



# Recreational League Rules—4th, 5th and 6th Grade Boys and Girls

The objective of this document is to describe how teams are formed, frequency of practices, game rules and player/coach/spectator conduct required for the 4th, 5th and 6th grade recreational leagues.

## Team Formation

- Player talent will be divided evenly among the teams in each league. A draft will be held to ensure player talent is equally divided. Every effort will be made to have at least two athletes from a school on a team.
- **Playing time in each game will be divided evenly among all the players on a team.**
- Each team will have a minimum of 8 and a maximum of 10 players. At coach's discretion, an 11th player may be added. Placing more than 11 players on one team requires Board approval.
- **Each team will have at least two coaches.**

## Practices

- 4th grade teams will have 2 one hour practices
- 5th/6th grade team will have one 90 minute practice per week
- Practices will be coordinated through the Middleton Basketball Club, not directly with the schools.

## Game Rules

- Warm up is 5 minutes.
- Games consist of **two twenty-minute halves** with the clock running until the last minute of each half.
- Half time is 5 minutes.
- No overtime.
- Time-outs: each team receives two-one minute time-outs per game.
- **Lane Violations are 4 seconds.**
- Free throw line is 13 feet. (4<sup>th</sup> grade only) start at the line but can jump over it.
- Substitutes must report to the scoring table before entering the game.
- Substitutes are allowed on dead balls only (when the referee blows the whistle).
- **Defense: NO ZONE defense is allowed. Must play person-to-person defense.**
- **Defense begins at half court.**
- **Full court defensive pressure is allowed the last 2 minutes of the game only. No trapping or double team, must still play person to person defense during the 2 minutes of full court pressure.**
- **3 point shots count**