

TOWN OF CLIFTON PARK WINTER REC BASKETBALL

CONDUCT AND PLAYING RULES

A. Goals

- As a recreational league, our goal is to teach the game and fundamentals of basketball, while also allowing the players to get some exercise and have some fun.
- Winning games is not the goal of the league. To encourage both sportsmanship and maximum participation by the players, the scores of games, and thus the records of teams, will not be kept during the regular season in grades 2-7.
- To allow for competition in the league, “March Madness” playoffs, will take place during the last 3 weeks of the season. During the playoffs, scores of games and teams’ win/loss records will be recorded, to determine a championship team in each playing division.

B. Conduct Rules ****RESPECT THE GAME****

- Inappropriate language and/or behavior will not be tolerated. Excessive, deliberate or flagrant fouls are not allowed. Any of these actions can result in a technical foul being called by the referee (or either head coach when not using refs). 2 technical fouls in a game result in an automatic ejection of the player or coach from that game. Any player, coach, or spectator ejection by a referee or coach results in an automatic 1 game suspension (**player serves the suspension if his parent/relative is ejected**). Players may also be ejected for extreme actions, such as fighting.
- **Bullying** of teammates/opponents is expressly forbidden, including taunting and trash-talking
- No ball playing, running, or general horseplay is allowed in the school halls. While out of the game, players are to stay on the sideline, except for *quick* trips to the bathroom or water fountain. **NO FOOD OR DRINK (other than bottled water) is allowed in the gyms.**
- Players should bring gym bags to keep their clothes and shoes in. In inclement weather, players should wear boots and then change to dry sneakers. Players are not to be allowed to go on the gym floors with wet sneakers. Players cannot play without sneakers.
- **Parents must remain with their children for the full 1-1/2 hour session.**
- **Safe Sports Policy** – a coach cannot be alone with a non-relative player without another adult present, so they are prohibited from giving rides to players without express parental consent
- Please leave the school promptly at the end of your game.

C. Playing Rules

- Each team will conduct practice, generally of at least ½ hour of the 1½ session. Practice will be used to concentrate on developing basic skills (such as dribbling, passing and defense) and learning basic plays.
- **All players are to receive equivalent playing time.** Players will be rotated every 10 minutes, at the ten-minute mark on the school clocks (or 5 minutes if game clocks are in use). ***No player can play in a total of more than 1 more, or more than 1 less, rotations than any other player on his team for each game.***
- Youth referees (or coaches) will referee the games. Youth referees are always to be treated with respect, irrespective of the calls they make (or don’t make). Traveling/ball-handling violations will be called more strictly as the season progresses.
- Fouls will be called to prevent overly aggressive play. Fouls shots should not be awarded for the grades 2-3 division (although players will be awarded foul shots as of January, to allow them to get ready for the playoffs). During the regular season, foul shots are awarded for shooting fouls only (team foul limits are only in effect during playoffs).
- Grades 2-9: man-to-man, half-court defense is to be played at all times. No double-teaming or zone playing is allowed (although double-teaming in the foul lane is permitted).
- Grades 2-3 only: no stealing off a player’s dribble or from his hands; can steal only on passes