

3rd/4th 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 in an effort to achieve an equal balance of talent & grades on each team.
- 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

- Teams will be divided into 7-9 players. Games will consist of playing 5 on 5. A team must have a minimum of 4 players present to begin an official game. Any team not ready to play within 5 minutes of game time shall, at the discretion of the officials and supervisor, forfeit the game to the opposing team.
- 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 (10) ten-minute quarters (running time). Substitutions can be made at/near the 5-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.
- No overtimes will be played. The game ends in a tie.

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: 5 minutes
- Time between quarters: 45 seconds (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

- Score will be kept for this level. Scoring will go by 2's and 3's.
- Coaches will need to provide volunteer parent score keepers.

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 be kept. The bonus situation shall be in effect on the 5th team foul per quarter. Two free throws will be awarded on and after the 5th team foul. Team fouls will reset at the end of each quarter.
- Players may jump over the line while shooting free throws. If a player struggles to get the ball to the rim the official may let the player take a step or two over the 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

- Practices can be cancelled at the discretion of the volunteer coach. The coach must inform the participant's parents and Holland Recreation of any practice cancellations.
- Game cancellations will be called 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 stand on their sideline near their bench and say good game to the other team.
- Any coach who receives 2 technical fouls in the season will be suspended a minimum of one game, 3 technical fouls will result in the coach being removed from the league.