



Recreational Basketball and Cheer Rules

Recreational Basketball



ALL DIVISIONS

- ★ All players receive equal playing time.
- ★ Games at all grade levels and divisions will be played 5 on 5.
- ★ All players must wear provided uniform with no modifications.
- ★ No jewelry allowed (earrings must be removed).
- ★ Coaches and players from both teams will be on the same sideline.
- ★ All players will participate in postgame elements after each game.
 - Thank opponent with handshake line.
 - Thank referee with high five or knuckles.
 - Thank God with postgame prayer with opponent.
 - Thank spectators with applause.

GENERAL RULES

Armor Sports Basketball will follow the National Federation of State High School Associations (NFHS) basketball rules with the modifications listed below to fit the needs of our league. Please refer to the NFHS Basketball Rulebook for items not listed here. Rules are subject to change at the discretion of Armor Sports.

Scores/Standings/Tournaments

- ★ Scores will be kept for all grades/divisions.
- ★ Standings will not be kept for any grade/division.
- ★ Any grades/divisions participating in a tournament will be done through a “blind” draw.

Game Length

- ★ 2 x 18-minute halves; running-clock substitutions will take place every 4-5 minutes.
- ★ Clock will stop on dead-ball situations the last minute of all games.

Possession

- ★ The first team listed will start with possession (no tipoff to start the game). Possession will alternate for every jump ball that is called by the referee, including start of second half.

Defense

- ★ Teams must play man-to-man defense. No ZONE!
- ★ This means every defensive player is responsible for guarding a player on the offensive team and not for covering an area of the floor. Teams can begin playing defense at half court.
- ★ No full-court press at any time in grades 1-3.
- ★ Grades 4-6 divisions may man-to-man press the last 2 minutes of a game.
- ★ Defenders may not steal ball from the dribbler in grades 1-3.
- ★ Grades 4-6 divisions may steal the ball from the dribbler at any time.
- ★ Defenders can steal passes and block shots.

Fouls

- ★ Fouls will not be recorded.
- ★ The referee has the discretion to ask a player to sit for excessive fouling.
- ★ No intentional fouling is permitted to stop playtime.

Teams and Divisions

- ★ Divisions will be formed based on registration.
- ★ Divisions will be separated by grade level with developmentally appropriate rules. IE: size of ball, court size, hoop height, etc.

(All rules can be subject to change at any time by the Sports Director.)

Cheer Rules and Guidelines



PRACTICES

- ★ All grade levels will practice per the outlined practice schedule that will be posted on newpointe.org/sports.
- ★ All practices and games will take place at NewPointe Dover: 3950 SR 39, Dover, OH 44622
- ★ Each cheerleader is expected to attend all practices. In the event a practice must be missed, the head coach should be notified. It is important to be on time to practice.
- ★ Cheerleaders should wear appropriate clothing and shoes to practice in: athletic shoes, socks, and practice tee. Athletic cheer or dance shoes and stretchable clothing are very important.
- ★ Cheerleaders should come to practice prepared and ready to learn. Coaches, parents, and cheerleaders are expected to follow the Armor Sports Standards of Behavior during all events.
- ★ Coaches are not allowed to transport cheerleaders to and from games and practices.
- ★ After each practice, coaches will facilitate the MTAG huddle elements as outlined in the coach's handbook.
- ★ Each grade-level coach will determine the appropriate cheer curriculum.

GAMES

- ★ Cheerleaders need to be at the site 20 minutes before each assigned game (coaches will set times). This allows the squad to meet up at the designated location and warm up before going on the court. If a cheerleader is going to be absent, the coach needs to be notified before the game.
- ★ Each cheerleader should be in full uniform to cheer. Uniformity is important for the performances.
- ★ Each cheerleader should wear her hair up and off her face, so it does not bother her during the game.
- ★ Cheerleaders should be ready to cheer and pay attention to the game.
- ★ The cheerleader is expected to stand at attention with her hands behind her back, facing the court to watch the game.
- ★ Each cheerleader is expected to cheer a full game each week, including all pre-game and post-game elements.
- ★ Each grade-level coach will determine appropriate cheer curriculum for pre-game and mid-game cheering. Cheer teams will participate in all post-game elements with players.
 - Thank teams with handshake line.
 - Thank referee with high five or knuckles.
 - Thank God with postgame prayer with both teams.
 - Thank spectators with applause.

(All rules can be subject to change at any time by the Sports Director.)