

3rd – 6th Grade Rec. League Rules - 2026

A. Eligibility

1. Players may not play in a league if they are in a higher grade than the league is scheduled for.

B. The Game

1. All leagues will be playing on a 10 foot rim.
2. Rules of play
 - a. 3rd – 4th Grade – Man to man defense and no full court press. **No zone defense**. May double team in the lane only as well as help on ball screens. The ball can only be stolen from the offensive player after the ball and the player crosses the half court line. (Both feet and the ball)
 - i. In both Boys and Girls 3-4 Grade divisions player that is playing defense on the point guard must wait at the 3-point line until the last 2 minutes of each half where they can pick up the ball at half court. Fast breaks excludes this rule.
 - b. 5th – 6th Grade – Man to man defense and full court press allowed in the last 2 minutes of each half. **No zone defense**. Full court press must be man to man. If team is up by 15 points or more that team may not full court press.
 - c. **Weak side defense has to be ½ way between your player and the basket.**
 - d. ¾ & 5/6 grade league penalty for double teaming outside the lane or illegal defense –
 - i. **1 warning** then a technical will be called. (two points and the ball)
 - e. 5/6 league – Free throw line extended up to half court no double teaming allowed.
3. 5 second lane violation for 3-4 grade and 3 second for 5-6 grade.
4. Each team will provide either a clock operator or scorekeeper. Host teams must have two referees per court, one adult and one High School or College student/player.
5. Games are started with a jump ball and then the alternate possession rule will be used on all other jump ball situations.
6. The clock will be a running clock
 - a. The game will consist of four (4) 9 minute quarters.
 - b. The clock will stop inside of the last 1 minute of the first half and the last 2 minutes of the second half. If in the second half there is score differential of 15 points or more the clock will continue to run.
 - c. If the score differential is more than 20 points the scoreboard will be reset to ZERO for both teams and just the score sheet will keep track of score.
 - d. Overtime rules – First OT will be 2 minutes with clock stopping. Second OT will be sudden death with first team scoring will win the game. This applies to free throws as well. Each coach will have one time out per overtime.
7. Coaches may substitute as desired. Please be aware of playing time per player to get as close as equal playing time as possible. **Only 2 coaches per bench allowed to stand – 1 warning then a technical will be called.**
8. Subs: Will be allowed in at any dead ball situation. Referee will continue play after scores table is ready for play to continue.

9. Each team will be awarded 2 (60 second) time outs per half. No carry over.
10. Following a time out, the clock will begin to run when contacted by a player, or in the case of a free throw when a player touches the ball.
11. There will be a five minute halftime.
12. If for some reason a team has less than 5 players at game time that team will forfeit. Teams must have 5 players to start the game but will be allowed to play with 4 players if a player fouls out of the game. If game is a forfeit each team will decide if a game is played or not.
13. Offense: Clear out offenses are illegal. A clear out offense is an offense that is set up to isolate a player one-on-one he or she may do the majority of the scoring.
14. Players will be allowed 5 personal fouls before fouling out.
15. Free Throws:
 - a. $\frac{3}{4}$ Boys & Girls – Line should be marked 1 1/2' in front of the free throw line and can jump forward over the line. Shooter cannot advance toward the basket until after the ball hits the rim.
 - b. 5/6 Girls – Shoot from the free throw line and can cross the line as part of their free-throw motion but cannot advance toward the basket until after the ball hits the rim.
 - c. 5/6 Boys – Shoot from the free throw line and cannot cross the line as part of their free throw motion.
16. Fouls: On all shooting fouls one point is awarded automatically then one shot from the free throw line. On the 7th team foul the same rule will apply as a shooting foul.
17. Spectators are welcome at the games, but must conduct themselves accordingly. Coaches will be held responsible for the conduct of their spectators.
18. Technical or intentional foul will result in two points and the ball.
19. If a player displays unsportsmanlike conduct towards other players or an official, or uses any profanity, the player will receive a technical foul, and must sit out for the remainder of the half.
20. If a player or coach receives two technical fouls in the same game, he is ejected from game and may not play or coach in the team's next scheduled game.
21. **28.5 ball will be used for 3-4 Grade Boys, 5-6 Boys & 5-6 Girls.**
22. **27.5 ball will be used for 3-4 Grade Girls.**

Sportsmanship:

- This is a developmental league for our community. Officials and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, or profanity will not be tolerated at any time. No warnings will be given for this type of behavior. Anyone removed from a game will be reprimanded by the league coordinator. Depending on the severity of the act, the appropriate suspension will be decided by the league coordinator. Anyone that is ejected from a game must leave the gym and the school property. Threatening of an official or supervisor will result in the automatic removal of the individual for the season.

