- Each team is permitted (1) 45-second time out per half.
- Time outs do not carry over

Rule 8 – Jump Ball

- Games will begin with a jump ball. Teams will alternate possession to start any new quarter or any jump ball situation.

Rule 9 – Scoring

- Scoring will not be kept for this age group.

Rule 10 – Zone Defense/Double Teaming/Pressing

- Zone defense and double teaming will not be allowed. Teams are required to play man-to-man defense.
- Defensive pressing will not be allowed. The defense must allow the offense to bring the basketball up past mid-court.

Rule 11 – Individual/Team Fouls

- Individual fouls will not be kept. If a certain player is fouling a frequent amount at one time or over the course of the game the official can tell the coach this individual needs to sit for 5-minutes.
- Team fouls will not be kept. Players will shoot free throws only on shooting fouls.
- Players will shoot free throws a foot or two in front of the free throw line. Players can enter the lane upon the release of the ball from the shooter.

Rule 12 – Protests

- Coaches should address any concerns or questions to the Holland Recreation office. Officials are not to be berated.

Rule 13 – Practice/Game Cancellations

- Practice & game cancellations will be determined by Holland Recreation. Emails will be sent to coaches and all participants. The Holland Recreation Cancellation page on the website will also be updated.

Rule 14 – Sportsmanship

- Good sportsmanship will be displayed at all times by players, coaches, and spectators.
- Heckling of the other team, “trash talking”, ridiculing others, throwing equipment will not be tolerated.
- At the end of each game, players and coaches will shake hands with the other team.