

# Calverton Recreation Council Basketball Program

## Objective and Regulations

### Objective

The objective of Calverton's Intramural Basketball program consists of five major goals. These goals are:

- 1. Provide all children, regardless of capability, with sound basketball fundamentals.** At all grade levels, coaches should stress the basic skills (defense, dribbling, passing, shooting).
- 2. Teaching the value of sportsmanship.** Children must conduct themselves in a manner that is acceptable to all that are present at games and practices. Fighting, cursing, and disrespect for other players, coaches, and officials will not be tolerated.
- 3. The importance of teamwork should be stressed.** The children on each team practice as a team, play as a team, and win or lose as a team.
- 4. Every member of every team is valuable, and has something to contribute.** It is up to the coach to recognize the individual values, using them to benefit both the child and the team.
- 5. Fun...** The idea is for the kids to play, win or lose, but go away being able to say that they had fun in the process.

Coaches **must** give each player equal amounts of playing time in both practices and games. While this might not be possible in each and every session, practice or game, it is expected that over a short period of time, playing time will be equalized among all members of the team. Any exceptions to this rule and actions to be taken by coaches (discipline or multiple skipped practices or games) should be reported to the Division coordinator and Deputy Commissioner prior to taking action, or as soon as practical thereafter.

## RULES

### 3<sup>rd</sup> Grade

Regulation height baskets  
League provided referees, when available  
Fouls called, disqualification if a 6<sup>th</sup> foul  
is called or fouls are intentional  
10 seconds to cross half-court line  
5 minute half-time break  
2 time-outs per team per half  
Players must check in at scorers' table and  
wait for ref/scorer to signal to enter game

No defense beyond 5 second line  
No foul shots, ball out of bounds  
No 3 point baskets  
Man-to-man defense only  
8 minute running clock quarters  
1 minute between quarters  
No overtime periods  
Rules not as rigidly enforced the first two  
games at the discretion of the referees.

(Continued)

# Calverton Recreation Council Basketball Program

## RULES (cont)

### 4<sup>th</sup> Grade

Same as 3<sup>rd</sup> Grade with the following exceptions:

5 seconds in lane violation in effect  
Man-to-man defense only  
Fouls called, foul out with 5<sup>th</sup> foul

League provided referees, when available  
No defense beyond 5 second line

### 5<sup>th</sup> Grade

Regulation height baskets  
League provided referees  
Foul shots taken, shooting fouls only  
No 3 point baskets  
8 minute clock quarters, clock only  
    stops during foul shots & TO's  
1 minute between quarters  
No overtime periods  
Players must check in at scorers' table and  
    wait for ref/scorer to signal to enter game

No defense beyond 5 second line  
Fouls called, foul out with 5<sup>th</sup> foul  
No 1-and-1 foul shots  
Man-to-man or zone defense  
10 seconds to cross half-court line  
5 minute half-time break  
2 time-outs per team per half  
5 seconds in lane violation in effect

### 6<sup>th</sup> Grade

Same as 5<sup>th</sup> Grade with the following exceptions:

Man-to-man or zone defense allowed  
No 3 point baskets

Defense allowed up to half court line

### 7<sup>th</sup>/8<sup>th</sup> Grade

Same as 6<sup>th</sup> Grade with the following exceptions:

Man-to-man or zone defense allowed  
Defense allowed up to half court line  
3 seconds in lane violation in effect

1-and-1 foul shots after 7<sup>th</sup> team foul  
3 point baskets from beyond the arc