

**ROGERS COMMUNITY-SCHOOL RECREATION ASSOCIATION
SECOND AND THIRD GRADE DIVISION
YOUTH BASKETBALL 2009-2010**

NFHS RULES WILL BE FOLLOWED, EXCEPT WHERE AMENDED BY THE FOLLOWING:

1. The game will be played with three players on a side. Games will consist of four ten minute quarters. The clock will run continuously except during timeouts. No score will be kept. Halftime will be five minutes. Each team is allowed two timeouts per half. Timeouts not used in the first half do not carry over into the second half.
2. Free throw distance will be twelve feet. Basket height will be eight feet.
3. On free throws, the offensive coach has two options: (1) allow the player that was fouled to shoot the free throws; (2) if the player that was fouled has already scored in the game, the coach may select a player who has not scored to shoot the free throws.
4. Every player must play at least two full quarters from start to finish. A player may not be substituted for, within a quarter, unless the player has already played two other quarters, from start to finish. Exceptions:
 1. injury
 2. player disqualification (foul out)
 3. disciplinary action (A player may be held out for disciplinary reasons only with prior approval of the league director.)
5. No player may play four complete quarters unless a player shortage makes it impossible to do otherwise.
6. **Coaches are required to fill out a line up sheet prior to each game, and turn a copy into the scorekeeper. This card must indicate the mandatory quarters for each play. Any extra quarters should be left blank, so that coaches may assign them at their discretion. No changes may be made after the game starts, except in case of late arrival, foul out, or injury.**
7. DEFENSE: Only man to man defense is allowed. No pressure is allowed in back court. Double teaming on defense is only allowed inside the three (3) point line.
8. The league provides uniform shirts. No other uniform shirt is acceptable in league games. An exception will be made for lost shirts. In order to avoid unnecessary expense to the players, coaches must avoid requiring, or even suggesting, that players purchase matching socks, shorts, or shoes.
9. If schools are closed due to bad weather, all practices are cancelled. For information on game cancellations, call 631-0336, and press "1" when the recording begins.