

Poulsbo and Bainbridge Island Recreation Basketball

Girls 6-8th, and Boys 6th, 7th, & 8th Grade

Winter 2025 (Revised 12/27/24) League Rules

High School Rules will be used, except where noted below. **REMEMBER, this is a recreational league and not a travel or select league!** Although competition is part of any sporting event, winning is not the reason for making this league available to our young athletes. Please encourage your parents and players to support all of the kids participating on the court. Both teams are being challenged, making achievements and proud moments possible for everyone. Teach them to cheer accomplishments of the players on both sides; there is nothing to be gained by cheering when an opposing player misses a shot or gets a foul called on him/her. **All teams will incorporate the equal playing time rule: every player gets an equal share of the time available in a game.**

Time

- 20 minute halves, running clock
 - Stop clock last 2 minutes of second half (**Not applicable if the point spread is greater than 20 points.**)
 - Stop clock during time-outs
- 5 timeouts per team; timeouts 1 minute in length.
- 3 Minute Overtime: A single OT is allowed if a regulation game ends in a tie. 2 minute break between the end of a tie game and the jump ball to start the 3 minute overtime period. 1 time out per overtime period, no carry over. Stop clock last minute of overtime period.
- 5 minute Half-time
- 10 minute pre-game warm-up or until the scheduled game time, whichever is longer.
- No 30 second clock. If the referees believe a team is stalling greater than 30 seconds, the referee will warn the offending team and allow 10 additional seconds to make contact with the rim. Failure to make contact after the 10 second warning will result in a turnover.**

Scoring

- 3-point line will be used, where available.
- Points earned on shooting fouls (see Fouls)

Equipment

- Game ball for 6th grade boys and 6th thru 8th girls will be a composite or better 28.5" basketball, supplied by either team.
- Game ball for 7th thru 8th grade boys will be a composite or better 29.5" basketball, supplied by either team.

Defense

- All defenses allowed.
- No full-court pressure by leading team when the point spread is greater than 15. (ie: 16 or more)
- Restoring full court defensive pressure option to the leading team: After having a point spread of greater than 15 points, the leading team cannot apply a full court defensive pressure until the point spread has been reduced to 10 or less. At this point, the leading team may apply a full court defensive press.**
- VIOLATION: Warning, then technical foul.

Substitutions – All players must play an equal amount of time as possible.

Fouls

- During Running Time – all foul shots taken per normal High School rules; clock continues to run.
- During Stop Time (Clock stopped): All foul shots are taken as normally awarded under High School rules. Clock starts per normal high school rules.
- Fouls are awarded and tallied by our 20 minute halves. Normal HS quarter foul limits apply to our 20 min halves.**

Foul outs: A player must be removed from the game when he commits 5 personal fouls. If this foul out results in only 4 eligible players, the player who just fouled out will be allowed to continue in the game with the following stipulation: each additional foul committed by this player result in the opposing team awarded the ball and 2 points.

Conduct

- A player or coach is ejected on the second technical foul assessed to them during the game.

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- An ejected player or coach is suspended for the remainder of that day's games and the next scheduled day's games.
 - A player or coach ejected a second time is suspended for the remainder of the season.
 - Any person ejected by the referee is ejected from the gym, school and school property for the duration of the ejection.
- The parent/person/player ejected must remove the ejected person and the player associated with the ejected person from the gym.
- The coach is responsible for the conduct of his/her players and spectators.

Personal Appearance and Safety

- NO jewelry, friendship bracelets, hard hair barrets or clips, earrings, necklaces, medallions, etc. are allowed on the court.
- ALL JEWELRY, including string bracelets, must be removed before the player may play in the game.
- VIOLATION: First team offense is a warning. Second team offense is a technical foul.
- Fingernails must be clipped and rounded.
 - Shirt tails must be tucked in.

Official Time and Score

-Each team participating in the game must provide one person to be assigned as either official score keeper or official time keeper. The referee will designate the official score book before the start of the game and this team will be considered home team. The visiting team is invited to maintain their scorebook at the official table and if this option is chosen, they will be a backup to the official book. **NO COMPLAINTS OR CRITICISM WILL BE TOLERATED FROM ANYONE NOT ON THE OFFICIAL'S TABLE.**

Set-up, take-down and clean-up

We can minimize the impact on the school facilities and the cost to use the facilities by observing the following gym rules:

-Help set-up chairs and scoring tables for the first game and please assist in putting chairs and tables away at the end of the day's final game. This provides the coach a chance to talk to the athletes as well as demonstrating to the players our family commitment to their sport.

-In every case, all players, coaches, and fans should clean-up after themselves.

-Each team should take a towel for cleaning up water-bottle spills near the bench area before the next team arrives.

-When your game is over, please collect your gear and move to a corner away from the benches for your post game discussion. It is very important for each game to start at its planned time. This will benefit all the families involved, the officials scheduled for multiple games, and facility management.

-DO NOT allow your parents, athletes, children or friends to wander through the schools. Our league is authorized to use the gym and adjacent restrooms ONLY! Misuse of these facilities could result in their loss to this league and possibly, future leagues. Parents need to supervise their children at all times.

-ABSOLUTELY NO SKATEBOARDS OR WHEELED TOYS ARE ALLOWED IN THE GYMS.

-Food is NOT allowed in any of the gyms.

-Let your players and their parents know the rules.