

Randolph Rec Basketball follows NFHS rules, with the exceptions noted below for each specific age group.

	Boys & Girls Grades 3 <sup>rd</sup> – 8 <sup>th</sup>
<b>Ball Size</b>	<b>29.5"</b> : Boys 7/8th <b>28.5"</b> : Boys 5/6 <sup>th</sup> , Girls 7/8th <b>27.0-28.5"</b> : Boys 3 <sup>rd</sup> /4 <sup>th</sup> , Girls 3 <sup>rd</sup> /4/5/6 <sup>th</sup>
<b>Basket Height</b>	<b>10ft</b> : Boys 5/6/7/8 <sup>th</sup> , Girls 7/8 <sup>th</sup> <b>9.5ft</b> : Boys 3/4 <sup>th</sup> , Girls 5/6 <sup>th</sup> <b>9ft</b> : Girls 3 <sup>rd</sup> /4 <sup>th</sup>
<b>Quarters/Time</b>	4 (8) minute quarters, running clock
<b>Clock</b>	Stops only for injury, time outs and for subs on/about the halfway point of each segment. In addition, the clock will stop for all foul shots (clock will resume with the official's "chop") and on ALL whistles during the last 2 minutes of each half. If the score is 3 points or less with 1 minute to go in the 4th quarter, game clock will be held when leading team obtains possession of the ball (while on defense) in the backcourt; off a steal, missed shot, or basket. Clock is held until ball crosses half court. Clock is not held on a tie score. <b><i>(2025 Boys 3/4 amendment: running time will continue through the last 2 minutes of each half, except for injuries, time-outs, and foul shots (clock will resume with the official's "chop").</i></b>
<b>Time Outs</b>	Two time outs (1 minute) per half with no carry over into overtime. Must be in possession of the ball or after a made basket.
<b>Over Time</b>	One two-minute period. Clock stops on all whistles. Only one time out per team can be used. 2nd and subsequent OT's may be played until a winner is declared. 1st OT - play ANY 5 players regardless of who was in at end of regulation. Each subsequent OT, benches must be cleared. No player can play 3 OT's in a row. <b><i>(2025 Boys 3/4 amendment: running time will continue through the overtime period, except for injuries, time-outs, and foul shots (clock will resume with the official's "chop").</i></b>
<b>Fouls</b>	Players are allowed 5 personal fouls per game. 2 shots awarded on the 5th team foul. Fouls reset at the end of the 1st, 2nd and 3rd quarters BUT not at the end of the 4th Q or any OT, if OT is needed.
<b>Foul Shots</b>	Players cannot enter the "paint" until the ball is released. Shooter and all others beyond the arc must wait until ball hits the rim before attempting a rebound. Those boxing out the shooter may not cross foul line or make contact with the shooter until the ball hits the rim. <b>Exception:</b> Boys grades 3/4th and Girls grades 3/4/5th, shooter can elect to stand with heels on the foul line OR if standing behind the line, shooter can jump over line without a violation being called. In either case for this exception, the shooter cannot be the first to touch the ball after the shot.
<b>Lane Violations</b>	3 seconds: Boys 5/6/7/8th & Girls 6/7/8th. All others levels is 5 seconds
<b>Defense</b>	<b>Boys 3/4th &amp; Girls 3/4th:</b> Man to man D is required the entire game. Help D and recover is OK. On possession changes, defense must retreat inside the 3pt arc. For quarters 1-3 the defense must stay inside the 3pt arc for the entire possession. During the 4th quarter the defenses must retreat inside the 3pt arc, but can attack once the ball crosses half court. Pressing/steals in the backcourt are not permitted. No double teaming allowed. <b><i>(2025 Boys 3/4 amendment: Defense must stay inside the 3pt arc until the last 2 minutes of the game. To aid younger players with less dribbling skill, shall not be used to stall).</i></b> <b>All other levels:</b> <u>1st 3 quarters:</u> Man to Man only. Help D and recover is OK. Double-teaming not permitted. <u>4th quarter:</u> Zone defense is discouraged but permitted. Double-teaming on the ball and half court traps are also permitted subject to the Sportsmanship Rule below. However NO double teaming off the ball. On possession changes, defense must retreat inside the 3pt arc, and can only attack once the ball crosses half court. Pressing/steals in the backcourt are never allowed. Illegal defenses

	will be called as a warning to the coach for the first violation. A technical foul on the coach will be assessed for the 2nd violation. <b>Exception:</b> Boys 7/8th can pick their man up at half court if they choose.
<b>Sportsmanship</b>	For those leagues that allow, half court traps are not permitted by either team if the score differential is 15 points or more. In addition, any team up by 15 or more points cannot fast break. 1st offense is a warning. Subsequent offenses will be ruled a turnover.
<b>Possession</b>	Game opening tap determines possession. Thereafter, possession alternates on jump ball situations and with the beginning of the 2nd, 3rd, and 4th quarters. Note: possession at the end of each quarter does not translate necessarily into change of possession at start of next quarter. Possession arrow does not change at the 4 minute mark for subs. When play stops for subs, team with possession maintains possession.
<b>Substitutions</b>	Not permitted in ANY 4 minute segment unless a player is injured, fouled out, or ejected. No player may play more than 3 consecutive segments unless poor attendance necessitates.
<b>3 pointers</b>	Permitted
<b>Playoffs</b>	Regular season record determines seeding. Tie breakers - 2 teams, head to head. 3 teams - head to head only if one team has beaten the other two. If not, then strength of schedule is applied to break 3 way tie. If still tied then coin flip.
<b>Misc</b>	Only league designated coaches and their assistants may be on the team sidelines/bench during the game. Each team is responsible for supplying one parent for scorekeeping or the clock prior to the game commencing.

### **Player Participation Requirements (all levels)**

A ref will initiate a natural break (not a time out) approx. 1/2 way during a quarter, and all bench players must enter; Those leaving from the segment just played, are not permitted back into the game until a new quarter starts unless as defined above. Substitution breaks are not time-outs and are not for strategy sessions. Keep the game moving. The first delay will be considered a delay of game warning. The second is a technical foul. Teams with more than 10 players present, may be permitted to make subs in the middle of any segment, but only for those players who would not have been able to enter the game in that specific quarter due to having a larger roster.

10 players - All players must sit one segment of each quarter

9 players - All players must sit one segment of each half. 5 Players play 4 segments. 4 Players play 5 segments. No player shall play more then two consecutive segments in any half.

8 players- All players must sit one segment and NOT play more than two consecutive segments within any half

6-7 players - All players must sit one segment during the game.

Note: A segment is considered to be one half of one quarter