

ROGERS COMMUNITY-SCHOOL RECREATION ASSOCIATION

YOUTH BASKETBALL - FOURTH & FIFTH GRADE DIVISION

NFHS RULES WILL BE FOLLOWED, EXCEPT WHERE AMENDED BY THE FOLLOWING:

1. Games will consist of four ten-minute quarters. A team must have a minimum of four players present in order to begin the game. The clock will run continuously except during timeouts. Half time will be three minutes. Each team is allowed two (30 second) timeouts per half. Timeouts not used in the first half do not carry over into the second half.
2. Regular season games can end in a tie.
3. Free throw distance will be fifteen feet. Basket height will be ten feet. League will use the intermediate (28.5 inch) basketball.
4. Every player must play 20 minutes of the game. Subbing is only allowed at the 5 or 10 minute mark. If a team has less than 10 players, a player can be subbed out outside the 5 or 10 minute mark only if they have played 20 minutes.

Exceptions:

1. injury
2. player disqualification (foul out)
3. disciplinary action (A player may be held out for disciplinary reasons only with prior approval of the league director.)

Have subs at the scorers table ready to sub at the 5:30 mark.

Officials will use an officials time-out if necessary to stop play to get subs in at or around the 5 minute mark.

5. **Coaches are required to fill out a line up sheet prior to each game, and turn a copy into the scorekeeper. This card must indicate the mandatory quarters for each player. Any extra quarters should be left blank, so that coaches may assign them at their discretion.**
6. DEFENSE: Any defense is allowed. Man-to-man is recommended, but not required. Full-court press is allowed the entire game unless your team is ahead by 20 points or more.
7. The league provides uniform shirts. No other uniform shirt is acceptable in league games.
8. **3 coaches (team staff) maximum per team bench. Only rostered coaches and players allowed on the bench side of the court. Each bench is allowed to have only one coach standing – One voice (only the head coach has communication with the officials). Positive and effective/professional communication is expected by all parties associated with the game contest. Violation of this rule may result in expulsion.**
9. **Weather Cancellations**
Facebook (Rogers Parks & Recreation) and website (<http://www.rogersar.gov/1101/Parks-And-Recreation>). Cancellations will be posted by 4:00pm for weeknight games and by 8:00am on Saturday games. If you would like to receive instant text messages and/or emails on all sports cancellations, go to (www.rogersar.gov) and sign up for Notify Me (Rainouts And Cancellations: Parks and Rec).