



2015 Girls Rec League Rules and Guidelines

The following are the rules and guidelines we will employ for this season's 4th/5th and 6th-8th girls rec basketball league. Please make sure you read this thoroughly.

- These rules are intended to ensure that good sportsmanship, safety and the spirit of fun are the overriding priorities.
- If you have concerns now or during the season, we ask that you call the commissioner. If it is determined that additional rules are required during the season, the commissioner has the discretion to further amend the rules.
- Mark Warfield manages the referees on behalf of Mendham Patriots. He has our full support in all cases and should expect the same from you.

General Expectations

- First and foremost, remember that the point of rec is not to win games. The point is for the kids to have fun, develop basic skills, and learn to enjoy the game.
- Parents, players and coaches are expected to act with sportsmanship in accordance with our Set A Good Example (SAGE) document and Coaches Code of Conduct. Those who do not may be asked to leave the premises or denied permission to participate in future events.
- Kids and adults are expected to pick up after themselves. Parents are responsible for monitoring their playing and non-playing children at all times. We are guests of the Mendham Borough and Mendham Township schools and expect all to treat the facilities with respect and care.
- No food or drink, other than water is allowed in any of the gyms.
- The coach of the winning team must report the score via the league website and auto-notifications.
- Any concerns should be directed to Clay Romweber as head of Girls Rec basketball (cromweber@hotmail.com)- 908-507-4810

Issues of particular concern:

- Setting a good example- for the kids and for the parents. We expect every coach to lose and win with equal grace and good humor and act like winning is less important than good sportsmanship. Don't argue with the ref, don't whine about missed or wrong calls and do not let your players or parents either. If you have a concern, wait for the end of a quarter or use one of your officials timeouts to quietly and calmly discuss your question or concern with the ref.
- Being a good host- Harding and Chester teams are expected to be treated with the utmost hospitality and sportsmanship. We expect each Mendham coach to go out of their way to make the Harding and Chester coaches, players and fans feel welcome and know that Mendham is their home court.

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OFFICIALS

- The officials are in TOTAL control of the game.
- Arguments with or any abuse of officials is strictly prohibited and will be grounds for ejection of coaches, players, parents, and other spectators. Two technical fouls on a coach in a game results in ejection from the game (and forfeiture if no other approved coach is available to continue) and may be grounds for dismissal from the League.
- Only one coach (Head Coach unless otherwise designated) may communicate with the referees and officials during play of the game and timeouts.

GENERAL

- Players should try to arrive fifteen minutes before the scheduled start of the game.
- Arguing with or abusing other coaches, players, spectators, etc., is strictly prohibited.
- Only players and coaches are permitted in the bench and team area. Only one Head Coach and one Assistant Coach are permitted to speak with their players in the game. Other assistants must remain on the bench and can only speak to other coaches and to the players on the bench. Coaches must keep their parents/fans from “coaching” [vs. cheering] as well.
- Three-point baskets count in all leagues on courts with an arc.
- Overtime: If tied, play one two-minute Overtime period if time permits. If still tied, game ends in a tie. One thirty-second timeout per team in entire OT. Substitutions only during a timeout. Clock stops on dead balls. Full-court pressing allowed [half court pick-up allowed if trailing in OT in 4/5 Girls League].
- Players may not wear jewelry of any kind during a game. Earrings that cannot be removed (e.g., recent ear piercing) may be taped over.
- Home team responsibilities:
 - Wear WHITE
 - Sit on Home side while at Mt View
 - Find a volunteer to handle the scoreboard
 - Home scorebook is the master, so must keep score, keep team fouls and individual fouls

LENGTH of GAME/CLOCK

- No game will begin before the scheduled start time.
- Length of game:
 - Games consist of four quarters.
 - Each quarter shall be nine minutes long, running time.
 - Each quarter shall be divided into two half-quarter sessions, totaling eight sessions per game.
- Running clock except for:
 - Timeouts, and half-quarter substitution stoppage
 - Injury/referee’s timeout
 - Last two minutes of second and fourth quarter, and OT, on a dead ball whistle (not a basket)
 - **Commissioner’s Rule:** For shooting fouls, the clock will be stopped until the ref hands the ball to the player for his final shot.

SUBSTITUTIONS

- Substitutions can be made only at the beginning of every quarter or the half-quarter stoppage. The refs will stop the clock at roughly the 4:30 mark for subs.
- No substitutions are permitted otherwise except for injury, sickness, or a player being assessed a technical foul or fouling out.

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PLAYING TIME REQUIREMENTS

- Everyone gets equal playing time (to the extent possible).
- Every player must play at least four full half-quarter sessions, and no player may play any more than six half-quarter sessions (unless team has only five or six players).
- **Commissioner's Rules and Guidance:**
 - 10 players- all 10 will play 4 periods (1/2 the game)
 - 9 players- 5 will play 4 periods (1/2 the game), and 4 will play 5 periods.
 - 8 players- all play 5 periods
 - 7 players- 5 will play 6 periods, 2 will play 5 periods
 - 6 players- If a team has only 6 players available for a game and the opponent has seven or more players, the team with six players will limit the number of rotations for their top players to 6 rotations. This rule balances the play of the top players as a team with 7 players will see 6 rotations for their top 5 players where the team with 6 will get 6 rotations for their top players as well.
- Exceptions to playing time rule:
 - Late-arriving players who are not ready to play until after the start of the second quarter may be played one less half-quarter session.
 - Players becoming sick or injured during the game do not need to meet the playing time rule.
 - With the prior knowledge of the opposing coach, a player who is physically unable to play the requisite number of half-quarter sessions required by the rule is exempt (e.g., an asthmatic).

MINIMUM PLAYERS NEEDED FOR A GAME

- Games can be played with four players, but opposing team can play with four or five at the coach's option.

TIME OUTS

- Two per half, sixty seconds long.
- **Commissioner's Rule:** Each head coach will have one "official's time out" which can be used in any one of the first 3 quarters of the game only (not the 4th quarter). Any and all concerns about referee calls must be dealt with during official's time out or at quarter breaks only. The both head coaches and the referee(s) will meet at the scorer's table for the discussion during an official's timeout. This timeout CANNOT be used as a regular timeout and must be used for discussion with officials. The asst. coaches for each team may gather the team during this time.

FAIR PLAY

- Fifteen-Point Rule – When a team is ahead by fifteen or more points:
 - The team ahead must dribble the ball across half-court, not fast-break passing.
 - The team ahead must play defense behind the three point arc (applies to 6th-8th girls).
 - The team ahead must exercise sound judgment and good sportsmanship in using dominant players.

FOULS

- Players foul out of games with their fifth foul.
- Teams shoot "one and one" free throws if other team has seven team fouls or more per half, and two free throws if such team has ten or more team fouls.
- If a player fouls out with their fifth foul and there are no other players available, the last player fouling out remains in the game. Any additional foul by that player is a two-shot technical foul, and the opposing team gets the ball at mid-court.

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TECHNICAL FOULS

- Technical Fouls on Players: No warning required by the referees before assessing technical fouls against players (technical fouls count as personal fouls). A player in the game receiving a technical foul must be removed from the game for the remainder of the half-quarter session.

DEFENSE/PRESS

- 4th / 5th grade Girls: No full court press. A team may not play defense in the back court. 4th/5th Grade Girls defenders must play defense inside the 3 point line. Stalling by dribbling outside the 3-point line is not permitted and will be monitored by the referees.
 - Defenses may pick up at the half court line in the last two minutes of the game if trailing.
- 6th-8th grade Girls: Half-court defense with the exception as follows: A team may full court press (man to man) only in the last two minutes of each half.
- All Leagues:
 - Players must match up and guard their player on a player-to-player basis and not on a “who has the ball” basis. A defensive player cannot defend the ball and follow the ball.
 - No double-teaming is permitted anywhere on the floor. However, an offensive player may be defended by a secondary defender only when “in the paint” to help out, but the original defender is not allowed to double team. This condition would occur in the situation where the offensive player penetrated past the primary defender into the paint and a secondary defender picks up the player in a switch or help out, but at no point should two defenders be covering a single player.