

2023-2024 Burlingame and Hillsborough Recreation Elementary Basketball Rules

NO FOOD, DRINKS, OR GUM WILL BE ALLOWED IN EITHER GAME FACILITIES. Please let families know of this rule. It makes it uncomfortable for our staff to have to correct your parents. There will be no shooting allowed on the court between periods of the game from spectators or teams waiting. Only uniformed players and coaches will be allowed on the court during warm-ups.

Gym Set-Up

1. All games will be played at Crocker Middle School (5th grade) or Burlingame Intermediate School (4th grade).
2. Referees—You can expect one or two referees per game with varying degrees of experience. A more seasoned referee will be able to do the 5th grade games unassisted. 4th grade games may only have one referee.
 - a. All of our referees have gone through a league specific training program relating to basketball rules. These are uniform across our sites.
3. Clock/Scorekeeper—For both 4th and 5th grade games, you can expect a scorekeeper (even though we don't keep score on the scoreboard for 4th grade games). They will keep track of fouls, scoring, timeouts, and time management.
4. Rules—A copy of the rules should be made available at the scoretable for all games.
5. Teams always warm up opposite their bench.

Playing Time Rule

1. All players must play one complete quarter, beginning to end, before a coach can freely substitute.
 - a. Exceptions: A player may be subbed out for injury or acquiring 3 fouls in their quarter of play.
 - i. Player substituting for injured/3 foul player doesn't have that time count against them. He/She must still play one complete (beginning to end) quarter.
2. All players must play 12 minutes per game minimum. This is for coaches' awareness as our scorekeepers will not audit each player's playing time. Please be thoughtful about this rule when making lineups and substitutions.
3. Coaches should make officials/scorekeepers/opposing coaches aware of any player with an existing medical condition that would prevent a player from playing at least 12 minutes or one full quarter.

Length of Game

1. Start of Game: There are no forfeits in our league. Teams can play with fewer than 5 players. A team may borrow players from the other team to get to 5 players.
 - a. To avoid these types of situations, please alert Athletic Directors ahead of time so we can schedule games minimizing team conflicts.
2. All teams will be given at least 5 Full Minutes to warm up before game time (typically on the hour).
3. 8-minute running quarters.
 - a. Clock stops in the last minute of each half (and overtime), unless the score is greater than 10 points, at which case, clock will continue to run.
4. All games will have a 3-minute halftime.
5. Overtime Rule: **5th Grade Only**

- a. Overtime will be one of the following—first team to score 1 point or 3 minutes, whichever comes first. If after 3 minutes, no team has scored, the game is over and a Tie is the result.
 - i. Each team will receive an additional time-out in the overtime
 - ii. Time-outs not used during the game will be carried over to overtime.
 - iii. Team fouls continue over from the second half into overtime.

Game Play–All

1. All teams can play zone or person-to-person defense.
2. 3 time-outs per game per team.
3. Shooting bonus of 2 foul shots will be awarded on the 10th team foul of the half (this resets after halftime). We do not award foul shots on the 7th team foul as in high school (no 1-and-1s).
 - a. All free throws can be rebounded on the release of the shot.
4. Alternating jump ball will be used for all games.
5. Only two coaches are allowed on the bench. Team scorekeepers (you shouldn't need one) are not allowed in the bench area, unless they are one of the two coaches.
 - a. Only one coach is allowed to stand and instruct the team and communicate with officials.
 - b. The other coach should be there to handle the bench.
6. **Spirit of the League Rule:** If a team defeats an opponent with no regard for the opposing team.
 - a. The intent of this rule is to make sure our coaches are upholding the philosophy of our program while working with our kids.
7. Fouling Out: When a player fouls out (5 personal fouls), the following will place:
 - a. Clock will stop for 15 seconds while the coach puts in a new player.
 - b. Both teams will stay on the floor, teams may not huddle near the benches.
 - c. If a coach does not have a substitute (meaning they only have 5 players), they can keep the fouled out player in the game, but every time he is called for a foul, it results in a team foul and a technical foul.

Game Play–4th Grade Specific Rules

1. **NO OFFICIAL SCORE WILL BE KEPT IN 4TH GRADE GAMES**
 - a. Scorekeeper may keep score to ensure competitive balance within our league for the ensuing 5th grade season.
2. A junior size (27.5) ball will be used for 4th grade girls, and an intermediate size (28.5) ball will be used for 4th grade boys.
3. 4th Grade Boys and Girls Defense: All defenses must set up and STAY behind the 3-point line. All parts of the body should remain behind the 3-point line, although a hand that crosses the barrier on a steal attempt or contesting a 3-point shot will be at referee's discretion.
 - a. This infraction is not a foul; ball would be returned to the offensive team.
 - b. Blatant disregard for this rule will result in an official warning, followed by a bench technical foul.
 - c. Please note that this rule is designed to allow for all players to experience bringing the ball up the court and initiating the offense without pressure.
 - d. Intentionally stalling or playing keep away outside of the 3-point will result in a turnover and possession to the defense.
4. Free Throws: Players may shoot free throws from the 13-ft line instead of the traditional 15-ft line.

Game Play–5th Grade Specific Rules

1. An intermediate size (28.5) ball will be used for all 5th graders.
2. 5th Grade Boys and Girls Defense: All defenses must set up behind the 3-point line. Once the ball crosses half court, teams may advance over the extended 3-point line.
 - a. If a team has a 10-point lead, they must set up and stay behind the 3-point line (4th grade rule).
3. Free Throws:
 - a. 5th grade girls can shoot from the 13-ft line instead of the traditional 15-ft line.
 - b. 5th grade boys must shoot from the traditional 15-ft line.
4. There is **NO FULL COURT PRESS** allowed in this league.