CHESTER BASKETBALL
3-4 Transition
In Town League Rules

Game Rules:

1) **Game times**.
   - Games must start on time. Please arrive 15 minutes early to warm-up.
2) **Basketballs**.
   - Division utilizes a 28.5" basketball.
3) **Home Team:**
   - The home team is responsible for supplying the game ball, scorekeeper and timekeeper.
4) **Length of Games:**
   - Games will consist of four, 8 (eight) minute quarters, with no overtime period (unless time allows and explicitly agreed upon beforehand by both coaches). There will be a running clock until after the substitution period (see Rule #15) in the fourth quarter. Then, the clock stops as per NJSIAA rules.
5) **Game Breaks:**
   - Breaks between quarters will be one (1) minute and breaks between halves will be five (5) minutes.
6) **Time Outs:**
   - 3 timeouts per half will be given as teaching moments at approximately 1 minute per. In the case of overtime, one additional timeout will be given. Your team must be ready to play on second horn.
7) **Three Point Shots:**
   - Three-point shots will be eligible
8) **Technical Fouls:**
   - Each technical foul results in two (2) shots and possession for the opposing team. Technical fouls also count toward the player's personal foul total and are counted as team fouls. Two technical fouls for the same player/coach will result in ejection from the game.
9) **Ejections:**
   - Foul language or abusive behavior by players, coaches or fans may result in immediate ejection per referee's judgment. Anyone affected will be required to leave the school premises. All ejections will be reviewed by the Chester Basketball Board for possible further disciplinary action.
   - In the case of flagrant foul by a player that is deemed intentional, the referee has the right to eject a player from that game. If the situation is warranted the board can review for a potential suspension.
10) **Foul Shots:**
   - Players can shoot from the first hashmark inside the foul line. There is no penalty for going over the line on a foul shot after the ball is released. The clock should stop on all foul shots.
11) **Fouls:**
   - **Individual Fouls**
     - Each player is allowed 6 personal fouls. On the 6th foul, that player "fouls out" and must be substituted for immediately and is not allowed to return to the game.
   - **Team Fouls**
     - After 5 teams fouls in a quarter, two foul shots shall be taken. Team fouls are reset at the start of each quarter. Player fouls do not reset.

- **Flagrant Fouls**
    - Fouls deemed intentional or aggressive enough to potentially harm another player will result in a flagrant foul being called. Flagrant fouls will be treated as technical foul (section 8).

12) **Defense:**
- "Man to Man" defense is played for the entire game. There is no backcourt defense allowed, no zone defenses allowed, and no double team or trapping is allowed at any area on the court.
- Teams must allow the offensive team to cross the half court line before engaging in defense.

13) **Pressing/Fast Breaks:**
- No pressing is allowed.
- No fast breaks are allowed if offensive team is up by 15+ points
- The coach will be given one warning and if a second offense occurs, a 2-point technical plus possession will be given to the other team.

14) **Referees:**
- One youth referee will be assigned to the games. Traveling, 3 seconds, double dribble, and other infractions are given warnings first, and thereafter called leniently.
- Coaches are to meet together with the ref(s) prior to the game to discuss key areas to focus on and level of leniency at which to call them (if any).

*__Remember:__ Screaming at and abusing the referees is not appropriate. Any criticism of the referees and game officials should be directed to the supervisor of referees or the Chester Basketball Board - NOT to the referee or official.

15) **Playing Time:**
- Coaches must provide playing opportunity for all members of their team with the objective being that all players receive approximately the same playing time.
- **Substitution Rules**
    - All four quarters will have a stoppage at the 4-minute mark (or as reasonably close as possible) to allow for substitutions. At each stoppage, all players on the bench must enter the game and play the balance of the quarter. If a team has 10 players, five different players must play in each part of each quarter. In the event a team has less than 10 players, the coach must use all of the players, five in the first part of the quarter and the balance of the players in the second part of the quarter.
    - Each Player must play a minimum of twelve (12) minutes per game. Each player must rest a minimum of four (4) minutes per game.
    - During the second part of the quarter, the coach may not substitute for any of the players who first entered the game for that part of the quarter. Exception: less than 10 players.
    - No player can play in both parts of the quarter unless there are fewer than 10 players.
    - Unless a team has only 5 players, each player must rest for at least one entire four (4) minute part of one of the first three quarters. Any player who does not rest for at least part of one of the first three quarters cannot play during the fourth quarter.
    - When the referee blows the whistle for substitutions, the team in possession will retain control at half court. If there is no team in control, the game will resume under the alternating possession rule.
    - Coaches may substitute for a player in "foul trouble" with three (3) or more personal fouls in the first half or four (4) fouls in the second half.

16) **Guidelines for Coaches:**
- Coaches must set an example for their players and fans and are responsible for the overall supervision of players and fans.
- During games, coaches should either be seated on the bench next to their players or must stay in the "coaching box"; which is the area immediately in front of the team's bench. At no time, except in the case of injury, should the coach be on the playing floor during the game.
- Coaches should refrain from communicating directly with opposing coaches and players during the game except to exchange congratulations at the end of the game.
- Based upon the conduct of a coach during a game, the referees, in their discretion, may direct a coach to remain seated on the bench. The failure of the coach to comply with this direction will result in a technical foul against the coach and a second violation will result in ejection from the gym. All ejections are to be reported by the referees to the Chester Basketball Board for review and possible further disciplinary action.
- Any issues as to the conduct of opposing coaches or players during a game should be directed to the referees. Criticism of referees should be directed to the Supervisor of Referees or the Board and not the referees.
- This is a recreational program intended to be fun for the kids. Let's not ruin it by yelling, screaming, overreacting or making fools of ourselves as adults.
- Inappropriate conduct by players, coaches, referees, officials or fans should be brought to the attention of the Chester Basketball Board.

17) **Coaches Training:**
- All coaches and assistant coaches are required to acknowledge the rules posted for their respective grade
- We will offer a recommended coaches training to review drills best practices to build foundation for new coaches prior to the start of the season.

18) **Coach Vetting:**
- The board reserves the right to speak with coaches that volunteer and inquire about past experience and foundational coaching level.

19) **Referees:**
- All referees are required to acknowledge the rules posted for their respective grade.

20) **Reporting Scores:**
- Scores of all games should be reported by the winning team as soon as possible after the conclusion of each game. There will be a playoff weekend amongst the teams that will be seeded based on W/L record.

21) **Clean Up**:
- Please have your players inspect the bench area following each game and remove all paper and containers.

22) **NJSIAA Rules**:
- To the extent not inconsistent with these rules, NJSIAA Rules shall be applicable.

For more information, visit the website: www.chesterbasketball.com