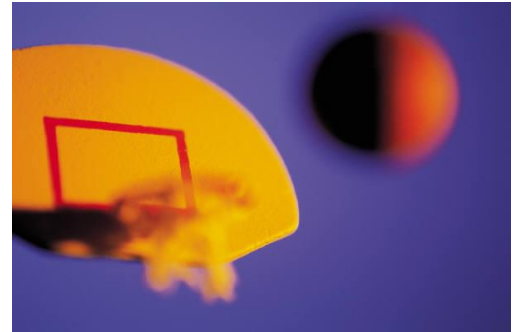


WINDSOR BASKETBALL

A list of league rules of the game

2023 Youth Recreational In-Town League

The primary goal of the Windsor Recreation Youth Basketball Program is to help each participant experience success as they develop their skills and abilities. An emphasis is placed, not only on the basic skills of basketball, but also upon the development of important character qualities such as sportsmanship, teamwork, honesty, courtesy, leadership, and self-discipline. Our philosophy of success is based upon the premise that a winner is someone who gives his or her best effort whether it is in practice or in games.



General Information

- All players have a right to play every game and an equal amount of time if they have attended regular practices.
- If at any time a child is seriously injured and needs medical attention during the game, please make sure the Gym Supervisor is immediately contacted.
- The Windsor Youth Recreational League follows the current year of the National Federation State High School Association (NFHS) Basketball Rules with some exceptions and modifications.
- Grades 2nd – 8th, games will be played at either the Severance Middle School, Rangeview Elementary, Grandview, Windsor Middle School, Skyview, Mtn. View, or (CRC) Community Recreation Center. (2nd grade on 9-foot rims, 3rd-8th grade on 10-foot rims.)
- Grades K – 1st games and practices will be at CRC Community Recreation Center and played on 8-foot rims.
- Ball Size:

Grades	K-3 rd	youth size
Grades	4 th & 5 th	28.5"
Grades	6 th – 8 th	Boys - 30", Girls – 28.5"

Windsor Recreational Rules

1. **Rosters:** Coaches must turn in starting line-ups and substitutions at least five minutes before the game time. Do not pick up players. They must be assigned through the recreation department.
2. **Start of Game:** 2nd – 8th grade will start game with a jump ball. **K-1st will start game with a throw-in from side.**
3. **Quarters:** Grades K-5th will play 8-minute quarters. Grades 6th-8th will play 10-minute quarters. There will be two minutes between quarters and five-minute halftime. K-3rd grade, clock will stop at 4 minutes and the horn will sound at a dead ball or transition for substitutions.
4. **Clock:** There will be a running clock. The clock will stop for time outs, free throws, and player injuries. For grades 4th – 8th grade, during the last two minutes of the game, the clock will stop on all dead balls if the point difference at the two-minute mark is 10 points or less.

5. **Scoring:** The scoreboard will be used to keep score for 2nd-8th grade. **No score will be kept, and scoreboard will only be used for clock and horn for K-1st Grade.**
6. **Overtime:** 4th -8th grade - If the score is tied at the end of regulation time, **sudden victory will take effect with the winner being the first to score a basket. The overtime period will consist of a five-minute running clock. Fourth quarter rules apply.** Overtime play will be started with a jump ball regardless of previous possession. Fouls and bonus free throws are carried over to the overtime period. Each team will get one time out during overtime. Time outs from the second half do not carry over. **Exception: K-3rd grade will end in a tie game at the end of regulation game time.**
7. **Time-outs:** Each team will be allowed one time out in the first half and two timeouts for the second half. Time outs cannot be carried over from the first half. Any player on the court may call a time out. Coaches also may call for a time out.
8. **Full court press:** A full court press is not allowed. The defense must drop back to volleyball line after change of possession. The volleyball court line is used as a transition line. During transition defense (made basket, defensive rebound, in-bounds), the defense must drop back past the volleyball court line. This only occurs during transition defense. **The offense has five seconds to establish itself on its side of the court. After five seconds, the defensive team can legally cross the transition line. EXCEPTION:** 4th – 8th grade, teams may use a full court press **ONLY** if the clock is stop clock during the last two minutes of the game. (See rule #4).
9. **Zone Defense:** K-5th grade must play man-to-man defense only, 6th-8th grade can play either man-to-man or zone. Switching players is allowed. Double-teaming is only allowed inside the “paint” of the key. The officials will determine whether double-teaming is in the key or not. **Grades 2nd-5th the first infraction is a warning; next infraction is a team foul. EXCEPTION:** Grades 6th-8th, double teaming is allowed.
10. **Defense:** K-2nd Grade – No stealing on the dribble or when offense player is holding or attempting to pass or shot the ball.
11. **Three Pointers: K-5th Grade** - baskets made from beyond the three-point line will be only counted as two points. **Exception:** For 4th & 5th grade, in the last two minutes of the game, baskets made from beyond the three-point line will count as three points. **6th-8th Grade** – there will be three pointers.
12. **Lane Violation:** Grades K-1st no lane violation will be enforced. Grades 2nd – 8th, lane violations are 5 seconds instead of 3 seconds.
13. **Bonus:** Each team will be allowed six team fouls per half. The one-&-one bonus will be in effect from the seventh foul, except when the foul occurs during shooting and player gets two free throws.
14. **Technical Foul – Players:** Technical fouls will be called and administered. In addition, any player receiving a technical foul must sit out the next two minutes of the game immediately after the technical is called. Any player ejected from a game will not be able to play in the next scheduled game. **The non-offending team will be rewarded two points and the ball on the side.**
15. **Technical Foul – Coaches:** If a coach receives two technical fouls during a game, the coach will be ejected and suspended from the next game. Three technical fouls in a season will result in automatic ejection from the program. Note: The gym supervisor also has the right to remove a coach for unruly behavior. Technical fouls by coaches also result in awarding the non-offending team two points and the ball.

16. **Substitutions:** Substitutes must report their name and number to the scorekeeper before entering the game. Substitutes can enter the game during a dead ball situation. K-1st & 2nd – 3rd grade substitutions are encouraged to be made at the four-minute mark of each quarter and the start of each quarter.
17. **No Forfeits:** The gym supervisor will handle any situations involving insufficient players. Games may be modified to accommodate the number of players present.
18. **Making the call:** Officials are responsible, after making a call, to explain the infraction to the child if he or she does not understand the call.
19. **Protest:** No protests will be allowed. The gym supervisor, the recreation coordinator or the recreation supervisor in charge of the program will handle any questions or disputes.
20. **Required Playing Time:** Any player that has attended regular practices **MUST** play at least half of the game. Every player must start at least half of the games. The gym supervisor, recreation coordinator or the recreation supervisor will handle any questions or disputes on this matter. A coach shall notify the gym supervisor when a player is not going to play half the game and the reason why.
21. **Required Attire:** All players must wear the required numbered jerseys provided by the Windsor Recreation Department. Gym shorts, sweats pants, or warm-up pants are recommended. No players will be allowed on the gym floor without tennis or basketball shoes of some type. The gym supervisor will make any decision on proper attire and his/her decision will be final.
22. **All Other Rules:** The current National High School Federation (NFHS) rulebook will apply to all other situations not listed above.
23. **Spectators:** A parent or fan that is loud, obnoxious, or disrupts the game will be asked to leave the gym.
24. **Coaches Being Seated:** During play, a coach can get out of their chair to give instructions, to give encouragement, to talk to a non-playing player, or to cheer a good play. If a coach gets out of his/her chair to question an official's judgement or to point out a rule to an official, a technical foul can be called non-offending team will receive two points. A coach will be required to sit down at other times.
25. **Free Throws:** Grades K–4th, free throws will be shot from 10 feet away. Grades 5th – 8th, free throws will be shot from the regulation 15-foot free throw line. **All players during free throws cannot cross the foul line until the ball has been released. The free throw taker has to wait until ball hits the rim before they can cross the line.**

Coaches' Reminder – Please let the parents and players know that everyone in the building for **practices and games** should be in the gym only. **Kids are not to be running around the other areas of the building!** Discourage players from bringing their brothers and sisters to practice. Please start and end your team's practices on schedule.