

CITY OF MILTON WINTER RECREATION BASKETBALL LEAGUE

RULES

K/1ST Grade

- ❖ Games will consist of 10-minute quarters (4 quarters)
- ❖ Clock stops for mandatory substitutions, and the team with the ball will maintain possession
- ❖ Games start with a Jump Ball. Possessions will alternate with every jump ball and beginning of each quarter
- ❖ **Running Clock!** Clock will stop for substitutions, injuries or official's discretion
- ❖ 2-minute half time and 1 minute between quarters
- ❖ 27.5 size basketballs - 8' x 5" basketball goal height
- ❖ When shooting free throws, shooter must start behind the free throw line, but can jump over the line while shooting the free throw
- ❖ 2 Time Outs per game (can be used at any time during the game)
- ❖ Back court violations will not be called

Defense

- ❖ All defensive players must have both feet inside the three-point line. Cannot defend outside the three-point line
- ❖ The ball can only be stolen by a player who has both feet inside the three-point line
- ❖ Teams can play man to man or zone defenses
- ❖ Players cannot "foul" out of a game, but referee may ask a player to sit out if the player(s) is causing several fouls.
- ❖ No 10 second back court violations
- ❖ **Defense can pick up ballhandler, once he/she crosses half court, only in the last minute of the game**

Offense

- ❖ **No fast breaks.** Once the ball is rebounded by the opposing team, the defensive team will be allowed to set up inside the defensive zone area
- ❖ On Court coaches cannot set screens or anything that will prohibit opposing player(s) from playing defense
- ❖ Free throws will be taken on shooting fouls only! Players may enter the lane upon the shot hitting the backboard or rim. **Overtime – 1st team to SCORE!**

Substitutions

- ❖ Mandatory substitutions will be made at the beginning of each quarter. This is not a time out. Each team has 20 seconds to make substitutions
- ❖ At the end of each quarter, all players who did not play the previous quarter shall enter the game. **ALL PLAYERS MUST PLAY EQUAL PLAYING TIME**
- ❖ NO PLAYER(S) shall sit out two consecutive quarters

Only Head Coach can approach the scorer's table. If parent approaches table, a technical foul will be assessed to the team. If Coach receives technical foul, he/she must sit remainder of the game. If coach receives two technical fouls, coach must leave property immediately or law enforcement will be called.

CITY OF MILTON WINTER RECREATION BASKETBALL LEAGUE

RULES

2nd/3rd Grade

- ❖ Games will consist of 10-minute quarters (4 quarters)
- ❖ Clock stops for mandatory substitutions, and the team with the ball will maintain possession
- ❖ Games start with a Jump Ball. Possessions will alternate with every jump ball and beginning of each quarter
- ❖ **Running Clock**, except last 2 minutes of the game (only). Clock will stop for substitutions, injuries or official's discretion
- ❖ 2-minute half time and 1 minute between quarters
- ❖ 27.5 size basketballs
- ❖ 8' x 5" basketball goal height
- ❖ When shooting free throws, shooter must start behind the free throw line, but **can jump over** the line while shooting the free throw
- ❖ 2 Time Outs per game (can be used at any time during the game)
- ❖ 10 second back court violations will be called

Defense

- ❖ Defense must remain inside the 3-point line (defensive area) until ball handler dribbles or passes across the half court line. No double teams!!!
- ❖ Teams can play man to man or zone defenses
- ❖ Foul Out – 7 fouls
- ❖ Players **can** "foul" out of a game, but referee may ask a player to sit out if the player(s) is causing several fouls prior to his/her 7th foul. Players can not re-enter the game after 7th foul.
- ❖ No pressing or double teams allowed
- ❖ **Defense can pick up ballhandler, once he/she crosses half court, only in the last minute of the game**

Offense

- ❖ Fast breaks are allowed
- ❖ Free throws will be taken on shooting fouls only! Players may enter the lane upon the shot hitting the backboard or rim.
- ❖ Overtime – 1st team to SCORE!

Substitutions

- ❖ Mandatory substitutions will be made at the beginning of each quarter. This is not a time out. Each team has 20 seconds to make substitutions
- ❖ At the end of each quarter, all players who did not play the previous quarter shall enter the game
- ❖ **ALL PLAYERS MUST PLAY EQUAL PLAYING TIME**
- ❖ NO PLAYER(S) shall sit out two consecutive quarters

Only Head Coach can approach the scorer's table. If parent approaches table, a technical foul will be assessed to the team. If Coach receives technical foul, he/she must sit remainder of the game. If coach receives two technical fouls, coach must leave property immediately or law enforcement will be called.

CITY OF MILTON WINTER RECREATION BASKETBALL LEAGUE

RULES

4th and Up

- ❖ Games will consist of 10-minute quarters (4 quarters)
- ❖ Clock stops for mandatory substitutions, and the team with the ball will maintain possession
- ❖ Games start with a Jump Ball. Possessions will alternate with every jump ball and beginning of each quarter
- ❖ Running Clock, except last 2 minutes of the game (only). Clock will stop for substitutions, injuries or official's discretion
- ❖ 2-minute half time and 1 minute between quarters
- ❖ **28.5** size basketballs for 4th/5th, 6th/7th grades/**29.5** size basketballs for 8th and up grades
- ❖ 10' basketball goal height
- ❖ When shooting free throws, shooter must start behind the free throw line, **but cannot jump over the line while shooting the free throw**
- ❖ 2 Time Outs per game (can be used at any time during the game)
- ❖ 10-seconds Back court violations will be called

Defense

- ❖ Defense must remain inside the 3-point line until ball handler dribbles or passes across the half court line. No double teams!!!
- ❖ Teams can play man to man or zone defenses
- ❖ Players can "foul" out of a game, but referee may ask a player to sit out if the player(s) is causing several fouls. Foul Out – 7 fouls
- ❖ 10 second back court violations
- ❖ **Defense may only Full Court Press the last 2 minutes of each half. If a team is up by more than 15 points, they cannot PRESS until deficit goes to 10 or less.**
- ❖ Bonus Free Throws (1 and 1) will take place on the opposing teams 7th foul of each half.
- ❖ Double Bonus (2 shots) will take place on the opposing teams 10th foul of the half. Clock continues to run except last two minutes of the game.

Offense

- ❖ Fast breaks **are** allowed
- ❖ Free throws will be taken on shooting fouls only! Players may enter the lane upon the shot hitting the backboard or rim.
- ❖ Overtime – (1-minute stop clock). 2nd Overtime - 1st team to SCORE!

Substitutions

- ❖ Mandatory substitutions will be made at the beginning of each quarter. This is not a time out.
- ❖ At the end of each quarter, all players who did not play the previous quarter shall enter the game. **ALL PLAYERS MUST PLAY EQUAL PLAYING TIME** NO PLAYER(S) shall sit out two consecutive quarters
- ❖ Only Head Coach can approach the scorer's table. If parent approaches table, a technical foul will be assessed to the team. If Coach receives technical foul, he/she must sit remainder of the game. If coach receives two technical fouls, coach must leave property immediately or law enforcement will be called.



ZERO TOLERANCE POLICY

BEHAVIOR EXPECTATIONS

Halftime Sports has agreed to set certain behavior requirements for everyone in attendance at our games. Please alert all parents, fans, coaches and athletes of these expectations:

1. Fans: Support your team!

- No derogatory remarks to opposing players, coaches or teams.
- No personal or derogatory remarks directed at Officials, no loud or continuous harassment of Officials.
- Absolutely **zero tolerance** for confronting Officials, opposing coaches, players or parents – any physical contact with the aforementioned will involve law enforcement.
- Parents are not to approach the scorers table at any time. A technical foul will be assessed to the team, and parent will be removed from the property or law enforcement will be contacted.

2. Coaches: Halftime Sports expects our adult coaches to “**set the example**” for good behavior, sportsmanship and professional courtesy.

- You may disagree with an Official’s call, do not make your comments personal, angry or derogatory, and once you have made them, drop it!
- Insist that your players and fans demonstrate good sportsmanship toward opposing coaches, players and Officials.
- Insist that all your players shake hands after the game and demonstrate grace in winning and dignity in losing.
- Do not teach, tolerate, or allow taunting of other teams, “trash talking,” or foul language at any point.
- Lead by example: compliment good plays by opposing players, shake hands with opposing coaches before and after the game, and do not get confrontational with Officials.



3. **Athletes:** Show respect toward Officials, other players and other coaches.
 - Do not engage in any form of derogatory comments, “trash talking,” foul language, or taunting, regardless of the score.
 - Do not engage in “fighting,” as this could cause your ejection for one or more games.
 - Do not leave your bench and encourage all other players to stay on the bench if any disruption occurs.
 - Shake hands with opposing coach before the game and with opposing players and coaches after the game, demonstrating grace in winning and dignity in losing.

4. **Penalties:**

- **Coaches:**

A coach ejected from one game will automatically be suspended from the next game; a second ejection will result in an automatic suspension from any Halftime Sports events, programs, league and will be reported to other ATOA, City of Milton, AAU, YBOA, US Amateur and other youth sports activities, subject to the coach’s right to an Appeal; serious misconduct could result in additional discipline.

- **Athletes:**

An ejection for “fighting” or for two technical fouls will result in an automatic suspension of an athlete from his or her next game, and possible further discipline. A second ejection for “fighting” or two technical fouls during any Halftime Sports event will result in a suspension from any Halftime Sports events, programs, leagues and will be reported to City of Milton, ATOA, US Amateur, AAU, YBOA and other youth governing activities, subject to the athlete’s right to an appeal.

- **Fans:**

Ejection from a game for misbehavior will result in your suspension from attending any other games in that League. Any physical contact with a game Officials, coaches, league director or staffer, or opposing players or parents will cause law enforcement to be brought in for possible criminal prosecution, and you may be permanently banned from attending games and other Halftime Sports/City of Milton activities.



Bench Rules: Only eligible players plus a maximum of three coaches (this includes statistician, ball boys, etc.) may be on the team's bench. Violation of this rule will result in (only) one warning. The team will then have 1 minute to clear the bench of anyone not listed on the official roster. If a team fails to comply, the violator(s) will be ejected. **Only one coach can stand during the game.**

Eligibility:

All players must be registered within the City of Milton/Halftime Sports Winter Recreation Basketball League to participate in games or practices. A player is deemed ineligible if not registered within our Halftime Sports system and/or program, thus causing a forfeit of game by that team.

