# Maize Rec. Basketball Rules 2023/2024

1. Official Basketball Rules as published by the National Federation of State High School Associations are official except where a league rule is in conflict.
2. **ALL PLAYERS MUST PLAY A *MINIMUM OF 8 MINUTES.*** Exception: If a player becomes sick, is ejected, or fouls out in one quarter, this rule is waived for that player.
3. Goals:
4. 1st-2nd & 3rd-4th grades: 8 1/2 feet (boys and girls) – (1st-2nd grade will shoot free throws from 12 ft.)
5. 5th-6th boys and 5th-6th girls: 10 feet.
6. Ball: 27.5 oz ball for 1st-2nd grades, 28.5 oz ball for 3rd-6th grades. Game balls provided by league.
7. Time outs: 2-30 second time outs per half for each team. No carryover.
8. Fouls: **After 5 common fouls, players will be awarded two free throws. Team foul count resets to zero after each quarter.** A player fouls out on the 5th personal foul ruled against him/her.
9. Score: Score will be kept for all age divisions, but no official standings will be kept.
10. Lane violation is 5 seconds.
11. Player substitutions may be made during dead-ball situations and will be motioned by the officials.
12. **Grades 1st-4th will play 8-minute quarters with a continuously running clock in all four quarters. Clock will only stop for time outs, injured players or by the officials. 5th-6th grades will play 8-minute quarters with a continuously running clock in the first three quarters. Where the clock will only stop for time outs, injured players or by the officials. In the fourth quarter, the clock will stop in the last two minutes of the game on all whistles.**
13. **Defense (1st-2nd & 3rd-4th grades)**
14. Are allowed to play man to man or zone defense. Stealing while an opponent is dribbling or passing the ball is allowed if no foul is committed. Defenders’ hands will not be allowed to be on their opponent at any time. This rule will be strictly enforced.
15. Will only be allowed to provide help defense **inside the 3-point line**. Any trapping or help defense outside of the 3-point line will be a violation. **The defensive team will receive two warnings. The 3rd will result in a technical foul.**

13. **Pressure defense**

**(a) 1st-2nd boys and girls** will have NO full court pressure at any time. If a team is ahead by 10 or more points, they must defend behind the three-point line.

**(b) 3rd-4th** **boys and girls** may have full court pressure in the 4th quarter if the team does not have a lead of 10 or more points. If a team is ahead by 10 or more points, they must defend behind the three-point line.

**(c) 5th-6th boys and 5th-6th girls** **may have full court pressure the entire game** ***unless*** a team has a lead of 10 or more points. If a team has a lead of 10 or more points, they must defend behind the half court line.

**(d)** In all age groups if a team is ahead by 20 or more points, the scoreboard will be set back to 0 (zero) but the actual score will be kept correct in the scorebook.

14. **Breaks between quarters will be 1 minute in length. Half time will be a 5-minute break.**

15. **There will be NO OVERTIME at any grade level.**

16. **Official’s decisions are final**.

17. A player receiving a technical foul will be required to leave the game for 2 minutes of playing time. A second technical on a coach or player will result in the coach or player leaving the premises.

18. Officials: Referees must be 15 years or older. Scorekeepers and timekeepers must be 13 years or older.