



2021 Gold Crown Recreational Basketball League Game Rules

Rules: The Gold Crown Recreational Basketball Program will use the National Federation of High School Association's (NFHS) basketball rules, and follow modified Jr. NBA Guidelines *except for*:

Game Time: Each game consists of two 20-minute, running-clock halves.

Time-Outs: Each team will have two 30-second time-outs. The clock will continue running during time-outs. Unused time-outs do not carry over into overtime.

Halftime: Halftime will consist of four minutes.

Overtime: When a game ends with a tie score, the game will go to sudden death with the following guidelines: after a jump ball at center court, the first team to score any combination of two points will be the winner.

Scorekeeping: Coaches will keep score using a portable electronic scoreboard. Individual and team fouls will not be kept.

****3rd/4th Grade and 5th/6th Grade Divisions****

Game Ball: Size 6 ball (28.5")

Height of Basket: 3rd/4th grade division (9'); 5th/6th grade division (10')

Set Defense/Double Teaming: Only player-to-player defense is allowed throughout the competition, and deliberate "double-teaming" is not allowed. Note: If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player, and then recover back to the player they were guarding.

Pressing Defense: Teams are not allowed to fullcourt press in the backcourt, except in the last ten minutes of the second half and overtime. However, if a team is leading by 15 or more points they are not allowed to press in the last ten minutes of the second half/overtime. **Note:** Only player-to-player pressing in the backcourt is allowed (i.e. no fullcourt zone press is allowed).

Free Throw Rule: 14' free throw line. No violation will be called if the player releases the shot behind the free throw line and crosses the line after the shot is released.

3-Point Field Goals: Although the 3-point arc may exist on the court, all baskets made beyond this arc only count as two points.

****7th/8th Grade Divisions****

Game Ball: Size 7 (29.5")

Height of Basket: 10'

Set Defense/Double Teaming: Only player-to-player defense is allowed throughout the competition, and deliberate "double-teaming" is not allowed. Note: If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player, and then recover back to the player they were guarding.

Pressing Defense: Pressing allowed throughout the competition; however, the leading team may not press when leading by 15 points or more.

3-Point Field Goals: All allowed throughout the competition at coaches discretion.