

Recreational Basketball – 2025/2026 Session 1

Merged Division Rules:

Coaches -

Thank you for coaching! In order to maximize fun and competition, we merged some age groups and divisions. Which Rules to Follow?

After some thought and discussion, we have put in place the following rule changes for these mixed divisions.

- **3/4 girls:** Normally, the 3rd grade girls play on 9-foot rims, while the 4th graders play on 10-foot rims & there are differences between the defenses allowed. To try to achieve a reasonable balance, I'm suggesting teams play on 10-foot rims, but operate under the 3rd grade girls defense and double-teaming rules as reflected in the rules (and are as follows):
 - *3/4th Grade Girls Defense and Double-Teaming Rules (2024, Session 1)*
 - *Defenses may not extend past the 3 pt arc. Any defensive move that results in a player crossing the defensive line to gain control of the ball is not allowed. Once a defensive player gets a rebound or a turnover, neither their movement nor their pass can be defended or impeded by the opposing team until they reach the top of the defensive zone.*
 - *Man to man defense will be used. Switching off on pick plays or picking up another player in the open court is allowed. Each player must make an honest attempt to guard his/her player. Defensive players may also guard the player in possession of the ball if their offensive assignment is in close proximity to the ball handler. Defensive players may not leave their defensive assignment or fail to follow their defensive assignment to create a double team situation.*
 - *Double teaming will be allowed by the defense when an offensive player with the ball moves into the free throw lane. The offensive players assigned to the defensive players must be in the lane or moving into the lane for the defensive players to double team. Defensive players cannot plant themselves in the lane in a situation resembling a zone defense. If a referee spots this situation, personal fouls will be assessed to the defensive players if they continue to exhibit this behavior after a verbal warning from the referee.*
- **5/6 girls:**
 - *Ball size, hoop height, quarter length, and defense/double teaming: Same regardless.*
 - *We will use 6th grade rules for the following:*

Clock Stoppages: Clock will only stop for free throws, injuries, time-outs, and end of the quarters. If the score difference is under 10 points with under 2 minutes to go in the game, the clock will stop at all dead ball situations. If the game goes past the 50-minute mark of the hour, the under 10-point rule will not continue to be in effect. There will no 5-minute substitution break. Teams will have 3 timeouts per game.

Substitutions: There are no 5-minute substitution breaks. Substitutions can be made on all dead ball situations throughout the game. Please remember that all players get equal playing time.

Free Throws: Free throws will be shot for shooting fouls and a 1+1 bonus for non-shooting fouls will take effect on the 7th team foul of the half. A player will be awarded two shots, starting with the 10th team foul of the half. Clock will stop on free throws.

Three Seconds: Any offensive player standing (any part of their feet) in the lane for more than three seconds will be called for a lane violation..

- *We will use 5th grade rules for the following:*

Inbound Time: Inbound plays must be completed in ten (10) seconds.

Two quick DIRECTOR clarifications/additions:

- **Standard Operating Procedure:** The aforementioned rules above (ball size, hoop height, and rules) are the DEFAULT rules. All games are should use those.....
- **Unless.....Coaches discretion.** I do not have a problem with coaches working together for sensible solutions on rules, rim height, and ball size when they are ***reasonably agreed upon and communicated to the referees before the game***. For example, if two 3rd/4th grade girls' teams want to play at 9 foot rims, rock on. I know this is going to come back and bite me, as for some reason, things that are more cut and dry in this league seem to work a little better (HA!!!), but in these cases let's just hope reasonable coaches can agree to make some lemonade out of some lemons. These adjustments will only occur if agreed to by both coaches and referees before the game starts. If one coach doesn't want to do this, then the rules, ball size, and hoop height will defer to the default settings above.

These clarifications have also been posted on the WAA Rec Basketball page and forwarded to the officials.
Thanks again for volunteering! Hoop it Up!