

CENTRALIA RECREATION COMPLEX

1st & 2nd BASKETBALL RULES

PLAYING RULES:

- Sec. 1 A game will consist of four (4) quarters. Each quarter will eight (7) minutes in length.
- Sec. 2 There will only be a jump ball to begin the game. After that, the ball will be awarded to each team on an alternating possession. Possession will be kept at the scorer's table.
- Sec. 3 **The clock will be a running clock. It will stop only for time-outs, injury, or any other special circumstance. Exception: The clock will stop as per regulation basketball rules during the last minute of the second & fourth quarters.**
- Sec. 4 **No full court pressing will be allowed at any time during the game. In addition, a team will not be allowed to play defense beyond the 3-point arc.**
- Sec. 5 **There is no 5 sec violation rule, however, this will be called if the player is not attempting to move the ball inside the 3 point arc.**
- Sec. 6 When the defensive team gets a rebound, players from the offensive team must retreat down the court and leave the player rebounding the ball alone. The player rebounding the ball or anyone he/she passes to in the backcourt or beyond the 3-point line of the defense cannot be pressured. Fast breaks are allowed!
- Sec. 7 Participants in the 1st & 2nd league will not shoot free throws. If a player is fouled, his or her team will be awarded the ball out of bounds to be in bounded at the location nearest the foul.
- Sec. 8 Fouls will not be recorded. Score (team or individual) will be kept.
- Sec. 9 Each team may use five (5) players on the court at one time. A team must have 4 players to start and finish a game.
- Sec. 10 Exceptions to Normal Rules:
1. Traveling and double dribble will be called, although, officials will use the spirit of the rule as much as possible, as long as the player is making an attempt to dribble. Players will be reminded and encouraged to dribble.
 2. The baskets for this league will be lowered to 8 ft.
 3. 27.5" basketballs will be used.
 4. **Two coaches** from each team will be allowed on the floor to instruct the players.
 5. If players don't attend coach's practices, they should not expect to play in the games. Playing time will be at the discretion of the coach.

SPORTSMANSHIP:

- Sec. 1 The use of foul or profane language by coaches, players, or fans will not be tolerated.
- Sec. 2 Any fan whose conduct is dishonorable or unsportsmanlike may be removed from the gym and/or the spectator area. The fan may also be suspended from the Centralia Recreation Complex. (KEEP IN MIND, THIS IS A RECREATIONAL LEAGUE!!)

EQUIPMENT:

- Sec. 1 The Centralia Recreation Complex will furnish the ball and timekeeper for each game.
- Sec. 2 Each team must wear a shirt of the same color. The Centralia Recreation Complex will provide each team with shirts.
- Sec. 3 All participants must wear gym shoes or shoes with non-marking soles.
- Sec. 4 No jewelry will be allowed to be worn by any player.