

Springfield Recreation Department

Boys 5th/6th and 7th/8th Grade

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Girls 6th/7th/8th Grade

2025-2026 Rules & Regulations

The purpose of this league is to give young athletes the opportunity to compete against players of similar age while learning the fundamentals of basketball. Developing skills, sportsmanship, teamwork, and discipline are the objectives of the Springfield Basketball Association (SBA). The goals will be attained through the concerted efforts of all players, coaches, volunteers, officials and the Springfield Recreation Department.

- These rules will be available at the scorers' table
- Questions or concerns regarding the rules, officiating, or players, coaches or fan conduct should be brought to the attention of a Springfield Recreation Department representative and/or the SBA Director of Rec Basketball
- Equal playing time and good sportsmanship guidance applies. If you are winning by more than 20 points, please institute a minimum pass rule (ex: team must pass three times before scoring) and/or only give newer players the opportunity to score.

General Rules

- Standard basketball rules apply unless otherwise stated.
- Basket height is 10 feet. Ball size is 28.5 except 7-8 grade boys who use 29.5
- Games will consist of four (4), eight (8) minute quarters, with running time. However, the clock will stop on:
 - Any shooting fouls
 - Substitutions
 - Extraordinary stoppages of play (injury, technical difficulty, etc.)
 - Timeouts
 - All whistles in the last two minutes of the 2nd and 4th quarter and overtime
 - The clock will not stop once a team is up twenty (20) points, except for timeouts.
- The scoreboard and scorebook will be used. The Recreation Department will designate a scorekeeper who will track the team scores, team fouls and individual player fouls.
- All players on a team must have matching shirts/jerseys with numbers and must wear

sneakers. No jewelry allowed. **Home team will wear white jerseys.**

Rosters and Playing Time

The goal of the rules is to make sure that ALL children are provided a fair amount of playing time. This is not an exact science, but all decisions should be made in the spirit of equitable playing time for all children.

- All players must play a minimum of sixteen (16) minutes in regulation. NO PLAYER can PLAY THE WHOLE GAME, or an ENTIRE HALF CONSECUTIVELY, unless you only have five (5) players. If there are eight (8) or more players to start the game, then no player can play more than two (2) consecutive four-minute periods excluding OT. NO PLAYER can SIT MORE THAN two (2) consecutive four-minute periods.
- Mandatory substitution at **closest stoppage** of play to 4-minute mark of each quarter. Coaches may substitute at other times should injury arise, players appear to be laboring, or if a player gets into foul trouble. See "During The Game" below.
- Teams must have 5 eligible players on the court at game time. In the event a team does not fulfill this requirement 5 minutes after the scheduled starting time, the game will be forfeited to the opponent provided the opponent has fulfilled the requirements. If both teams forfeit, a loss will be charged to both teams. A scrimmage may then be played during this time and the teams can be mixed up. A team may ask another player from another team to fill in to make five (5) players subject to approval from the opposing coach. This should not be used as a competitive advantage, *i.e.*, adding a top level/travel player to your team for the game.
- If a player shows up after the game has started there is no guarantee to them having equal playing time.
- In the case of a tie, one 4-minute overtime period will be played. If the first overtime results in a tie, then a second 4-minute sudden death OT will be played. This second overtime will start with a tipoff. The team scoring first shall be the winner. Equal playing time will still apply in overtime with substitutions occurring at the 2-minute mark. Playoff games will consist of consecutive overtime periods until a winner is determined and the "sudden death" rule will not apply.

Start of the Game

- All games will start on time as scheduled. If games do not start on time, quarters may be shortened to remain on schedule (only if deemed necessary due to time restrictions).
- One player from each team in the center circle for the jump ball. Others outside the circle. The team that wins the tip will gain possession and the timekeeper will switch the possession arrow to the other team.

During the Game

- Coaches are advised not to talk to referees about calls and are encouraged to abide by the

calls without dissent. Remember, you are setting an example for the children. In the event of any issues or discussions regarding rules, Head Coaches should communicate with other Head Coaches and Referees. It is recommended that both Head Coaches meet with referees prior to the game to discuss any league-specific rules.

- Players and Assistant Coaches must remain seated in the designated team areas.
- Only the Head Coach may stand in front of the designated team area.
- Each team is allowed four (4) 30-second timeouts per game and one (1) in each over-time period. Time-outs do not carry over.
- On violations (travel, double dribble, backcourt violations, etc.) referees will award the ball to the defensive team.
- Upon a team's 5th foul in a quarter, the fouled team will be eligible to shoot two (2) shots from the free throw line. Team fouls will reset after each quarter however, individual fouls will not reset and a player will foul out after the 5th individual foul.
- Foul trouble substitutions can be made in the following situations:
 - Player receives 2nd foul prior to end of the 1st quarter
 - Player receives 3rd foul prior to halftime
 - Player received 4th foul prior to end of 3rd quarter
- When substituting for a player in foul trouble, substitute should be comparable ability player. In other words, do not substitute your best player in for a player with considerably less talent.
- Players who are bleeding must leave the game immediately.
- At the start of the 2nd and 4th quarters of regulation time, the ball will be given to the team with the possession arrow. OT will start with a jump ball.
- Under state law, players who normally wear corrective eyeglasses must wear protective shatterproof eyewear during practices and games.
- Official breaks between quarters will be 1 minute; halftime 3 minutes; and overtime 2 minutes.
- Standard backcourt rules apply

Foul Shots

- All players must shoot from the designated free throw line and may not cross the foul line until the ball has hit the rim. Standard foul line violations will be called.

Scoring

- 3-point shots will be counted
- Shots inside the 3-point line will count for 2 points
- Fouls shots will count for one point

Defensive Rules

- Teams must play player-to-player defense. No double-teaming of the ball is allowed outside of the lane. No Zone Defense is allowed. Help defense is permitted when a defensive player “picks up” an offensive player who is unguarded or who has “beaten” their defender. However, a player may not have both feet in lane if the player they are guarding is not in the lane. This is designed to encourage player-to-player defense.
- The offensive team must bring the ball over the half-court within 10 seconds. The defensive team must allow the offensive team to cross the half-court line uncontested, unless press rules apply. There is no defense allowed in the backcourt until press rules apply.
- During the last two (2) minutes of the 4th quarter, and the entire overtime period(s), full court press is permitted, unless the defensive team is winning by 10 or more points.

Fast Break Rule

- The defensive team may fast break.
- No fast breaks of any kind are allowed by a team if they are up by 20 or more points. The offense must allow the defense to set up their half-court defense should this be the case.

Technical Fouls

- Any player or coach who receives two technical fouls within the course of one game will be ejected from the game and will be suspended for the next game (including playoffs if applicable).
- Flagrant foul: excessive or violent contact that could injure a player. Anything shoulders or above or if a player is in the air. Can be unintentional and are at the discretion of the referees.

Unsportsmanlike Conduct

- Players who are consistently committing dangerous or flagrant fouls or who are physical beyond the context of the rules of the game will be required to be removed from the game immediately at the referee's discretion; an initial warning will be issued, and that player can return to the game at the beginning of the next quarter. A second warning to the same player will result in an ejection.
- If unsportsmanlike behavior is displayed by players or coaches, the referee will issue a technical foul and the incident will be reported to the Springfield Recreation Director who may enforce a penalty including, but not limited to, suspension or league expulsion, depending on

the severity of the offense. Fans who demonstrate unsportsmanlike conduct will be removed from the gym and the incident will be reported to the Springfield Recreation Director who may enforce a penalty including, but not limited to, banning from future games, depending on the severity of the offense