

DFAC Recreational Basketball Rules

For Boys Grades 3-5 and Girls 4-8

The purpose of DFAC Basketball is to provide training in the sport of basketball in an atmosphere of good sportsmanship and fair play with an equal opportunity for growth of individual skills, team play and the true enjoyment of playing basketball. The following rules should be interpreted consistent with this philosophy and should not be used as a tool to achieve victory on a technicality.

Scorebook

Each coach will fill out the scorebook with the full name of all players on their roster (whether they are present or not) prior to the start of the game. DFAC will provide the scorebook for each game.

Scorekeepers

DFAC will provide a scorekeeper for each game. The scorekeeper will track each player's time on the court, each players scoring and the team totals.

Timekeeper

In gyms where a scoreboard is provided the DFAC scorekeeper will run the clock.

Starting Team

The league is 5v5 so each team will start with 5 players. If a team is short players at the beginning of the game, teams may play 4 v 5 if necessary or any registered DFAC player of the same gender and grade level (or below) may substitute provided that both coaches and the officials agree.

Uniforms

Official uniforms (jerseys) distributed by the DFAC must be worn. Players must wear tennis or basketball shoes only in the gym. No dress shoes or any other type of shoes or boots are acceptable. No jewelry including necklaces, sharp, pointed or dangling earrings, rings or watches may be worn during the games. Names may not be added to the uniforms.

Refreshments

Players are allowed to have only water within the gym. Snacks and/or other types of drinks are not allowed in the gym.

General Playing Rules

Rules Guidelines: We use National Federation of State High School Associations (NFHS) basketball rules with some exceptions.

Game Length

Each game will be four (4) quarters of eight (8) minutes each in length. The clock will keep running for out of bounds balls and free throws. The clock will be stopped during a time-out or for any injury or player equipment needs (i.e. untied shoes). The clock will stop for any whistle during the last 10 seconds of each quarter and the last minute of the game. If either team is behind by 15 points or more, no stoppage of the clock will occur. We will stop the clock at the 4-minute mark of the second and fourth quarters for substitutions.

Quarter and Half Time Breaks

For all age groups, the rest interval between quarters shall be one (1) minute and the half time shall be three (3) minutes unless otherwise notified.

Resuming the Game after Breaks

After time outs, quarters, halftime or other stoppages of play, teams will be called to the floor only once, after that the ball will be placed into play and the game will resume.

Overtime

In the case of a tie score at the end of regulation, there will be a two-minute overtime period and be subject to the same rules that apply to the last two minutes of regulation. If the game is still tied after two overtime periods the game will end in a tie.

Time Outs

Each team will be allowed one (1) one-minute time-out per half. Time outs not used in the first half will not be carried over to the second half. Any time outs not used during the regulation game are lost. One time out per team will be awarded during an overtime period.

Coaches may call time outs from the bench as well as any player on the floor.

Ball Size

The 3rd-5th Grade Boys and all Girls leagues will use an intermediate-sized basketball. (28.5 inch)

Basket Height

Regulation height, 10-foot baskets will be used.

Free Throws

The 3rd-5th Grade Boys and 4th-6th Grade Girls leagues free throws will be taken from approximately 10 feet from the basket. (Even with the second hash mark from the regulation free throw lane)

Three Point Shot

The 3rd-5th Grade Boys and 4th-6th Grade Girls leagues will use the High School regulation three point line.

Jump Ball

The jump ball will only be used to start the game or overtime period. Alternate possession will be used on all other jump ball situations including the start of the 2nd, 3rd and 4th quarters.

Match Up

The 3rd-5th Grade Boys and 4th-6th Grade Girls leagues at the start of each quarter, players will match-up across from each other at mid court so that coaches may tell them whom they are guarding.

Substitutions

Substitutions may only be made when the ball is dead. (See Playing Time Rules) Care should be taken in making substitutions so as not to disrupt the flow of the game or violate the two-quarter play rule and the one-quarter sit rule. Remember, no substitutions will be allowed in the 1st and 3rd quarters unless there is an injury or illness to a player. We will stop the game at the 4-minute mark

of the 2nd and 4th quarters for substitutions if either coach requests to. This is not a time out so make substitutions quickly.

Coaches Area

Coaches must remain at their bench area. The coaching area is defined as two feet from the scorer's table to approximately 20 feet from the baseline. Only players, coaches, assistant coaches and scorekeepers are allowed in the bench area.

Player Requirements

Playing Time

Each player on a team must play one complete quarter of the first half and one complete quarter in the second half. All players must also sit out one complete quarter when there are 7 or more players present. A complete quarter is defined as from the start of a quarter to the end of the same quarter, which is 8 consecutive minutes.

For teams with only 6 players present, 2 players may play 4 full quarters and 4 players may play 3 full quarters. These playing time rules for a player are waived if a player cannot complete a quarter of play due to injury, illness, or is disqualified by an official. If a player permanently leaves the gym after playing a full quarter in the first half, that team is not in default because he/she doesn't play in the second half. If the player arrives after the second quarter has started, but prior to the fourth quarter starting, he/she must be allowed to play a full quarter in the second half.

No player may play more than three (3) quarters in a game, provided seven or more players show up for the game.

Injury or Player Replacement

If a team loses a player permanently, the coach must notify the division commissioner within 48 hours. A player lost to injury, illness or who quits can be replaced if the League President and Division Commissioner concur that the loss is legitimate and permanent. A player may not return without a doctor's clearance. If a replacement player is needed, the League President and Division Commissioner shall select the first available player on the waiting list. The new player must have paid the registration fee and have been on the team roster for 24 hours prior to playing his/her first DFAC game. A player cannot be replaced after the fifth regular season game unless that team has less than the seven-player minimum if there are still players on a waiting list.

Illness/Injury

A coach must inform the opposing Coach and Referees before the start of the game, if a player has asthma or any other illness or injury that may interfere with the player's ability to complete a quarter.

Playing Time Violation

If a team violates the playing time rules, the official can administer a technical foul. Coaches not complying with the spirit of these rules will be subject to forfeiture and/or probation at the discretion of the DFAC Commissioners. Continued violations will result in expulsion of the coach from the league.

Bonus Fouls

DFAC will use a modified version of the official rules of basketball concerning foul shots. A team will shoot a two shot penalty on the seventh (7th) team foul in each half. If the foul occurs while in the act of shooting and the basket is made, the basket will count and the fouled player will receive one foul shot. If the basket is not made, the fouled player will be awarded two shots. If a fouled player is injured and unable to shoot the free throws, the coach may pick any other player on the floor to shoot the free throws.

Fouling Out

Players are disqualified on their 5th personal foul. If a player gets disqualified on fouls and the team then has less than 5 players, they coach may elect to go 4 v 5 or the first player disqualified on fouls can return to play to keep his team at five players, but each and every time he fouls after re-entering the game will result in a technical foul, which is 2 free throws and be awarded possession of the ball.

Free Throw Lane Violations

Lane violations will occur on foul shots when a player enters the lane on a foul shot prior to the ball leaving the hand of the shooter. The shooter and any players outside the lane area must wait until the ball touches the rim before entering the lane for a rebound. If the ball does not touch the rim the ball will be turned over to the defending team.

Lane Violation – Five Second Rule

Lane violations occur when an offensive player stays in the key for 5 consecutive seconds without a shot taking place. Referees may encourage kids to move out of the lane to avoid a 5 second call.

Flagrant/Technical Fouls

In the event of a flagrant or technical foul, the offended team will be awarded 2 free throws and be awarded possession of the ball. Any player on the floor may shoot the free throws. The ball will be inbounded at mid court. This situation will apply to ALL technical fouls regardless of whether a player, coach or parent is assessed the fouls.

Offensive Rules

Note: For the Boys 3rd-5th Grade and the Girls 4th-8th Grade leagues, normal High School rules will apply with the some restrictions.

Picks or Screens

Picks are allowed. A pick is when an offensive player, without the ball, sets up to block out the defensive player. A player setting a pick cannot be in motion or hold the player he/she is trying to “pick”. An illegal pick will result in an offensive foul with a loss of possession.

Pressing

The 3rd-5th Grade Boys and 4th-6th Grade Girls leagues can only full court press in the fourth (4th) quarter and overtime of a game provided a team is not ahead by more than ten (10) points. No full court press will be allowed at any other time. When a defensive player gains complete control of the ball in the backcourt before attempting to advance the ball up court by dribbling or passing, the opposing players must immediately retreat and allow the team with possession to bring the ball up the court uncontested. This rule is in effect only when no pressing is allowed.

If a player forgets the no press rule and causes a steal, causes a turnover or ties up a player in a jump ball situation in the backcourt, the officials shall warn the offender (or offenders) and award the ball out of bounds to the team that had possession.

The offensive team must bring the ball across the mid-court line in 10 seconds from the time of in bounding the ball or gaining possession from a defensive rebound. A violation of this rule will result in the ball being awarded to the other team.

Defensive Rules

Teams may play any type of defense they desire. Man-to-man or zone defenses are allowed at any time including out of bounds situations except in the backcourt when applicable.

Referees

All referee decisions are final. We will not tolerate any badgering of the referees. Judgment calls cannot be questioned. The referees will be using their own judgment with respect to individual capabilities of players.

Remember: Good attitudes towards the referees will create good referee attitudes.

Sportsmanship

Every effort must be made by the coaches, parents and players to cooperate with the referees. Technical fouls (T's) will be imposed against a team for any unsportsmanlike behavior. Coaches are also responsible for the actions of their team parents. If a parent receives a technical foul, it will be assessed to the coach. If a coach receives 2 "T's" he/she will be removed from the game and asked to leave the gym. If a coach or player receives two technical fouls or is otherwise ejected from a game, he/she will be suspended from the following game. Suspension means that he/she will not be allowed to coach or be present in the gym for the suspended game.

Player Sportsmanship

A player, who is ejected from the game (by Referees, Director or a Commissioner) for fighting or for any reason, is required to leave the gym immediately. That player will also be suspended for the following game. If the player is ejected from a game twice for fighting or any other reason, he/she will be suspended from the league for the rest of the year.

Coaches Conduct

Any unsportsmanlike conduct by coaches, as determined by the DFAC President, Director or Commissioners, which includes: A) improper player discipline; B) violation of the DFAC league rules; and C) criticism of the officials, timekeeper, scorekeepers, and/or players; will be subject to probation and/or suspension. The first violation will be a warning, however, the second violation will lead to a one-week suspension, and the third violation will result in the coach being banished for a minimum of one year.