

# MANCHESTER/ ESSEX WINTER BASKETBALL LEAGUE RULES & REGULATIONS FOR GRADES 3 – 6 2025-2026 SEASON



The Parks & Recreation Winter Basketball League focuses primarily on skill development, socialization and fun. Our basketball league has a rule that requires equal playing time for all players to ensure that everyone gets a chance to play; not just the "Good Athletes". Our aim is to provide the children in our program a quality youth sports program experience. The Manchester Parks & Recreation Department has been certified as a Youth Sports Agency through the National Alliance for Youth Sports. As such, our program is based upon national standards for youth sports.

## **Game Details:**

- Four (4) 10-minute quarters, with substitutions every 5 minutes (clock will stop during subs).
- Four (4) 30-second time outs per team per game. (No carry over of unused Time Outs into Overtime)
- One (1) additional time out, per team, per overtime period.
- One (1) 3-minute overtime period if needed, repeat if necessary. In overtime, it is a running clock except during the last 30 seconds.

Any non-shooting foul results in a one & one foul shooting situation during the entire overtime period.

The game clock will be running, except for the last 2 minutes of the game. Only subs (every 5 minutes), injury, time outs, or a Technical Foul can stop the clock.

## **Equal Playing Time is Mandatory:**

There are eight (8) substitutions (shifts) during the normal game, two (2) per quarter (one (1) every 5 minutes). Plus, or minus one shift differential is mandatory. You are encouraged to utilize the substitution worksheet that is provided to track your athlete's playing time, personal fouls, and team time outs.

**NO PLAYER IS ALLOWED TO SIT MORE THAN ONE SHIFT IN A ROW**, except for injury. If a player is injured/tired or in foul trouble and must be replaced, and the new player coming in ends up playing three (3) or more minutes of this short shift, that player will be charged with another shift played. In the event that a player(s) arrives late to the game, the equal playing time rule is still in effect, BUT, his/her playing time is now determined by the amount of shifts remaining in the game. Coaches should do their best to "match up" their player's skill levels vs. their opponents.

Playing time guidelines based on the number of players for a particular game:

- 12 Players-4 players play 4 shifts, 8 players play 3 shifts
- 11 Players-7 players play 4 shifts, 4 players play 3 shifts
- 10 Players-4 shifts per player
- 9 Players- 4 players play 5 shifts, 5 players play 4 shifts
- 8 Players-All 8 players play 5 shifts
- 7 Players-5 players play 6 shifts, 2 players play 5 shifts
- 6 Players-4 players play 7 shifts, 2 players play 6 shifts
- 5 Players-8 shifts each player



## **Only Man to Man Defense is allowed; No Zone Defense:**

**NO TRAPPING OR DOUBLE TEAMING IS ALLOWED.** “Man-to-Man” defense means to keep within 3-4 feet of the person you are guarding on the strong side. Weak side defenders may put one (1) foot in the lane. Two feet in the lane on the weak side or double teaming is a violation, which results in a warning. “Help” defense is only allowed between the 3 point arc and the “paint”, but it must be “help & recover” or “switching” defense, so one offensive player is guarded by only one defensive player. The intention is to discourage teams on offense from isolating one strong player on one side of the court and have them go “one on one” for an extended number of times. (Inside the “paint” there should not be blatant double teaming, but there is so much traffic that it becomes too difficult for the official to manage the type of defense being played. If there is no advantage being gained then the official in all likelihood may not call the violation) At the 5-6 grade level if the shooter goes down after making/missing a shot and the other team is off and running the player should be able to ask for help but only until he returns to the front court. Until that time there should be an open player on the offensive team. Only when the player returns to the front court can a switch to the original player occur. No double team at any time!

## **Fouls:**

- Any player assessed six (6) personal fouls, fouls out of the game.
- Foul shots will be taken throughout the game. If a player in the act of shooting is fouled, and makes the attempted shot, one (1) free throw is awarded. If a player is fouled while attempting to shoot and misses, shooter is awarded two (2) free throws. Foul shots can be made from the 8 foot line vs. the 10 foot line if agreed upon by both coaches before the game begins.
- In the last two minutes of the game and the entire overtime, any non-shooting foul will result in a “one & one” foul shooting situation.
- Flagrant foul results in a technical foul and possession. The technical foul is also on the coach and he/she must remain seated for the duration of the game.
- Intentional foul shots result in (2) free throws, no possession change except during rebounding or after free throw is made.

## **Warnings:**

Zone Defense, Backcourt Defense and Double Teaming are violations, and each team will be given one warning for each type of violation.

Any second violations of the same type previously given will result in a technical foul and the offended team will be given two (2) foul shots, plus possession at mid court.

## **Violations resulting in loss of possession:**

- Three seconds (in the “paint”)
- Five Seconds on an inbound pass
- Ten Seconds in the backcourt (failure to penetrate frontcourt)
- Traveling
- Double Dribble
- Palming/carrying the ball in one hand
- Stepping on/over the sideline/end line on an attempted throw in
- Player Control or Team Control foul (Offensive foul)
- Stepping out of bounds/ball off player out of bounds
- Technical foul (no free throws are awarded if there are matching technical fouls)

## **Ball Sizes & Basketball Rim Heights**

- Grades K, 1 & 2 players will be using a Junior Size ball, 25.5 basketball and shooting at nets which are 8 feet high.
- Grades 3 & 4 players will be using an Intermediate Size ball, 27.5 and shooting at nets which are 9 feet high.
- Grades 5 & 6 players will be using an Intermediate Size ball, 28.5 and shooting at nets which are 10 feet high.

## **Miscellaneous:**

No three (3) point shooting allowed. The reason is that this is a recreational league, and we want the children to be focused more on advancing the ball versus running down the court and simply throwing up a 3 point shot every time.

## **End of Season Tournament – The Bob Fulford Tournament**

All teams will get to participate in the tournament at the end of the season. As of November 4, 2013 the coaches have voted to create this new rule. If you are participating in the Parks and Recreation Basketball Program, you must attend 5 out of the 8 games to participate in the Bob Fulford Tournament. Being part of a team is a commitment, it's only fair for the others that show up at every practice and games. The coaches will be keeping track of the number of games each player participates in.

## **Behavior / Code of Conduct**

Profane language, fighting, improper behavior are Technical Fouls and are considered ejections at the refs will. Over aggressive play is a foul with warning, 2<sup>nd</sup> offense is technical and ejection. All ejections include technical fouls, possession and 1 game suspension after review.

**The following Youth Sports Code of Conduct is being sent home to all parents and are included here for your review:**

Your child is playing recreational basketball to learn the game and have fun. PLEASE realize that everyone wants to enjoy the game. This Code of Conduct is provided to assist you and your child in gaining the maximum benefit from the recreation basketball league. Below are simple rules that we ask all parents to observe.

- **Do not shout instructions to your child.**  
This will cause confusion and may result in erroneous play on your child's part. The coach has instructed your child how to play. If you shout instructions, your child will probably try to please you and the coach at the same time. In trying to do two things at once, the child will fail at both.
- **Cheer for your child's team.**  
Remember your child is a member of a team. Let all the players know you support them. Refrain from disparaging or degrading remarks.
- **"Suffer in Silence" whenever something occurs against your child's team.**  
A display of anger may inflame a delicate situation resulting in embarrassment for you or your child. Some parents embarrass their own children by making a spectacle of themselves.
- **Remember that the parents from the other team are equally enthusiastic about their team.**  
Be a gracious competitor.

- **Do not run up and down sidelines.**

Find a comfortable seat or place to stand and enjoy the game. Be sensitive to other spectators. Don't walk in late and stand in front of someone. Only the Team Coaches are allowed to sit on the player bench. If you bring other children to the game, we ask that you control them. We are not responsible for watching them.

- **Do not shout insults at the referees.**

If you have a question regarding a particular call the referee made you can bring your concern to your child's coach. It is the coach's responsibility to bring questions or concerns to the referees. The referee has the power to stop the game if the crowd becomes discourteous and has the authority to have anyone removed from the gym for inappropriate behavior. Being the cause of such drastic action would be a humiliation to you, your child and your child's team.

- **If your team loses, adopt a positive attitude.**

Compliment the child and teammates for good plays. Ignore the mistakes. The child will be happy you noticed the good qualities.

- **Please refrain from bringing food or drinks to the games.**

The school janitors do an outstanding job for us. We do not need to burden them with the additional task of cleaning up coffee and food spills. Clean-up any containers or wrappers in your area before leaving the gym.

- **Inclement Weather**

In the event of wet weather please be careful not to walk on gym floors with wet shoes. Basketball playing surfaces become extremely slippery when wet and could result in a child being injured.

- **Failure to Adhere to the Rules**

Parents who cannot adhere to the above code of conduct may be asked to leave the gymnasium. Repeated issues will result in a complete ban from attending your child's games.

### **Additional Safety Rules:**

- All players must tuck in their shirts.
- Players are not allowed to chew gum while on the court.
- Players may not wear any jewelry on the court including necklaces, watches, rings, etc.
- Do not allow your child to be in the bathrooms unattended. Last year, there were several occasions where kids were fooling around and making a mess in them. Our staff checks the bathrooms on a regular basis but cannot be there all the time. Please monitor your children.
- Bouncing balls in the cafeterias & bathrooms is prohibited. 10 Minutes prior to the start of your child's game is when they are allowed to warm up for their game.
- The school has asked that you do not leave your child/ren unsupervised in the school. Children should be dropped off no more than 10 minutes prior to the start of their game and must be picked up within 10 minutes after their game.

***Heather DePriest, Program Director for the Parks and Recreation Department, takes her job and the league very seriously. Please notify Heather of any issues that come up, and this also goes for any injuries. Please call her directly with any questions or concerns regarding this league. Cell: 978.325.7105***