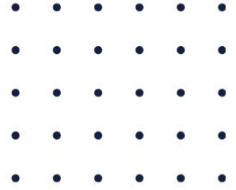




Lewisboro Recreation



DIVISION RULE BOOK

JUNIOR

BOYS & GIRLS GRADES 3 & 4



Town of Lewisboro
JUNIOR DIVISION
Boys & Girls: Grades 3 & 4

**WE FOLLOW NCAA RULES EXCEPT FOR THE FOLLOWING
LOCAL RULES:**

1. Standings will not be kept in this division. There are no playoffs in this division and every participant will be presented a participation award at the end of the season.
2. Please note the various game locations, times, and days in which games are scheduled. Games will be played at Increase Miller Elementary School, Meadow Pond Elementary School, and Lewisboro Elementary School.
3. Ten (10) foot rims and backboards will be used for all games.
4. When schools are closed due to inclement weather or other reasons, no practices or games will be held. Our website, www.lewisbororecreation.com, will be updated as well as our Facebook page: Lewisboro Parks and Recreation and an email blast will be sent out if you have signed up for it. (Call the recreation department 914-232-6162 for more information on this).
5. Practices: All teams are scheduled for one - one-hour practice session per week. Teams are **not** to extend practices past the one-hour practice time period or schedule additional practices at alternate sites.
6. The game will be divided into eight (8) five (5) minute segments. Two (2) segments per quarter. No participant may play greater than one segment more than a teammate. Exceptions may occur if a player must leave the game for any reason. Late arrivals may result in a participant playing fewer segments. A player arriving late, or missing a part of the game other than for an injury, will be penalized 1 segment of playing time for arriving after the 2nd segment has started, 2 segments once the 3rd has started, 3

segments once the 5th has started etc. The following chart lists the minimum and maximum number of segments to be played:

# of Players	Minimum Segments	Maximum Segments
6	6	7
7	5	6
8	5	5
9	4	5
10	4	4

If a player fouls out or is injured and unable to continue to play, the substitute player that completes the segment is charged with the segment ONLY if he/she enters with more than half the segment remaining. If a player fouls out or is injured and unable to continue to play during the final segment, a bench player with fewest segments played **must** be inserted into the game. If all on the bench have played an equal amount the coach of that team may select the player of his/her choice as the replacement.

NOTE: If known before the start of a game that a player will not be participating in the minimum number of segments due to illness or personal reasons (needs to leave early, nursing an injury, etc.) the coach **must** notify the opposing coach and scorekeeper and the site supervisor (Recreation Personnel or Head Official) as soon as possible.

7. **When circumstances dictate**, games can be played with less than 5 players (i.e. – 4 on 4). This is with the exception of playoffs when there can be 5 on 4. Any less than 4 is a forfeit.
8. Jerseys – Team jerseys must be worn during the games.
9. Players who sustain an injury where bleeding occurs must be removed from the game immediately. Once the player's injury is taken care of and the bleeding stopped/controlled, the player may re-enter the game. If any blood is on the player's shirt, the shirt must be removed and exchanged for another shirt. It does not have to be the same color or have a number.

10. Bench – Only team players and a maximum of two (2) coaches will be allowed on a team bench. Only one coach is allowed to stand at a time. Players and other coach must be seated during the game. Only one coach is to approach officials during a game for rule clarification or protest.
11. Game time - 40 minutes running time **except the last minute of the game**. Each quarter will be 10 minutes. The clock will stop briefly at the 5-minute mark of each quarter for substitutions. Play will stop after an official stoppage of play. Running time will take effect if a team is up fifteen (15) points or more during the last minute of the game.
12. Time outs - 2 per game at 1 minute each.
13. Time breaks - 1 minute between quarters and 3 minutes for half-time. There is to be **NO** shooting at the baskets by players, coaches, officials, scorekeepers or spectators during time-outs or breaks between quarters except half time.
14. **Ten Point Rule** – Score on the scoreboard will not be kept when a team reaches a ten-point lead. Score will resume when the score differential is ten points or less. There will be no fast breaks if a team is up by more than 10 points.
15. Defenses – Zone or Person to Person defense can be used.

16. NEW FOUL RULES:

- ⚙ **One-and-one fouls are eliminated**
- ⚙ **Beginning with the team's 5th foul, two free throws are awarded**
- ⚙ **Team fouls reset each quarter**

Technical fouls count as a team foul. Each player gets five (5) fouls. After receiving the fifth foul, the player must exit the game. If there is no substitute for the player, the game will be four on five. Any time the team drops to three players, the game will be called and the team forfeits.

17. Pressing - No trap pressing is allowed. Players may be picked up at half court. Teams will have 10 seconds to get the ball over the half court line.
18. Lane violations – 5 seconds
19. Free throws –Shot from the short line and okay to go over the line. Six players line up, players may move at the release of the ball. Shooters and those beyond the arc must wait for the ball to hit the rim.
20. Three (3) point shots will **NOT** count.
21. Overtime –**NONE**
22. **Jewelry is NOT permitted (i.e. watches, rings, bracelets, necklaces, earrings, metal barrettes, etc.).**
23. Technical Fouls – will be called for unsportsmanlike conduct and intentional fouls. We will continue to use our zero-tolerance policy. When a second technical is called on a player or a coach it will result in an ejection from the balance of the game and a one game suspension from the team’s following game.
24. Intentional Fouls – You must yell a play name instead of “foul him/her!” at the end of the game when trying to regain possession of the ball. Failure to do so will result in a technical foul (2 foul shots and possession for the opposing team).