

RECREATION DEPARTMENT

Fond du Lac School District
85 Morningside Drive
Office: 929-2885
www.fdlrecdept.com



2022 - 2023 4/5 GRADE BASKETBALL LEAGUE RULES & PROCEDURES

The purpose of the league will be:

1. To provide competition and fun in a recreational setting for all participants
2. To promote team-play through teaching, training, and sportsmanship, which are accomplished through the leadership of coaches, parents, and schools.
3. To provide a program which exposes boys and girls to basketball fundamentals & skills, while gaining a positive experience.
4. Participation Policy – Every player should get equal playing time. When there are ten (10) or fewer players, all players will play in each of the **TWO** halves. Coaches have the option to decide which players enter in the game and when.

LEAGUE FORMAT

- Each league will be limited to a maximum of three (3) games played each evening on each court. The first game shall begin at 5:30 p.m. To assure close adherence to the time schedule, coaches and team members should arrive for games 10 minutes prior to their scheduled game time.
- Only players listed on the submitted official roster are eligible to participate for that team. Participants can be added during the season. The Athletic Coordinator must notify the Recreation Department of the addition prior to the night the child plans to play. Students may only play on one team.
- A straight schedule will be played. There will be no make-up games.
- There will be separate leagues for boys and girls in each grade.
- Team scores will be kept, but standings or individual scores are not.
- The free throw line will be moved up twelve (12) inches.

EQUIPMENT/UNIFORMS

- The Fond du Lac Rec. Dept. will supply all game balls. The Rec. Dept. is not responsible for any stolen or lost basketballs brought by coaches or players.
- The following sizes will be used in the program: *Regulation Women's (28.5)*
- Teams will have the opportunity to order team t-shirts; but it is not required. Jerseys will be provided if teams playing each other have the same color t-shirts.

START OF THE GAME

- Teams will not be allowed to play without five (5) players. If an insufficient number of players are present, all players should be divided up and teams should scrimmage.
- If an injury occurs during the game, the team may continue with less than five (5) players.
- Teams will get a warm-up time of 5 minutes prior to the start of the game.
- Teams will be prepared to start games at the designated time. Once the buzzer sounds the players must be on the floor and ready to play.
- A jump ball will start the game, alternating possessions thereafter. The team, who did not win the tip-off, will receive the ball to begin the second half, alternating possessions thereafter.

GAME FORMAT

- There will be two 16-minute halves with a continuous clock; however, the clock will stop for time-outs and when officials request the timekeeper to stop the clock (e.g., injury or retrieving of the basketball).
- Halftime will be two (2) minutes.
- The last two (2) minutes OF THE GAME, the clock will stop on every whistle, unless a team has a 10-point or more lead. The clock will not start until the ball reaches half-court.
- Two (2) one-minute timeouts per half shall be permitted each team. Timeouts will not be carried over.
- Substitutions may be made on any dead ball.
- Clocks do not stop on substitutions.
- Five (5) second lane violation will be enforced.
- Teams will have ten (10) seconds to cross mid-court.
- Over and back will be called. Players will also be called for stepping over the end line or sideline when bringing the ball into play.

GAME RULES

DEFENSE

- All teams will play a strict person-to-person defense. Players may double team (help defense) when an offensive player has the ball in the free throw lane (paint) or is attempting to drive the lane from the wing.
- It is considered a double team if defensive players are within an arm's reach of the offensive player.
- When in the opinion of the official(s) and/or supervisor, a team is playing an illegal zone defense; the following guidelines will be in effect:
 - * First offense: team/coach will be warned and must adjust the team defense
 - * Consecutive offense(s): team will be assessed a technical foul. (See Fouls)

PRESSING

- Defense must drop back when the ball is under control of the offense and wait until the ball crosses mid-court.
- There is NO pressing allowed.

FREE THROWS

- On a free throw, players may NOT enter the lane until the ball hits the rim. (Ball missing the rim is a violation and the ball will be awarded to the other team.)
- Technical Foul with a continuous clock: Free throws will not be shot. Two (2) points will be awarded, and the same team will bring the ball in at half court.
- Free throws will NOT be shot for any “player control” fouls; offensive fouls such as charging. The player will be assessed a personal foul and the opposing team will bring in the ball.
- In case of a double foul, same team keeps possession of the ball.

FOULS

- Each player will be allowed Five (5) personal fouls per game.
- After five (5) personal fouls the player must be removed from the game. If a team only has 5 players present and a player fouls out, he/she may remain in the game. If he/she should receive more than five (5) personal fouls, each additional foul will result in a technical foul. Officials will inform the timers and coaches of all personal fouls.
- Technical Foul: Results in two (2) points automatically for the other team plus possession of the ball.
 - Two (2) technical fouls charged against a player or a coach in a single game will result in a one game suspension, and the player/coach involved must leave the premises. Center Directors will record all technical fouls and report them to the League Supervisor(s).

BONUS RULE

- Bonus will be in effect when the 7th team foul is committed in the half. (i.e., Teams will shoot on the 7th foul).
- Double Bonus on the 10th team foul (two shots).

TEAM RULES

- Players must wear gym shoes; street shoes are not allowed. Jewelry will not be allowed; exception: post earrings and medical bracelets, which must be covered with medical tape.
- Each coach/team must provide a person to keep time/score for their games.
- When arriving in the building, teams **MUST BE UNDER THE SUPERVISION OF AN ADULT**.
- Bouncing basketballs is **NOT** permitted in facility hallways.
- Immediately after the game, teams must exchange niceties, grab belongings, and exit the court so the next game can begin.

COACHES

- **No Isolation** (Clear-out) plays will be allowed in any fashion.
 - * First offense: team/coach will be warned and must adjust the offense
 - * Consecutive offense(s): team will be assessed a technical foul. (See Fouls)
- The team coach shall be the official spokesperson for their team in dealing with the officials. The coach may request a charged timeout if he/she wishes to confer with an official during the next dead ball. If the official has erred, the coach will not be charged with the timeout.

COACHES cont.

- Only one (1) coach is allowed to stand on the sideline; all others must be seated.
- Teams unaccompanied by an adult coach will not be permitted to play.
- Each coach (or team parent) will be responsible for keeping track of his/her player's individual fouls.

GENERAL RULES

- The officials will exercise full powers as granted by the current WIAA Basketball Rule Book in dealing with players, coaches, and spectators.
- VALUABLES SHOULD NOT BE LEFT IN PLAYER'S CLOTHING. VALUABLES SHOULD BE GIVEN TO A PARENT, COACH, OR LEFT AT HOME.
- There shall be NO basket shooting between halves or between games other than by scheduled players.
- LOCKER ROOMS WILL NOT BE AVAILABLE. PLAYERS SHOULD ARRIVE DRESSED TO PLAY.
- The Board of Education grants use of the gymnasiums and rest rooms. All other parts of the buildings are "off limits", and users have no right to corridors, classrooms, or stairways. If users violate these rules, they will be denied further use of the school facilities.
- The League Supervisor(s), Officials, and Center Directors are employees of the Fond du Lac School District Recreation Department. They have the authority to ask patrons to leave the premises if rules are being violated.
- No food or drink (except water) allowed in the gym.
- The Recreation Department reserves the right to suspend players, coaches, or teams from the league in the best interest of the league.

GAME CANCELLATIONS

If games are cancelled prior to 2:30^{pm}, schools will be notified, and an announcement will be made. After 3:00^{pm}, the FDL Rec. Dept. website and Facebook page will be updated along with a recorded message on the Recreation Department hotline at 906-6666 - ONLY if games are cancelled otherwise the message states the Rec Dept hours.

In the event school is cancelled, all Recreation Department activities that utilize the school buildings are also cancelled.

NOTE: *The Recreation Department does not provide accident or hospital insurance for people participating in Department sponsored activities.*

Updated 10/2022