

**Cranford Recreation & Parks Basketball**  
**3<sup>rd</sup> & 4<sup>th</sup> Grade Boys Division Rules**

This is an instructional league. In the first half of each game, if a player commits a violation or other infraction, they are told of their mistake and the ball is given back to them. The second half is played like a regular game. There is no scoreboard.

1. No player will be allowed to play unless registered with the league.
2. There will be no trading of players between teams.
3. All players must be in full team uniform to play in games.
4. Only fouls will be enforced for the first half of the game. All violations will be enforced in the second half. In the first half, all minor offenses will be called and a short explanation will be given to the violator, but the violator will regain possession. In the second half, all violations will be enforced.
5. Officials will be appointed by the league. They are in charge of all games and their decision must be obeyed.
6. Arguing with officials will not be tolerated.
7. No profane language.
8. Play will consist of four 8 minute quarters, with one minute between quarters, and 3 minutes at halftime. However, play will be stopped halfway through each quarter to allow for substitutions. Each coach has only one minute to make these substitutions.
9. If a team has only 4 players at the time the game is supposed to start, that team will start with those 4 players. Once a fifth arrives, the coach may input the 5<sup>th</sup> player at the next whistle. The opposing team does NOT have to start the game with 4 players if this occurs. It is at the discretion of the coach.
10. The clock will only stop for substitutions halfway through each quarter.
11. Substitutions may be made only when play is stopped halfway through each quarter (4 minute mark). (Allowed only one minute).
12. **PLAYING TIME:**
  - a. **Please see the Player Rotations for Equal Playing Time worksheet attached. This form MUST be adhered to and handed in to the scorekeeper after every game. No Exceptions! If you have questions regarding the form, please contact the Recreation Department. If this form is not adhered to, the team in violation will forfeit that particular game.**
13. Two full and two 30 second time-outs will be permitted per game. No substitutions during time-outs.
14. Two foul shots will be awarded for a technical foul on a coach or player. A coach or player who receives two technical fouls is automatically disqualified and suspended for the next game.
15. Players must be given three feet when a team is taking the ball out.
16. Defense: A 2-3 zone defense ONLY is required in the 1<sup>st</sup> half of the game. Man-to-man defense is required in the 2<sup>nd</sup> half.
17. Players must drop back to the top of the key after a score and attempted shot.
18. Backcourt violations will be enforced using the opposite free throw line.
19. Free throws will be attempted from the front of the circle, in front of the free throw line.

20. The three second violation will be enforced, however the referees will use a five second count.
21. A 28.5 size basketball will be used.
22. Good sportsmanship will be encouraged. Riding, jeering, or disturbing opposing players will not be allowed. Unruly behavior or the use of profane language will not be tolerated.
23. Players should congratulate one another after the game, regardless of the outcome.
24. Players must notify their coaches if they are going to miss a game.
25. Footwear: All players will wear regulation footwear.

### **Helpful Notes**

- ❖ Any coach who needs equipment or equipment repairs should contact the Recreation & Parks Department at 908-709-7283
- ❖ Please report all injuries as soon as possible and fill out an accident report and turn it in to the Department.
- ❖ We ask that all coaches keep an eye on all equipment, and where it is at all times.
- ❖ **Philosophy of the game: To teach the fundamentals of basketball, sportsmanship, and the competitive spirit.**

### **Attention Parents**

- During games and practice sessions, all participants and spectators should remain in the gym. Do not let children go anywhere unsupervised. Only players participating in current games are allowed on the floor.
- Coaches must assign a monitor for their games and practices to supervise the hallways of the schools.
- The Department recommends that a child should never be left at an activity or program site before the person in authority arrives to accept responsibility for that participant.
- It is the obligation of the parent or guardian to be keenly aware of the programs schedule and times.
- There will be no rescheduling of games.
- In case of inclement weather, call **908-276-6767** for a recorded message about games or practices.
- No team standings will be kept by the Recreation Department.
- Only players on your team and registered with the league may practice with your team.
- No scoreboards of any type will be used for this league.
- If for any reason the referee does not show up, it is the responsibility of one coach to call the Recreation Department immediately and alert us of the situation.

**Cranford Recreation & Parks Basketball**  
**3<sup>rd</sup> & 4<sup>th</sup> Grade Girls Division Rules**

This is an instructional league. In the first half of each game, if a player commits a violation or other infraction, they are told of their mistake and the ball is given back to them. The second half is played like a regular game. There is no scoreboard.

1. No player will be allowed to play unless registered with the league.
2. There will be no trading of players between teams.
3. All players must be in full team uniform to play in games.
4. Only fouls will be enforced for the first half of the game. All violations will be enforced in the second half. In the first half, all minor offenses will be called and a short explanation will be given to the violator, but the violator will regain possession. In the second half, all violations will be enforced.
5. Officials will be appointed by the league. They are in charge of all games and their decision must be obeyed.
6. Arguing with officials will not be tolerated.
7. No profane language
8. Play will consist of four 8 minute quarters, with one minute between quarters, and 3 minutes at halftime. However, play will be stopped halfway through each quarter to allow for substitutions. Each coach has only one minute to make these substitutions.
9. If a team has only 4 players at the time the game is supposed to start, that team will start with those 4 players. Once a fifth arrives, the coach may input the 5<sup>th</sup> player at the next whistle. The opposing team does NOT have to start the game with 4 players if this occurs. It is at the discretion of the coach.
10. The clock will only stop for substitutions halfway through each quarter.
11. Substitutions may be made only when play is stopped halfway through each quarter (4 minute mark). (Allowed only one minute).
12. **PLAYING TIME:**
  - a. **Please see the Player Rotations for Equal Playing Time worksheet attached. This form MUST be adhered to and handed in to the scorekeeper after every game. No Exceptions! If you have questions regarding the form, please contact the Recreation Department. If this form is not adhered to, the team in violation will forfeit that particular game.**
13. Two full and two 30 second time-outs will be permitted per game. No substitutions during time-outs.
14. Two foul shots will be awarded for a technical foul on a coach or player. A coach or player who receives two technical fouls is automatically disqualified and suspended for the next game.
15. Players must be given three feet when a team is taking the ball out.
16. Defense: A 2-3 zone defense ONLY is required in the 1<sup>st</sup> half of the game. Man-to-man defense is required in the 2<sup>nd</sup> half.
17. Players must drop back to the top of the key after a score and attempted shot.
18. Backcourt violations will be enforced using the opposite free throw line.
19. Free throws will be attempted from the front of the circle, in front of the free throw line.

20. The three second violation will be enforced, however the referees will use a five second count.
21. A 28.5 size basketball will be used.
22. Good sportsmanship will be encouraged. Riding, jeering, or disturbing opposing players will not be allowed. Unruly behavior or the use of profane language will not be tolerated.
23. Players should congratulate one another after the game, regardless of the outcome.
24. Players must notify their coaches if they are going to miss a game.
25. Footwear: All players will wear regulation footwear.

### **Helpful Notes**

- ❖ Any coach who needs equipment or equipment repairs should contact the Recreation & Parks Department at 908-709-7283
- ❖ Please report all injuries as soon as possible and fill out an accident report and turn it in to the Department.
- ❖ We ask that all coaches keep an eye on all equipment, and where it is at all times.
- ❖ **Philosophy of the game: To teach the fundamentals of basketball, sportsmanship, and the competitive spirit.**

### **Attention Coaches & Parents**

- During games and practice sessions, all participants and spectators should remain in the gym. Do not let children go anywhere unsupervised. Only players participating in current games are allowed on the floor.
- Coaches must assign a monitor for their games and practices to supervise the hallways of the schools.
- The Department recommends that a child should never be left at an activity or program site before the person in authority arrives to accept responsibility for that participant.
- It is the obligation of the parent or guardian to be keenly aware of the programs schedule and times.
- There will be no rescheduling of games.
- In case of inclement weather, call **908-276-6767** for a recorded message about games or practices.
- No team standings will be kept by the Recreation Department.
- Only players on your team and registered with the league may practice with your team.
- No scoreboards of any type will be used for this league.
- If for any reason the referee does not show up, it is the responsibility of one coach to call the Recreation Department immediately and alert us of the situation.

**Cranford Recreation & Parks Basketball**  
**5&6 Grade Boys Division Rules**

1. No player will be allowed to play unless registered with the league.
2. There will be no trading of players between teams.
3. All players must be in full team uniform to play in games.
4. Officials will be appointed by the league. They are in charge of all games and their decision must be obeyed.
5. Arguing with officials will not be tolerated. (Technical Foul)
6. No profane language (Technical Foul)
7. Play will consist of four 8 minute quarters, with one minute between quarters, and 3 minutes at halftime.
8. Overtime periods will consist of 3 minutes. One 30 second time-out will be permitted in each overtime period. Team penalties will continue into overtime.
9. If a team has only 4 players at the time the game is supposed to start, that team will start with those 4 players. Once a fifth arrives, the coach may input the 5<sup>th</sup> player at the next whistle. The opposing team does NOT have to start the game with four players if this occurs. It is at the discretion of the coach.
10. The clock will only stop in the last 2 minutes of the half and the game, on time-outs, and for substitutions halfway through each quarter (4 minute mark).
11. Substitutions may be made only when play is stopped at the half way point of each quarter. Each coach has only one minute to make these substitutions, or a technical foul will be called.
12. **PLAYING TIME:**
  - a. **Please see the Player Rotations for Equal Playing Time worksheet attached. This form MUST be adhered to and handed in to the scorekeeper after every game. No Exceptions! If you have questions regarding the form, please contact the Recreation Department. If this form is not adhered to, the team in violation will forfeit that particular game.**
13. Two full and two 30 second time-outs will be permitted per game. No substitutions during time-outs.
14. The bonus will be established as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.
15. Players will be disqualified after 5 fouls.
16. Two foul shots will be awarded for a technical foul on a coach or player. A coach or player who receives two technical fouls is automatically disqualified and suspended for the next game.
17. Players must drop back to mid-court after a score and attempted shot, until the last two minutes of the half and last two minutes of the game, when pressing is allowed. HOWEVER, if a team decides to fast break after an attempted shot by the opposing team, the shooting team will be allowed to play defense in the backcourt.
18. Teams may NOT press if winning by 10 or more points.
19. If a team drops below 5 players as a result of disqualifications, the team can continue to play with 4 players. If a team drops below 4 players, the game will be forfeited.

20. Players must be given three feet when a team is taking the ball out.
21. Teams may play any defense they choose, man-to-man or zone.
22. Backcourt violations will be enforced using the opposite free throw line.
23. Free throws will be attempted from the free throw line.
24. The three second violation will be enforced.
25. A 28.5 size basketball will be used.
26. Good sportsmanship will be encouraged. Riding, jeering, or disturbing opposing players will not be allowed. Unruly behavior or the use of profane language will not be tolerated.
27. Players should congratulate one another after the game, regardless of the outcome.
28. Players must notify their coaches if they are going to miss a game.
29. Footwear: All players will wear regulation footwear.

### Helpful Notes

- ❖ Any coach who needs equipment or equipment repairs should contact the Recreation & Parks Department at 908-709-7283
- ❖ Please report all injuries as soon as possible and fill out an accident report and turn it in to the Department.
- ❖ We ask that all coaches keep an eye on all equipment, and where it is at all times.
- ❖ **Philosophy of the game: To teach the fundamentals of basketball, sportsmanship, and the competitive spirit.**

### Attention Coaches & Parents

- Scorekeepers/Timekeepers will be in place as Recreation & Parks employees. They are the only ones permitted at the scorers' table, and they are responsible to keep track of time, score and playing time to ensure all rules are adhered to. The scorekeepers will report the scores to the Recreation Department.
- During games and practice sessions, all participants and spectators should remain in the gym. Do not let children go anywhere unsupervised. Only players participating in current games are allowed on the floor.
- Coaches must assign a monitor for their games and practices to supervise the hallways of the schools.
- The Department recommends that a child should never be left at an activity or program site before the person in authority arrives to accept responsibility for that participant.
- It is the obligation of the parent or guardian to be keenly aware of the programs schedule and times.
- There will be no rescheduling of games.
- In case of inclement weather, call **908-276-6767** for a recorded message about games or practices.
- Team standings will be kept by the Recreation Department.
- Only players on your team and registered with the league may practice with your team.

**Cranford Recreation & Parks Basketball**  
**5&6 Grade Girls Division Rules**

1. No player will be allowed to play unless registered with the league.
2. There will be no trading of players between teams.
3. All players must be in full team uniform to play in games.
4. Officials will be appointed by the league. They are in charge of all games and their decision must be obeyed.
5. Arguing with officials will not be tolerated. (Technical Foul)
6. No profane language (Technical Foul)
7. Play will consist of four 8 minute quarters, with one minute between quarters, and 3 minutes at halftime.
8. Overtime periods will consist of 3 minutes. One 30 second time-out will be permitted in each overtime period. Team penalties will continue into overtime.
9. If a team has only 4 players at the time the game is supposed to start, that team will start with those 4 players. Once a fifth arrives, the coach may input the 5<sup>th</sup> player at the next whistle. The opposing team does NOT have to start the game with four players if this occurs. It is at the discretion of the coach.
10. The clock will only stop in the last 2 minutes of the half and the game, on time-outs, and for substitutions halfway through each quarter (4 minute mark).
11. Substitutions may be made only when play is stopped at the half way point of each quarter. Each coach has only one minute to make these substitutions, or a technical foul will be called.
12. **PLAYING TIME:**
  - a. **Please see the Player Rotations for Equal Playing Time worksheet attached. This form MUST be adhered to and handed in to the scorekeeper after every game. No Exceptions! If you have questions regarding the form, please contact the Recreation Department. If this form is not adhered to, the team in violation will forfeit that particular game.**
13. Two full and two 30 second time-outs will be permitted per game. No substitutions during time-outs.
14. The bonus will be established as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.
15. Players will be disqualified after 5 fouls.
16. Two foul shots will be awarded for a technical foul on a coach or player. A coach or player who receives two technical fouls is automatically disqualified and suspended for the next game.
17. Players must drop back to mid-court after a score and attempted shot, until the last two minutes of the half and last two minutes of the game, when pressing is allowed. HOWEVER, if a team decides to fast break after an attempted shot by the opposing team, the shooting team will be allowed to play defense in the backcourt.
18. Teams may NOT press if winning by 10 or more points.
19. If a team drops below 5 players as a result of disqualifications, the team can continue to play with 4 players. If a team drops below 4 players, the game will be forfeited.

20. Players must be given three feet when a team is taking the ball out.
21. Teams may play any defense they choose, man-to-man or zone.
22. Backcourt violations will be enforced using the opposite free throw line.
23. Free throws will be attempted from the free throw line.
24. The three second violation will be enforced.
25. A 28.5 size basketball will be used.
26. Good sportsmanship will be encouraged. Riding, jeering, or disturbing opposing players will not be allowed. Unruly behavior or the use of profane language will not be tolerated.
27. Players should congratulate one another after the game, regardless of the outcome.
28. Players must notify their coaches if they are going to miss a game.
29. Footwear: All players will wear regulation footwear.

### Helpful Notes

- ❖ Any coach who needs equipment or equipment repairs should contact the Recreation & Parks Department at 908-709-7283
- ❖ Please report all injuries as soon as possible and fill out an accident report and turn it in to the Department.
- ❖ We ask that all coaches keep an eye on all equipment, and where it is at all times.
- ❖ **Philosophy of the game: To teach the fundamentals of basketball, sportsmanship, and the competitive spirit.**

### Attention Coaches & Parents

- Scorekeepers/Timekeepers will be in place as Recreation & Parks employees. They are the only ones permitted at the scorers' table, and they are responsible to keep track of time, score and playing time to ensure all rules are adhered to. The scorekeepers will report the scores to the Recreation Department.
- During games and practice sessions, all participants and spectators should remain in the gym. Do not let children go anywhere unsupervised. Only players participating in current games are allowed on the floor.
- Coaches must assign a monitor for their games and practices to supervise the hallways of the schools.
- The Department recommends that a child should never be left at an activity or program site before the person in authority arrives to accept responsibility for that participant.
- It is the obligation of the parent or guardian to be keenly aware of the programs schedule and times.
- There will be no rescheduling of games.
- In case of inclement weather, call **908-276-6767** for a recorded message about games or practices.
- Only players on your team and registered with the league may practice with your team.

**Cranford Recreation & Parks Basketball**  
**7&8 Grade Boys Division Rules**

1. No player will be allowed to play unless registered with the league.
2. There will be no trading of players between teams.
3. All players must be in full team uniform to play in games.
4. Officials will be appointed by the league. They are in charge of all games and their decision must be obeyed.
5. Arguing with officials will not be tolerated. (Technical Foul)
6. No profane language (Technical Foul)
7. Play will consist of four 10 minute quarters, with one minute between quarters, and 3 minutes at halftime.
8. Overtime periods will consist of 4 minutes. One 30 second time-out will be permitted in each overtime period. Team penalties will continue into overtime.
9. If a team has only 4 players at the time the game is supposed to start, that team will start with those 4 players. Once a fifth arrives, the coach may input the 5<sup>th</sup> player at the next whistle. The opposing team does NOT have to start the game with 4 players if this occurs. It is at the discretion of the coach.
10. The clock will only stop in the last 2 minutes of the half and the game, and on time-outs.
11. Substitutions may be made only when play is stopped at the half way point of each quarter. Each coach has only one minute to make these substitutions, or a technical foul will be called.
12. **PLAYING TIME:**
  - a. **Please see the Player Rotations for Equal Playing Time worksheet attached. This form MUST be adhered to and handed in to the scorekeeper after every game. No Exceptions! If you have questions regarding the form, please contact the Recreation Department. If this form is not adhered to, the team in violation will forfeit that particular game.**
13. Two full and two 30 second time-outs will be permitted per game.
14. The bonus will be established as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.
15. Players will be disqualified after 5 fouls.
16. Two foul shots will be awarded for a technical foul on a coach or player. A coach or player who receives two technical fouls is automatically disqualified and suspended for the next game.
17. Pressing will be allowed throughout the game. In other words, players do not have to drop back after an attempted shot or a made basket.
18. Teams may NOT press if winning by 10 or more points.
19. If a team drops below 5 players as a result of disqualifications, the team can continue to play with 4 players. If a team drops below 4 players, the game will be forfeited.
20. A regulation size basketball will be used.

21. Good sportsmanship will be encouraged. Riding, jeering, or disturbing opposing players will not be allowed. Unruly behavior or the use of profane language will not be tolerated.
22. Players should congratulate one another after the game, regardless of the outcome.
23. Players must notify their coaches if they are going to miss a game.
24. Footwear: All players will wear regulation footwear.

### **Helpful Notes**

- ❖ Any coach who needs equipment or equipment repairs should contact the Recreation & Parks Department at 908-709-7283
- ❖ Please report all injuries as soon as possible and fill out an accident report and turn it in to the Department.
- ❖ We ask that all coaches keep an eye on all equipment, and where it is at all times.
- ❖ **Philosophy of the game: To teach the fundamentals of basketball, sportsmanship, and the competitive spirit.**

### **Attention Coaches & Parents**

- Scorekeepers/Timekeepers will be in place as Recreation & Parks employees. They are the only ones permitted at the scorers' table, and they are responsible to keep track of time, score and playing time to ensure all rules are adhered to. The scorekeepers will report the scores to the Recreation Department.
- During games and practice sessions, all participants and spectators should remain in the gym. Do not let children go anywhere unsupervised. Only players participating in current games are allowed on the floor.
- Coaches must assign a monitor for their games and practices to supervise the hallways of the schools.
- The Department recommends that a child should never be left at an activity or program site before the person in authority arrives to accept responsibility for that participant.
- It is the obligation of the parent or guardian to be keenly aware of the programs schedule and times.
- There will be no rescheduling of games.
- In case of inclement weather, call **908-276-6767** for a recorded message about games or practices.
- Only players on your team and registered with the league may practice with your team.

**Cranford Recreation & Parks Basketball**  
**7&8 Grade Girls Division Rules**

1. No player will be allowed to play unless registered with the league.
2. There will be no trading of players between teams.
3. All players must be in full team uniform to play in games.
4. Officials will be appointed by the league. They are in charge of all games and their decision must be obeyed.
5. Arguing with officials will not be tolerated. (Technical Foul)
6. No profane language (Technical Foul)
7. Play will consist of four 10 minute quarters, with one minute between quarters, and 3 minutes at halftime.
8. Overtime periods will consist of 4 minutes. One 30 second time-out will be permitted in each overtime period. Team penalties will continue into overtime.
9. If a team has only 4 players at the time the game is supposed to start, that team will start with those 4 players. Once a fifth arrives, the coach may input the 5<sup>th</sup> player at the next whistle. The opposing team does NOT have to start the game with 4 players if this occurs. It is at the discretion of the coach.
10. The clock will only stop in the last 2 minutes of the half and the game, and on time-outs.
11. Substitutions may be made only when play is stopped at the half way point of each quarter. Each coach has only one minute to make these substitutions, or a technical foul will be called.
12. **PLAYING TIME:**
  - a. **Please see the Player Rotations for Equal Playing Time worksheet attached. This form MUST be adhered to and handed in to the scorekeeper after every game. No Exceptions! If you have questions regarding the form, please contact the Recreation Department. If this form is not adhered to, the team in violation will forfeit that particular game.**
13. Two full and two 30 second time-outs will be permitted per game.
14. The bonus will be established as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.
15. Players will be disqualified after 5 fouls.
16. Two foul shots will be awarded for a technical foul on a coach or player. A coach or player who receives two technical fouls is automatically disqualified and suspended for the next game.
17. Pressing will be allowed throughout the game. In other words, players do not have to drop back after an attempted shot or a made basket.
18. Teams may NOT press if winning by 10 or more points.
19. If a team drops below 5 players as a result of disqualifications, the team can continue to play with 4 players. If a team drops below 4 players, the game will be forfeited.
20. A 28.5 size basketball will be used.

21. Good sportsmanship will be encouraged. Riding, jeering, or disturbing opposing players will not be allowed. Unruly behavior or the use of profane language will not be tolerated.
22. Players should congratulate one another after the game, regardless of the outcome.
23. Players must notify their coaches if they are going to miss a game.
24. Footwear: All players will wear regulation footwear.

### **Helpful Notes**

- ❖ Any coach who needs equipment or equipment repairs should contact the Recreation & Parks Department at 908-709-7283
- ❖ Please report all injuries as soon as possible and fill out an accident report and turn it in to the Department.
- ❖ We ask that all coaches keep an eye on all equipment, and where it is at all times.
- ❖ **Philosophy of the game: To teach the fundamentals of basketball, sportsmanship, and the competitive spirit.**

### **Attention Coaches & Parents**

- Scorekeepers/Timekeepers will be in place as Recreation & Parks employees. They are the only ones permitted at the scorers' table, and they are responsible to keep track of time, score and playing time to ensure all rules are adhered to. The scorekeepers will report the scores to the Recreation Department.
- During games and practice sessions, all participants and spectators should remain in the gym. Do not let children go anywhere unsupervised. Only players participating in current games are allowed on the floor.
- Coaches must assign a monitor for their games and practices to supervise the hallways of the schools.
- The Department recommends that a child should never be left at an activity or program site before the person in authority arrives to accept responsibility for that participant.
- It is the obligation of the parent or guardian to be keenly aware of the programs schedule and times.
- There will be no rescheduling of games.
- In case of inclement weather, call **908-276-6767** for a recorded message about games or practices.
- Only players on your team and registered with the league may practice with your team.

**Cranford Recreation & Parks Basketball**  
**High School Division Rules**

1. No player will be allowed to play unless registered with the league.
2. There will be no trading of players between teams.
3. All players must be in full team uniform to play in games.
4. Officials will be appointed by the league. They are in charge of all games and their decision must be obeyed.
5. Arguing with officials will not be tolerated. (Technical Foul)
6. No profane language (Technical Foul)
7. Play will consist of four 10-minute quarters, with one minute between quarters, and 3 minutes at halftime.
8. Overtime periods will consist of 4 minutes. One 30 second time-out will be permitted in each overtime period. Team penalties will continue into overtime.
9. If a team has only 4 players at the time the game is supposed to start, that team will start with those 4 players. Once a fifth arrives, the coach may input the 5<sup>th</sup> player at the next whistle. The opposing team does NOT have to start the game with 4 players if this occurs. It is at the discretion of the coach.
10. The clock will only stop in the last 2 minutes of the half and the game, and on time-outs.
11. Substitutions may be made only when play is stopped at the half way point of each quarter. Each coach has only one minute to make these substitutions, or a technical foul will be called.
12. **PLAYING TIME:**
  - a. **Please see the Player Rotations for Equal Playing Time worksheet attached. This form MUST be adhered to and handed in to the scorekeeper after every game. No Exceptions! If you have questions regarding the form, please contact the Recreation Department. If this form is not adhered to, the team in violation will forfeit that particular game.**
13. Two full and two 30 second time-outs will be permitted per game.
14. The bonus will be established as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.
15. Players will be disqualified after 5 fouls.
16. Two foul shots will be awarded for a technical foul on a coach or player. A coach or player who receives two technical fouls is automatically disqualified and suspended for the next game.
17. Pressing will be allowed throughout the game. In other words, players do not have to drop back after an attempted shot or a made basket.
18. Teams may NOT press if winning by 10 or more points.
19. If a team drops below 5 players as a result of disqualifications, the team can continue to play with 4 players. If a team drops below 4 players, the game will be forfeited.
20. A regulation size basketball will be used.

21. Good sportsmanship will be encouraged. Riding, jeering, or disturbing opposing players will not be allowed. Unruly behavior or the use of profane language will not be tolerated.
22. Players should congratulate one another after the game, regardless of the outcome.
23. Players must notify their coaches if they are going to miss a game.
24. Footwear: All players will wear regulation footwear.

### **Helpful Notes**

- ❖ Any coach who needs equipment or equipment repairs should contact the Recreation & Parks Department at 908-709-7283
- ❖ Please report all injuries as soon as possible and fill out an accident report and turn it in to the Department.
- ❖ We ask that all coaches keep an eye on all equipment, and where it is at all times.
- ❖ **Philosophy of the game: To teach the fundamentals of basketball, sportsmanship, and the competitive spirit.**

### **Attention Coaches & Parents**

- Scorekeepers/Timekeepers will be in place as Recreation & Parks employees. They are the only ones permitted at the scorers' table, and they are responsible to keep track of time, score and playing time to ensure all rules are adhered to. The scorekeepers will report the scores to the Recreation Department.
- During games and practice sessions, all participants and spectators should remain in the gym. Do not let children go anywhere unsupervised. Only players participating in current games are allowed on the floor.
- Coaches must assign a monitor for their games and practices to supervise the hallways of the schools.
- The Department recommends that a child should never be left at an activity or program site before the person in authority arrives to accept responsibility for that participant.
- It is the obligation of the parent or guardian to be keenly aware of the programs schedule and times.
- There will be no rescheduling of games.
- In case of inclement weather, call **908-276-6767** for a recorded message about games or practices.
- Only players on your team and registered with the league may practice with your team.

# Player Rotations for Equal Playing Time

## 9-Player Roster

PLAYER NAME		Q1		Q2		Q3		Q4		Total
		1	2	1	2	1	2	1	2	
	Player 1	x	x		x		x		x	5
	Player 2	x		x	x		x		x	5
	Player 3	x		x		x	x		x	5
	Player 4	x		x		x		x	x	5
	Player 5	x		x		x		x		4
	Player 6		x	x		x		x		4
	Player 7		x		x	x		x		4
	Player 8		x		x		x	x		4
	Player 9		x		x		x		x	4
		5	5	5	5	5	5	5	5	

←== Number times player is substituted in per game @ 4 or 5 mins per substitution

←===== Number of players in each 4 or 5 min segment

## 8-Player Roster

PLAYER NAME		Q1		Q2		Q3		Q4		Total
		1	2	1	2	1	2	1	2	
	Player 1	x	x		x		x	x		5
	Player 2	x	x		x		x	x		5
	Player 3	x			x		x	x	x	5
	Player 4	x		x		x		x	x	5
	Player 5	x		x		x	x	x		5
	Player 6		x	x	x	x			x	5
	Player 7		x	x	x	x			x	5
	Player 8		x	x		x	x		x	5
		5	5	5	5	5	5	5	5	

←== Number times player is substituted in per game @ 4 or 5 mins per substitution

←===== Number of players in each 4 or 5 min segment

# Player Rotations for Equal Playing Time

## 7-Player Roster

PLAYER NAME		Q1		Q2		Q3		Q4		Total
		1	2	1	2	1	2	1	2	
	Player 1	x	x		x		x	x	x	6
	Player 2	x	x		x		x	x		5
	Player 3	x		x	x	x	x		x	6
	Player 4	x		x		x	x		x	5
	Player 5	x	x	x		x	x	x		6
	Player 6		x	x	x	x		x	x	6
	Player 7		x	x	x	x		x	x	6
		5	5	5	5	5	5	5	5	

Number times player is substituted in per game @ 4 or 5 mins per substitution

Number of players in each 4 or 5 min segment

## 6-Player Roster

PLAYER NAME		Q1		Q2		Q3		Q4		Total
		1	2	1	2	1	2	1	2	
	Player 1	x	x	x	x	x	x		x	7
	Player 2	x	x	x	x		x	x	x	7
	Player 3	x	x		x	x	x	x	x	7
	Player 4	x		x	x	x	x	x	x	7
	Player 5	x	x	x		x	x	x		6
	Player 6		x	x	x	x		x	x	6
		5	5	5	5	5	5	5	5	

Number times player is substituted in per game @ 4 or 5 mins per substitution

Number of players in each 4 or 5 min segment