

Boys REC Basketball Rules (3rd & 4th Grade)

- Two 20 Minute Halves (Running Time), clock only stops for substitutions, timeouts, or injuries. Each team gets 1 timeout per half.
- Automatic Rotations Every 5 Minutes:
REFS stop the game, allow for the next 5 players to come in, then resume the Game with an inbounds pass.
- Mandatory Even Playing Time.
If a team has 10 players, each player plays 4 rotations (eg. half the game) this must be strictly enforced as, every year, we have coaches who play their best players more than others. It's sad, but true. The result is the kid who doesn't play travel ball sitting on the bench for three quarters of the game.
- There Are No Mid-Rotation Substitutions Permitted Aside From Injury Or Sickness.
- There Are NO FAST BREAKS!
Otherwise, it turns into a track meet for the players who are travel players, running up and down the floor on fast breaks. The REC Program has always been designed to cater to the non-travel player since this is their only forum for playing. The travel kids have their travel teams to play at a higher level.
- NO Defense permitted in the backcourt.
Essentially, players are free to bring the ball up to the top of the key before they see any defenders. IT MUST BE A ZONE DEFENSE! Please do not play man to man defense. The defense MUST stay in a strict zone defense and not come out of that zone, that way it enables to let the offense move the ball freely. There are NO 3 pointers! We are trying to teach the boys the basic fundamentals about basketball, which is ball movement and understanding the basic concept of the zone defense.
- Players Can Not Foul Out During The Game.
If a player is fouled in the act of shooting he will be awarded 2 free throws. the referee will help the boys lineup for free throws. If a player is fouled while NOT in the act the ball will be taken out on the side.
- Referees:
There will be 1 floor ref and 1 clock operator per game. The ref in addition to being the referee and controlling the game, they will also be like an extra coach on the floor. Educating the boys on anything they may see that needs to be addressed (eg. player inbounding the ball, free throws,,etc..) PLEASE DO NOT GIVE THE REFEREES A HARD TIME!
This is meant to be a fun, learning experience and many of these referees are high school kids just starting and trying to do something worthwhile. They are kids just trying to do their best, they will miss calls.