

QuickStart Sports League Rules Handbook

Hoop Size:

- All games and practices will be played using a standard 10 foot hoop

Ball Size:

- Grades 6th and below will use 28.5 or Size 6
- Boys grades 7th & 8th will use size 29.5 or size 7 (full size)

PRE- GAME

- A pre-game conference will be held with both coaches and the referees before each game.
- Coaches will verify that a parent or volunteer is available to sit at the score table and keep score, player fouls, and stats (if desired) prior to the start of the game.
 - It will be required that each team provides someone to sit at the table so that there is no discrepancies or disputes on score. The ref will have the final say on the score, or the game manager.

GAME TIME

- 2 - 20 Minute Halves
 - Running Clock, with the following exceptions
 - Timeouts (one minute)
 - Halftime (3 minutes)
 - Substitutions (60 seconds if teams need to line up)
 - Grades 5th & above can sub on dead ball, no matching up who guards who at half court needed.
 - In final minute if score is within 6, anytime there is a dead ball, out of bounds, foul, or free throws.

Warm Up 5 - 8 Minutes; Games to start on time

Half Time 3 Minutes

Timeouts – Two 60 second timeout per team, per game (including Overtime)

Overtime: 3 minutes = 1st overtime, first to score = 2nd overtime (maximum 3 minutes).
Game ends in a tie if 2nd overtime results in a tie score.

SCOREKEEPING: Score will be kept, if a team gets over 30 points the score will stop being added to the display and will only be kept on the scoresheet

OFFICIALS:

Officiating is a very difficult task - we ask all players, coaches, and fans to show respect and patience towards the officials. Without officials there are no games.

PLAYING TIME: This is a recreational basketball league. All players should be playing a minimum of half the game appearing in both halves, assuming no injury or ejections.

- No player should be playing the whole game unless needed due to lack of subs or injuries which prevent teammates from getting their time.

PRACTICE EXPECTATION: If a player is missing practices continually please reach out to the parent and discuss attendance.

- Playing time can be adjusted if needed if a player is not attending practice.

DEFENSE (ALL DIVISIONS)

- Man to Man defense Only for grades 4th and below.
- Zone is permitted for players grades 5th & above.
- Double Team | all players need to stay with their person (MAN TO MAN) for grades 4th & below.
 - Unless the offensive player is below the free throw line, then double teaming will be permitted.
 - Teams will receive two warnings from officials
 - 3rd+ Violation: Opposing team will get to shoot 1 free throw and regain possession
- No Back court defense, teams can pick up at half court for teams 4th grade and below.
 - No backcourt defense if your team is ahead by 20 points or more.
- Zones are NOT allowed for grades 4th and below, but defenders on the weak side / help defense” (away from the ball) may be off their person
 - Help Defense is acceptable and encouraged. Coaches who need help understanding/teaching help side defense please reach out to your league director
- Players can steal the ball from the person they are guarding once they cross half court for grades 4th and below.

FOULS/FREE THROWS

- Free Throw Line | *As long as the child starts behind the line they are OK to cross the line when they shoot.*
 - Kindy - 2nd: 10 Feet
 - 3rd - 4th Grade: 12 Feet
 - 5th - 6th Grade or higher: 15 Feet
- 5 Fouls player is fouled out
- Flagrant fouls, or intention to harm fouls, based on severity and discretion of referee and/or league director will result in ejection from game and/or season if deemed severe enough (by league director)
- Teams are awarded 2 free throws after the 10th team foul of the half, on all foul types.
- Teams are awarded 2 free throws on all shooting fouls, unless the shot is made, in which only one free throw is awarded.
- Technical Foul | 2 Points & the Ball; person who received technical is out for the game and behavior will be reviewed by League Directors (See Zero Tolerance Policy)

SCREENS

- Screens are allowed at all levels. Switches are allowed at all levels. Screener must be set and in place, not moving, and not extending arms, pushing.

VIOLATIONS & MISC

- Back court violation is enforced
- Throw in violation = 5 seconds
- 3 in the key called on grades 5th & above only
- Officials will give players warnings & reminders

SUBSTITUTES

- Subs are allowed only every 5 minutes of each half (15, 10, & 5 minute marks of each half) and at a dead ball or stoppage of play **only** for grades 4th and below. Play WILL NOT stop at the 5 minute mark simply for substitutions.
- Additional substitutions can be made due to an injury, ejection, or if a player has received their fourth foul.
 - Coaches must ensure that defense is aware of the substitution and who should be guarding that newly substituted player.
- Additional substitutions can be made in the final two minutes of a game that is within 6 points, assuming it occurs on a dead ball or during a timeout.
 - Coaches must ensure that defense is aware of the substitution and who should be guarding that newly substituted player.

COACHES CONDUCT

- No more than 2 coaches on the bench per team
- Coaches must abide by the **Zero Tolerance Policy** - this is recreational basketball league. Please show respect. If there is a problem with an official please reach out to a league director.
- In the event of a technical foul:
 - 2nd Technical - asked to leave gym for remainder of game. This is a recreational basketball league - all coaches, fans, and players need to keep that in mind.

GENERAL GYM/FACILITY USE

- No food or drinks in gyms, ONLY WATER. Please ensure your parents know - drinks will be left at the door or in vehicles. This includes “post game snacks.” Please distribute post game snacks outside.
- Please ensure that all trash and messes are picked up and deposited in the nearest trash can.
- Do no bounce balls in non-gym areas
- Non-Marking soled shoes only in gym

INCLEMENT WEATHER | If there is inclement weather on Game Day, a league director will call all coaches. Coaches will then be responsible for notifying their players.

If your district closes/cancels school due to inclement weather - practices will also be canceled & NOT rescheduled.

OTHER

DOORS

- Practice Doors will unlock 5 minutes before practice time; Please do not arrive early
- Game Doors will open 15 minutes before games begin; please do not arrive early as staff will be setting up. Teams, parents, etc will not be let in until 15 minutes before first game

JEWELRY

- All jewelry (watches, necklaces, earrings, rings, etc.) must be removed before the game begins.
- If a player has new earrings that cannot be taken out, please ensure they are fully covered with a bandage before the game.