

Borough of New Milford

Recreation Department

Recreation Basketball Rules and Regulations

New Milford Recreation (Rec Dept) follows the rules as outlined at www.nfhs.org (National Federation of State High School Associations) with the following exceptions.

1. Teams

- a. The number of teams and divisions will be determined annually based on the number of players registered.
- b. To establish teams, a player draft procedure as outlined in the Recreation Department Policies and Procedures will take place in all divisions above Clinic.
- c. Whenever possible, no team shall have more than 10 players.

2. Scheduling/Alternative Scheduling

- a. The coordinator shall prepare the schedule.
 - i. No changes shall be made to the schedule without the approval of the coordinator.
 - ii. When necessary, the coordinator may reschedule games canceled due to gym closures.

3. Uniforms/Equipment

- a. Gym shorts or sweatpants and a Rec Dept issued basketball shirt shall be worn at all games.
 - i. Additional clothing layers, if necessary, must be worn under uniform.
- b. Prohibited items
 - i. No Jewelry, except for religious medals or medical alerts which must be taped to the body.
 - ii. Footwear other than sneakers, sneakers are the only permitted footwear.
- c. Basketballs
 - i. Clinic and Intermediate will use 27.5" game balls
 - ii. Junior Boys, Junior Girls and Senior Girls will use 28.5" game balls
 - iii. Senior Boys will use men's regulation ("Official Size") game balls.
- d. Uniform/Equipment violations must be corrected before a player is allowed to participate.

4. Officials

- a. Officials will be provided for all divisions.
- b. Violations and fouls will be at the referee's discretion.
- c. Officials have the discretion to temporarily institute, adapt or suspend any rule to benefit the overall program.
- d. In all Divisions officials shall be treated with the utmost respect.

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- i. Coaches/Managers are responsible for the conduct of their players, and spectators.
 - ii. Poor sportsmanship will not be tolerated
- 5. Scoring/Official Scorebook
 - a. Clinic and Intermediate Division
 - i. Clinic, no “official” score book shall be kept. However, coaches should at a minimum track quarters played.
 - ii. Intermediate Division
 - 1. The home team head coach shall be responsible to assign a responsible individual to work the scoreboard/game clock.
 - 2. The visiting team head coach shall be responsible to assign a responsible individual to maintain an official scorebook.
 - b. Junior and Senior Division
 - i. The home team shall be responsible to assign a responsible individual to maintain official scorebook at scorer’s table, and it will be reviewed by an official at the start and end of each quarter.
 - 1. Issues that arise cannot be addressed without proper record keeping
 - 2. The official score book may be reviewed at any time by coaches/managers with the consent of an official.
 - ii. Coaches may keep an unofficial scorebook
- 6. Coaches
 - a. Are responsible keeping players not in the game on the bench.
 - b. A maximum of two certified coaches are permitted courtside (on bench) during game play.
 - c. Recreation issued ID cards must be worn at all times while supervising a recreation activity.
- 7. Forfeits
 - a. Clinic Division
 - i. There are no forfeits in the Clinic Division
 - b. Intermediate, Junior and Senior Division
 - i. Team must have a minimum of 4 players to start a game.
 - 1. When only 3 players are available a 10-minute grace period will be allowed to assemble a fourth player.
 - 2. If there are only 3 players available after the 10-minute grace period, the game will be forfeited and will not be rescheduled.
 - 3. When only four players are available, the opposing team is encouraged to play only four players.
- 8. Game Play
 - a. Game time limits
 - i. Clinic Division (2 Grade) 4 – 6 min. quarters
 - ii. Intermediate Division (3/4 grade) 4 - 7 min. quarters

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- iii. Junior Division (5/6 grade) 4 - 7 min quarters.
- iv. Senior Division (7/8 grade) 4 - 8 min quarters
- v. In all divisions there will be a one-minute break between quarters and 3-minute break between halves
- b. Clock Operation
 - i. Clinic and Intermediate, running clock, only stops for injuries and timeouts.
 - ii. Juniors and Seniors, running clock except for the last 2 minutes of the 4th quarter. During the running clock, time will only stop for injuries and timeouts.
- c. Overtime:
 - i. Regular Season
 - 1. No overtime periods
 - 2. Games tied at the end of regulation will count as a tie in the standings.
 - ii. Playoffs
 - 1. There will be overtime period(s) of 4 minutes
 - a. Intermediate, running clock, only stops for injuries and timeouts.
 - b. Juniors and Seniors, running clock except for the last 2 minutes of the 4th quarter. During the running clock, time will only stop for injuries and timeouts.
 - 2. 4th quarter fast break and full court pressing rules apply
- d. Time Outs
 - i. Each team receives two timeouts per half and one per overtime period.
 - ii. Unused timeouts do not carry over between halves or overtime.
- e. Basket Height
 - i. Clinic Division shall use 8.5' baskets.
 - ii. Intermediate, Junior and Senior Divisions shall use a regulation height basket.
- f. Stalling
 - i. Teams called for stalling will get a warning.
 - ii. If called again, a team may be charged with a technical foul.
- 9. Playing Time
 - a. Players must play at a minimum two full (complete) quarters.
 - b. Coaches should make every effort that all players receive equal playing time.
 - c. If a team has 7 or more players, no one player can play more than 3 quarters.
 - d. For players playing more than 2 quarters, once checked in for a third quarter they are considered to have played the entire quarter regardless of how many minutes played.
 - e. There is no splitting time between quarters.

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- f. Players arriving after the completion of the first quarter shall be considered to have played the first quarter and must play at a minimum one additional quarter.
10. Defense
- a. Intermediate and Clinic shall only play Zone Defense (2-3).
 - i. Teams playing “man-to-man” defense will get a warning
 - ii. A technical foul may be called for multiple violations.
 - b. Intermediate Division there will be no defense outside the three-point arc.
 - i. Shots taken beyond the arc will not count.
 - 1. If missed, play will continue.
 - 2. If successful, the ball is turned over to the defense.
 - ii. A technical foul may be called for multiple attempts.
 - c. Junior and Senior Divisions may play any defense.
 - d. Back Court
 - i. No defense is allowed in the backcourt when full-court pressing is not permitted.
 - ii. Once a defensive player has gained control of the ball, the offensive team must retreat and set up their defense, allowing ample space to bring the ball beyond half court.
 - e. Full-Court Pressing
 - i. Clinic and Intermediate, no full-court press.
 - ii. Senior Division, full-court pressing is permitted during the last three (3) minutes of the game.
 - 1. Both teams may press when the difference in score is less than 10.
 - 2. A team leading by 10 or more points may not press but the losing team may.
 - iii. Junior Division, at the halfway point of the season, and after being announced by the coordinator, teams may full-court press with the same rules as Senior Division.
11. Offence
- a. Fast Breaks
 - i. Clinic and Intermediate, no fast breaks.
 - ii. Junior and Senior Divisions fast breaks are permitted.
 - 1. Both teams may fast break when the difference in score is less than 10.
 - 2. A team leading by 10 or more may not fast break but the losing team may.
 - b. Foul Shots
 - i. Clinic and Intermediate players may line up one foot in front of foul line but may not be the first person to rebound a missed shot.
 - ii. Junior Girls may go over the line on a follow-through except to gain a rebounding advantage.
 - iii. Junior Boys and ALL Senior players may not cross over the foul line, or it will a lane violation.
 - c. Three-point Shots

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- i. Clinic and Intermediate may not shoot beyond the three-point arc at any time.
 - 1. If a shot is attempted and missed, play will continue.
 - 2. If a shot is attempted and successful, no points are scored, and the ball is turned over to the defense.
 - 3. A technical foul may be called for multiple attempts
- ii. Juniors and Seniors may shoot beyond the three-point arc at any time.

12. Fouls

- a. On a player's fifth personal foul that player is considered fouled out and cannot return to the game under any circumstances
- b. When only 5 players were available at the start of the game and one player fouls out, that team must finish the game with 4 players.

13. Lane Violations

- a. Intermediate and Junior Division
 - i. If an offensive player is caught in their lane for more than 5 seconds, the ball will be turned over to the other team.
- b. Senior Division
 - i. If an offensive player is caught in their lane for more than 3 seconds, the ball will be turned over to the other teams.

14. Standings/Playoffs

- a. Winning teams must submit scores to coordinator within 2 hours of game ending.
- b. Standings for Intermediate, Junior and Senior Divisions will be kept and updated weekly on the recreation website.
 - i. Wins will count as 2 points in standings, Ties as 1 point, a loss as zero points.
- c. All teams in the Intermediate, Junior and Senior Divisions will make playoffs. Seeding will be determined by standings and division sizes.

15. Sportsmanship

- a. Ejections
 - i. Any player, coach or spectator ejected from a game will be automatically suspended for the minimum of the next scheduled game.