



Recreational Basketball Rules

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 (NFHS) Association 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/Standings will only be kept for grade 4-6 divisions
- ★ Championship seeding will be determined by regular season records for grades 4-6

Game Length

- ★ 2 x 18-minute halves, substitutions will take place every 4-5 minutes
- ★ Clock will stop on dead-ball situations the last minute of the game for grades 4-6

Possession

- ★ The first team listed will start with possession. 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 K-3. Grades 4-6 may man-to-man press the last two minutes of a game without trapping at any time
- ★ Defenders may not steal ball from the dribbler in grades K-3. Grades 4-6 may steal the ball from the dribbler at any time
- ★ Defenders may not steal passes or block shots in grades K/1. Defenders may steal passes in 2/3 after the first pass is made. Grades 4-6 may steal passes or block shots at any time

Fouls

- ★ Fouls will not be recorded
- ★ Referee has the discretion to ask a player to sit for excessive fouling
- ★ There is no intentional fouling permitted to stop play/time

Grade K- 1 DIVISION

Hoop Height: 7.5' Ball Size: 4

Coaches are allowed to be on the court

- ★ Coaches are referees and are expected work together and manage the flow of the game
- ★ No free throws are granted on fouls; team will take the ball top of key
- ★ Coaches are also expected to regulate general flow of game
- ★ Coaches receive one 30-sec. timeout per half
- ★ Teams will not switch directions after halftime
- ★ The team listed as home is responsible for providing a parent volunteer to keep score during the game on the scoreboard

Coach kids to...

- ★ Dribble, pass, or shoot while limiting violations such as traveling and double dribbling
- ★ Take the ball out after a made basket
- ★ Get into position on defense
- ★ Play defense without fouling by moving their feet into proper position





GRADE 2-3 DIVISION

Hoop Height: 8.5' Ball Size: 5

1 referee

Coaches are allowed to be on the court near the out-of-bounds or half-court lines.

- ★ Referee is expected to call obvious foul situations or violations
- ★ No free throws are granted on fouls, team will take the ball out of bounds
- ★ Coaches and referee are expected to regulate general flow of game
- ★ Coaches receive one 30-sec. timeout per half
- ★ Teams will not switch directions after halftime
- ★ The team listed as home is responsible for providing a parent volunteer to keep score during the game on the scoreboard
- ★ Score will be kept, but will reset at half-time, no standings are kept.

Coach kids to...

- ★ Dribble, pass, or shoot while limiting violations such as traveling and double dribbling
- ★ Take the ball out after a made basket
- ★ Get into position on defense
- ★ Play defense without fouling by moving their feet into proper position

GRADE 4-6 DIVISION

Hoop Height: 10.0' Ball Size: 6

2 referees

- ★ No on-court coaching
- ★ Coaches must stay on the sideline
- ★ If a technical foul is given, the opposing team will get 2 free throw attempts and possession
- ★ 2 free throws granted on shooting fouls situations
- ★ Coaches receive one 30-sec. timeout per half
- ★ Teams will switch directions at halftime
- ★ The team listed as home is responsible for providing a parent volunteer to keep score during the game on the scoreboard
- ★ If a team is intentionally not moving the ball, trying to run out the clock, then the referee has the discretion to call a turnover





- ★ If regular/tournament season games are tied at the end of regulation, then the game will go into sudden death OT (first team to score)

Overtime

- ★ Games will go to sudden death overtime if the score is tied at the end of regulation
- ★ This includes regular season and all tournament games
- ★ Will begin with a tip off
- ★ Same rules apply as the last 2 minutes of the game/half
- ★ No timeouts will be given during sudden death

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

