

PenMet Parks – Recreational Basketball

Rules - Summary

4th – 8th Grade Boys and Girls

PenMet Youth Basketball is recreational with a focus on creating a safe environment for kids to develop skills and have fun learning the game of basketball. Parents and coaches are always expected to maintain a positive and supportive attitude. *Always be a good sport, be a good sport all ways.* – Bob Robertson

Equipment:

Division	Basket Height	Ball Size	Game Length
4/5 Girls	10'	28.5	(4) 10-min. quarters
4/5 Boys	10'	28.5	(4) 10-min. quarters
Mid School Girls	10'	28.5	(4) 10-min. quarters
Mid School Boys	10'	29.5	(4) 10-min. quarters

Game Length:

ALL leagues will play with a running clock except:

- The final 2 minutes of a game.
- During an official's time out.
- During a team time out.
- During overtime

Half-Time: There will be a 3-minute halftime period. Teams are expected to be on the court and ready to start play at the end of this period.

Overtime:

- **Regular Season:** One 2-minute overtime with clock stoppage will be played. If the score is tied at the end of overtime, the score will be recorded as a tie.
- **Playoffs:** *See regular season rules.* If the score remains tied after one overtime period, teams will continue to play 2-minute overtime periods until there is a winner. After the fifth overtime period if the score remains tied, we will start an untimed overtime period with a tip off, the first team to score will be declared the winner (sudden death). Teams will be allowed one timeout per overtime period.

Playing Time:

- All players are expected to play a similar amount of time in each half. Officials will offer coaches the option to substitute halfway through each quarter. However, coaches are allowed to substitute however they prefer as long as it takes place during a stoppage of play (no hockey substitutions).

Fouls:

- A Player can be disqualified after their 5th foul.
- 1 free throw and the points are awarded if the foul occurred on a made shot attempt.
- Free-throws: 2 (bonus) on the 5th team foul
- Technical on a spectator is assessed to the Coach of the respective team.
- 2 technical fouls in one game = Disqualification
- Disqualified coaches and spectators must leave the building.
- Fighting = Flagrant Foul = Disqualification.

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- In the event of disqualification: Any Coach, player, or parent that's disqualified from a game must meet with league administrators before returning to any PenMet games or practices.

3 seconds in the key will be called (Offense only)

Time Outs:

- 2 time-outs per half- 1 minute each. Unused time-outs do not carry over to an overtime period or half.
- If there is an overtime period, each team is allotted 1 time-out.

Bench Rules:

- Only the head coach may stand during game play.
- Only the head coach may confer with game officials during a game.
- The head coach is responsible for the actions of their assistant coaches, players, and parents.

Defense:

- Player to Player Defense only (No Zone defense is allowed)
- Back-Court Defense or Full-Court Defense is allowed **only in the 4th quarter**.
- Back Court Defense and full court defense are not allowed for any team leading by 15+ points.
- Defensive players can guard the ball after the ball crosses the mid-court line.
- Teams have 10 seconds to bring the ball across the half court line.

Possession Arrow: Jump Balls & Alternating Possession

- The game begins with a **Jump Ball**; thereafter all jump ball situations are determined by alternating possessions with use of the **Possession Arrow**. Possession to begin the 2nd half is determined by the possession arrow. An overtime period begins with a Jump Ball.

Officials:

- They are representatives of the league and are authorized and required to enforce all rules.
- Have the authority to order a player, coach or fan to do or refrain from an action, which effects the administering of these rules, and to enforce the prescribed penalties.
- Have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such person from the building.
- Have authority to rule on any point not specifically covered in these rules.
- No team has the right to refuse any official assigned to their game.

Site Supervisors:

- They are representatives of the league and PenMet Parks and are authorized and required to enforce all rules.
- Have the authority to order a player, coach or fan to do or refrain from an action, which effects the administering of these rules, and to enforce the prescribed penalties.

Revised 11/25/24

- Have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, or inappropriate language and to remove such person from the building.
- Have authority to rule on any point not specifically covered in these rules.

Excessive Leads:

- If a team has a 20-point lead at any time in the second half, the score board will be turned off. If a lead is 30 or more points at half-time **the referees have the option** of declaring the leading team the winner. In this situation, the 2nd half of the game is played, but no score is kept, and the clock is not stopped during the last 2 minutes of play. Scorekeepers will continue to keep scores and stats on paper.

Each team is required to provide a volunteer for the scorers table at each game.

***** High School Basketball Rules apply to other rules not stated above**