Parks and Recreation
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Rules that Apply to the Entire League

- The purpose of the league is to learn the fundamentals of basketball in a safe supportive environment that promotes the general health and well being of the child.
- This league is recreational, not competitive. Coaches, parents and officials must respect this by not keeping score, not keeping standings, and by reinforcing the value of sportsmanship and recreation.
- Use the active practice approach.
- Teach the meaning of sportsmanship and demonstrate it as a coach and a parent.
- No black sole shoes, no food or drinks (besides water) no glass containers. Water is okay.
- Parents must stay calm and quiet on the sidelines. Yelling instructions is not allowed. Coaches and gym stewards are required to control unruly parents, not the officials.
- No full court defense.
- No double-teaming.
- Equal playtime.
- No zone defense-player on player only, use wrist bands for younger players
- Five players on the court per team unless there are not enough.
- Players demonstrating repeated intentional and or careless inappropriate behaviors resulting in fouls or risks to themselves or other players will be asked to sit on the bench for the duration of the game at the sole discretion of the official.
- 3rd through 6th grades home team will be blue and visitors will be white (home team is the second team listed on the schedule).
- Back court pressure is when the defense pressures the offense in the back court. If back court pressure is not allowed per the specific grade's rules, then the defense must allow a player to dribble across the half court line or throw a pass across the half court line to a player standing within 3 feet of the half court line on the front court side.
- COVID rules must be followed at all times- see below

Game Formats and Rules for Specific Divisions

Fifth and Six Grades

- Two 20-minute running clock halves.
- Clock stops last minute of each half- and for other major interruptions of the game.
- Two-minute halftime.
- Mandatory substitutions every five minutes.
- Shoot all two-shot fouls.
- Official intermediate (women's) size and weight ball.
- Score can be kept when competition is even, at the option of the gym steward and official.
- Three seconds in the key.
- Games held at Chimacum Multi-Purpose, Quilcene Multi-Purpose, or Blue Heron Middle School
- Regulation adult height basketball hoops.
- The league will provide officials.
- Strict enforcement of basketball fundamentals by the official.
- No overtime will be played.
- Two one minute time-outs per half.
- ***The 5th & 6th Grade Leagues' games allow full-court press during the last 2-minutes of each half, by the team that is behind in the score; if the game is tied up, no full-court press. Whenever a team is down by 10 or more points at any time during the game, that team may apply defensive pressure in the backcourt. In this situation, defensive pressure--defined as any intentional act which restricts the control or advancement of the ball by the offensive team***

- HAVE FUN!!

Third and Fourth Grade

- Two 20-minute running clock halves.
- Two-minute halftimes.
- Mandatory substitutions every five minutes.
- No free throws. Ball out of bounds and change possession.
- No overtime will be played.
- Two one minute time-outs per half.
- Official intermediate (women's ~ 28.5) size and weight ball.
- Three seconds in the key.
- Games held at Chimacum High School, Quilcene MPR, or Mountain View Elementary Gym.
- Regulation adult height basketball hoops
- **Score not kept.**
- The league will provide officials.
- HAVE FUN!!

First and Second Grade

- Four eight minute quarters, one minute between quarters, two minutes at half.
- Mandatory substitutions clear the bench every four minutes.
- No foul shots. Ball out of bounds and change possessions.
- Play crossways on short height hoops in the P.T. Recreation Center, Chimacum Middle School gym, or the Quilcene gym.
- Official Junior Sized Ball.
- Score not kept.
- Provide your own volunteer official (usually a parent). Look on the schedule for the team responsible for doing so. Application of fundamental rules is very important.
- NO PUSHING or rough play -- keep these games safe.
- HAVE FUN!!

Pre-K/Kindergarten

- Four six minute quarters, one minute between quarters, two minutes at half.
- Mandatory substitutions clear the bench every 3 minutes.
- No foul shots. Ball out of bounds and change possessions.
- Play crossways on short height hoops in the P.T. Recreation Center, Chimacum Middle School gym, or the Quilcene gym.
- Official Junior Sized Ball.
- Score not kept.
- Provide your own volunteer official (usually a parent). Look on the schedule for the team responsible for doing so.
- **Double dribble is okay.**
- BLATANT or intentional traveling is not allowed and will result in a possession change.
- NO PUSHING or rough play -- keep these games safe.
- Personal fouls are not allowed -- keep the defensive players an arm length away from the offensive player. Do not let them touch the kid with the ball!
- For minor infractions: double dribble, traveling, etc., the referee will make the call and ask the participant what they did wrong. If they answer correctly, they will receive the ball out of bounds going the same way. If they can't answer, the referee will explain the infraction and give the ball to the other team going the other way.
- HAVE FUN!