

# Hudson Recreation

# BASKETBALL Program

The word 'BASKETBALL' is rendered in a large, bold, tan-colored font with a thick black outline. A realistic orange basketball with black lines is positioned in the center, overlapping the letters 'S' and 'K'.

**KNOW THE RULES!**

# HUDSON RECREATION BASKETBALL RULES AND REGULATIONS

## DIVISIONAL RULES

### PEE WEE DIVISION - 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> GRADE GIRLS AND 3<sup>rd</sup> & 4<sup>th</sup> GRADE BOYS:

- Junior size balls 28.5 will be used for boys. 27.5 for girls.
- A shorter foul line will be used
- Six minute quarters with running time except the last two minutes of the 2nd & 4th quarters and on shooting fouls
- 1 & 1 bonus situation on the seventh foul and two foul shots after ten fouls
- Alternate ball possession on all jump balls except at opening tap-off
- No full court press--teams must be allowed to bring the ball completely **across** the center line with no pressure from opposing team. Defensive team must back up to the green line.
- Girls will shoot at a nine-foot basket
- Boys will shoot a nine foot six inch basket

### JUNIOR DIVISION - 5<sup>th</sup> & 6<sup>th</sup> GRADE BOYS:

- Regulation size balls will be used
- Regulation foul line will be used
- Seven minute quarters with running time except the last two minutes of the 2nd & 4th quarters and on shooting fouls
- 1 & 1 bonus situations on the seventh foul and two foul shots after ten fouls
- Alternate possession on all jump balls except at opening tap-off

## SENIOR DIVISION – 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> GRADE GIRLS AND 7<sup>th</sup> & 8<sup>th</sup> GRADE BOYS:

- Junior size balls 28.5 will be used by girls
- Regulation size balls will be used by the boys
- Eight minute quarters with running time except the last two minutes of the 2nd & 4th quarters and on shooting fouls
- 1 & 1 bonus situations on the seventh foul and two foul shots after ten fouls
- Alternate ball possession on all jump balls except at opening tap-off
- 3 point shots will be counted

### BASKETBALL RULES

The Most Important Rule of All – We are all in this for the fun and for the kids first and foremost!! Whether we like it or not, WE, all of us, are the models by which they learn all of the sportsmanship and fair play. The kids will learn from our example – far greater than they will from our words or our “basketball knowledge”.

1. **Every player must play One full, uninterrupted, quarter and every player must sit out One Full uninterrupted quarter.** Each coach shall select the starting five to begin the game. Every player should have an opportunity to “start” a game at least once or twice during the season. The starters are to play the whole first quarter. All players who have not played the first quarter must play a full quarter until all players have played a full quarter in the first half. **After this time has been met each player must play another continuous half of one quarter in the second half.** If a team has seven or more players meeting this league rule can be met. If a team has six players, free substitution will be allowed, but every player should seat out the equivalent time of one quarter.

If a team has 9 or less players, the team with the most players may start the second period with the same number of “subs” as the team with the least amount of players. The team with the least amount of players must put in all new subs. The new players are to play the whole second quarter. In the case of a team with 11 or more players, free substitution will be allowed for all players who have played one full quarter.

**Exception:** If a player has 3 or more fouls in his/her 1st quarter of play or are injured they may be taken out of the game. That player may not return to the game until all players from that team have reported in for their first period of play. Any player not playing in the game due to injury or

disciplinary action, but present at that game, must be brought to the attention of the opposing coach and referees prior to the start of that game.

2. Each team will play man to man defense for the first half of each game. The second half is coach's choice. Penalty for not playing a man to man will be a verbal warning by the referee on the first offense in each game. The second offense and others thereafter will be a technical foul charged to the coach.

**UNSPORTSMANLIKE TECHNICAL FOULS:** Any player or coach receiving his/her second unsportsmanlike technical foul will be disqualified for the remainder of the season.

**PLAY-OFFS:** Defensive schemes will be up to the coach. No stipulations.

3. A full court press will be allowed anytime in the Junior and Senior Divisions, except when a team is leading by five or more point in the Junior Division or 10 or more points in the Senior Division. When a team has a 5 or 10 point lead, they must allow the trailing team to bring the ball across the half court line (Green Line) **unhampered**. No full court press will be allowed for the Pee Wee division.
4. **REACH IN RULE:** At the Pee Wee Division we have the "No Reach Rule" when an offensive player has the ball (dribbling or holding) in their position, the defense player cannot reach in and steal the ball away. The defense player can play good defense and stop and prevent the player from advancing, the defense can steal the ball on the pass. **Upon stopping dribble the offensive player has 10 seconds to shoot or pass or a closely guarded will be called resulting in giving the ball to opposing team.**
5. **BLOW –OUTS:** Please be aware of running up the score. This habit is not very sportsmanlike. If you know your team is superior to your opponent going into the game, blowout prevention should be managed right from game tip-off. And like they say, what goes around, comes around. Be creative if your team is blowing out another. Think of constructive things or plays to run to help control the scoring pace of your team. This is recreation, all coaches would appreciate this type of control some time during the basketball season.
  - Each team will be allowed two full time-outs and two thirty second time-outs per game. During thirty second time-outs players must remain standing.
  - Halftime will be 5 minutes for all leagues.
  - There are no over-time games during the regular season.

- There will be end of season playoffs for Junior and Senior Divisions, which will be double elimination with the team pairings done by the Director of the League. The Director will use a simple "draw" system such as a "pick out of a hat".
- Awards will be given to first and second place teams in Junior and Senior Divisions. Participation awards will be given in the Pee-Wee Division.
- The referee or the League Director will have the authority to make decisions not specifically covered in these rules.
- Home team will provide the scorekeeper and visiting team will provide a timekeeper for the games.

# MEDICAL EMERGENCY

A **Medical Emergency** is any situation requiring professional medical attention beyond what may be considered first aid treatment.

## **In Case of Emergency**

- ❖ If a Medical Emergency occurs, and the injury appears to be serious, summon help immediately by calling 911.
  
- ❖ Have all player's registration forms available at all practices and games for emergency contact information.
  
- ❖ Notify the Gym Supervisor of all serious injuries on the day of the injury.

If the injury appears to only require first aid, provide first aid commensurate with your training and skill. All game facilities will have first aid kits and ice packs available for minor injuries.

## **First Aid Kit Locations:**

- Community Center - In cabinet at the back of building
- Hills-Garrison School - Small room behind scorers table.
- Memorial School - At scorer's table.
- Nottingham West School – At scorer's table.

## GENERAL RULES

- The doors designated for each school (in school rules) will be the only doors you may use during the season.
- No practice if no school, including cancellation due to weather. In the event of cancellation of any games on Saturday or Sunday, coaches will call each team member. We will continue the schedule with the following weeks games.
- Do not show up more than 5 minutes early for practices. We do not get the gyms until 6:15pm at Nottingham West. Coaches should make every effort to be the first to arrive at practices and should not leave until every player has been picked up.
- Last practice of the night must be out of the building by 9:00pm.
- No jewelry, belts, hard plastic or metal hair pieces will be worn. **Earrings are not allowed, taping over studs is not acceptable, earrings must be removed.** Elastic bands, sweatbands or scrunchies for tying hair back are allowed. **This rule is for both games and practices as well.**
- No balls allowed in the gym during scheduled games or practices except those supplied by the league. All other balls will be confiscated from players or spectators. This is a safety rule for the players on the court, please remind your players of this rule.
- The court will **NOT** be used at half-time or between games except by the teams playing at that time.
- **NO PLAYER WILL BE ALLOWED ON THE STAGE, BEHIND THE STAGE, ON THE 2ND FLOOR OR IN THE CORRIDORS. DISCIPLINARY ACTION: SUSPENSION FOR THE REMAINDER OF THE SEASON.** This includes practice times and game times. We will not let the entire league suffer for the actions of a few.
- Only team members will be allowed at practice times. **NO PARENTS OR SPECTATORS**> Practice times are not for baby-sitting services. Do not have

anyone wait outside the gym for you.

- No profanity or unsportsmans like conduct will be tolerated from coaches, players, or spectators  
The Coordinator of the league will deal with each of these cases on an individual basis.
- No profanity or unsportsman like conduct will be tolerated from coaches, players or spectators.

**ABSOLUTELY NO FOOD OR DRINKS WILL BE ALLOWED IN ANY OF THE GYMS.**



# TOWN OF HUDSON

## RECREATION DEPARTMENT

12 Lions Ave, Hudson NH 03051

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### COVID-19 State of Emergency

#### Basketball Guidelines

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

#### **ATHLETES**

- Will wear a mask at ALL times, except when the actively playing in the game.
- Will tell the coach if they are not feeling well and **stay home if sick**.
- Will bring a personal bag to practices and games to keep their items safe.
- Will not share clothing or water.
- Will maintain social distance (3-6 feet) when not engaged in play.
- Will disperse immediately upon the end of their practice and or game, or engage in social distancing.
- Will refrain from all mouth-based activities including but is not limited to: spitting, chewing gum, and licking fingers.
- Will avoid high fives, handshakes, fist bumps or hugs.

#### **PARENTS/GUARDIANS/SPECTATORS (PGS)**

##### *General:*

- Face masks are **MANDATORY** for parents, guardians and spectators (PGS) on GAME DAYS, and children above the age of 2. *No exceptions.*
- Parents/Guardians will not send their child to basketball if they are not healthy.
- If the athlete has a fever of 100.4, or are not feeling well, they will stay home.
- Parents/Guardians and Spectators will maintain social distancing at games and sit in “family pods”, while keeping 3 feet from another “family pod”.
- Parents/ Guardians will not be permitted in the schools during practices.

- Parents/Guardians and Spectators will be limited to two fans per game per athlete.

***Report to coaching staff if an athlete:***

- Has symptoms of COVID-19.
- Fever of 100.4 or higher.
- Contact with anyone suspected/confirmed to have/had COVID-19 in the past 14 days.
- Traveled in the past 14 days internationally, by cruise ship, or on public transportation outside of NH, VT or ME.

**COACHES**

- ✓ Will carry hand sanitizer with team equipment. *Players will also carry hand sanitizer in a personal equipment bag.*
- ✓ Will maintain social distance (3-6 feet) when not engaged in coaching/training.
- ✓ Will wear a mask at games and practices.
- ✓ Will disperse immediately upon the end of their intended activity and be responsible to make sure athletes do the same.
- ✓ Will ask all athletes if they feel sick at practices and games.
- ✓ Will avoid carpooling athletes not in their household.
- ✓ Will report to the Recreation Department (Chrissy Peterson) if a Covid-19 exposure has occurred on their team. Athletes name will not be disclosed.

Chrissy Peterson

**Recreation Director**

Phone- 603-880-1600

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