



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 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 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 1-4. 5th-6th grade divisions may man-to-man press the last two minutes of a game
- ★ Defenders may not steal ball from the dribbler in grades 1-4, 5th-6th grade divisions may steal the ball from the dribbler at any time
- ★ Defenders can steal passes and block shots

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

1ST-2ND GRADE DIVISION

Hoop Height: 8.0' Ball Size: 27.5 (ALL Divisions)

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

- ★ Coaches are referees and are expected to call obvious foul situations or violations
- ★ No free throws are granted on fouls – team will take the ball out of bounds
- ★ Coaches are also expected to regulate general flow of game
- ★ Coaches receive one 30-second time out per half
- ★ Teams will not switch directions after halftime
- ★ The team listed as home is responsible for providing a parent volunteer to keep score on the scoreboard during the game

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

3RD-4TH GRADE DIVISION

Hoop Height: 9.0' Ball Size: 27.5"

1 referee

- ★ No on-court coaching
- ★ Coaches must stay on the sideline – failure to do so will result in a technical foul
- ★ 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 half time
- ★ The team listed as home is responsible for providing a parent volunteer to keep score on the scoreboard during the game
- ★ 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 season games are tied at the end of regulation, then the game will end in a tie.

Overtime

- ★ Playoff games will go to overtime if the score is tied at the end of regulation
- ★ 2-minute overtime
- ★ Will begin with a tip off
- ★ Same rules apply as the last 2 minutes of the game/half
- ★ Each team is awarded 1, 30 second timeout for the overtime period
- ★ If score is still tied, then the game will go to a 2nd overtime
- ★ 2nd overtime is an untimed sudden death (first team to score)
- ★ Make sure to sub your players before the start of a 2nd overtime
- ★ No timeouts will be given during sudden death

5TH-6TH GRADE DIVISION

Hoop Height: 10.0' Ball Size: 28.5 (All divisions)

2 referees

- ★ No on court coaching
- ★ Coaches must stay on the sideline
- ★ Failure to do so will result in a technical foul
- ★ If a technical foul is given, the opposing team will get 2 free throw attempts and possession
- ★ Coaches receive one 30 sec. timeout per half
- ★ 2 free throws granted on shooting fouls situations
- ★ Teams will switch directions at half time
- ★ 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 season games are tied at the end of regulation, the game will end in a tie

Overtime

- ★ Playoff games will go to a 2-minute overtime if the score is tied at the end of regulation
- ★ This will begin with a tipoff
- ★ Same rules apply as the last 2 minutes of the game/half
- ★ Each team is awarded one 30-second timeout for the overtime period
- ★ If the score is still tied, the game will go to a second overtime
- ★ The second overtime is an untimed sudden death (first team to score)

- ★ Make sure to substitute your players before the start of a second overtime
- ★ No timeouts will be given during sudden death

(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 Campus, 3950 SR 39, Dover, Ohio 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 is 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.
- ★ 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)