

## 2022 REC Way Basketball Rules: 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Grade

1. Play will be 5 on 5
2. Man to man defense only.
3. No full court press—defense may begin as soon as player entirely crosses half court, but no double teaming the ball
4. Backcourt violations will be called—10 seconds
5. Stealing will be allowed all four quarters.
6. Player fouls will be recorded—a player with 5 fouls will be out of the game
7. Fouls committed when a player is in the act of shooting will be shooting fouls—all other fouls will be ball out-of-bounds
8. After 7 team fouls in a half, the opposing team will shoot bonus free throws, which will consist of 2 free throw attempts.
9. Five seconds in the lane will constitute a violation
10. Fouls will be called—players need to understand blocking and charging, players need to understand that fouls are called when a player impedes progress, reaches in, hacks or holds, and pushes or tripping of a player.
11. Blocking foul: Illegal personal contact resulting from the defender not establishing position in time to prevent an opponent's drive to the basket.
12. Charging foul: An offensive foul that is committed when a player pushes or runs over a defensive player whose position is established.
13. Flagrant foul: Violent contact with an opponent that includes hitting, kicking, or punching. Results in fouls and ball possession
14. Intentional foul: When a player makes physical contact with another player with no reasonable effort to steal the ball.
15. Personal fouls: Hitting, slapping, reaching into the player cylinder
16. Illegal picks or screens: When an offensive player is moving or offensive player sticks a limb out and makes physical contact with a defender in an attempt to block the path of the defender.
17. Hand checking is a foul. Establish a wide base and low center of gravity and move feet to play defense. Do not hold players with your hands. Hand checking is being called in middle, high, and collegiate games.
18. Double dribbling, traveling, palming the ball will be violations
19. No double teaming the ball at any position—each player must play their own person.
20. Players going into the game while a quarter is being played must report to the Scorers Table. Substitute players will be buzzed in on a dead ball.
21. Teams will switch ends at halftime.
22. Coaches may call one timeout per half. Timeouts may not be carried over from the first half if not used.
23. In the event of a tie game at the end of regulation play, an extra 3 minute overtime period will be played. If at the end of the first overtime the game is still tied, the game will be called a tie game.
24. Teams will start the season with a goal height of 9'. Coaches may choose to shoot at a goal height of 9' or 9 ½' as the season progresses. Both coaches must agree to the goal height before a game.
25. Players who attend practice play equal amounts of time. If a player misses practice it will be the discretion of the coach how much playing time he/she gets but all players will play during games.
26. Coaches, players, and parents must show respect to our officials. They work hard to make calls that are age and skill level appropriate while being fair and honest.
27. If other items come up we will incorporate governing rules at the appropriate times.