



3/4th Boys REC League Rules

GAMES:

- Each game consists of two 20 minute halves. Teams will have 5 minutes on the court to warm up prior to the start of the game. Halftime is three (3) minutes. However, if games are running behind schedule, the Site Director has the right to shorten warmups/halftime.
- Substitutions are mandatory and must take place every 5 minutes on the horn. Playing time must be equal.
- Clock will only stop on time outs, injuries, and the last 2 minutes of each half and any overtime(s).
- Each team will get three 30 second timeouts.
- Only eligible coaches and players are allowed on the bench.
- No player is permitted to play on more than 1 team.
- Coaches must coach from the bench.
- The league will provide 2 certified referees for each game.
- Parent volunteers will run the scoreboard/scorebook.
- We will use 28.5 size basketballs. Each team should bring 2 warm up balls. There are none available at the schools for use.
- OVERTIME:
 - OT periods will be 2 minutes in length, with one 30 second timeout for each team (no carryovers)
 - 3rd OT period is sudden death. 1st team to score wins the game.
- Mercy Rule: Once a team has a 20 pt lead, the clock will not stop in the last 2 minutes of each half. The scoreboard will not increase for the leading team until the lead gets below 20 pts.

DEFENSE:

- Man to man defense will be played at all times. No double-teaming or trapping, except in the key.
- Help defense is always allowed.
- No full court press until the last 2 minutes of the game. No full court press during mercy rule score.

FOULS:

- Players are permitted to jump over the line on free throws.
- All shooting fouls will result in one point for the team that gets fouled and the shooter will then get one free throw.
- Maximum of 6 fouls allowed per player.
- TECHNICAL FOULS:
 - Player - 2 technical fouls in a game is a disqualification for the remainder of the game, plus a suspension from the next game. 2nd offense in a season is disqualification for the next 2 games.
 - Coach - 2 technical fouls in a game is a disqualification for the remainder of the game, plus a suspension from the next game. Coach must leave the building immediately and is not permitted on the premises during



suspension. 2nd offense in a season is disqualification for the next 3 games.

- Team - Coaches are responsible for all members of his/her team - this includes all parents/fans of your team. Your team may have to forfeit a game if the coach cannot maintain control of the fans. There are no refunds for ejections of any kind.
- Any player fighting is ejected from the remainder of the game, plus the next game. If the altercation occurs after the final horn ending the game, then it results in suspension for the next 2 games.
- Any misconduct deemed inappropriate, unacceptable, unsafe and/or abusive may result in forfeit.