



CITY OF BANGOR
PARKS & RECREATION

IN-HOUSE BASKETBALL

RULES



2-3rd Grade

- Man to Man defense only for the entire game.
- When the defense secures a rebound and has possession the other team must retreat on the other end of the court behind the 3-point line.
- No pressing is allowed at any time.
- Help and recover defense is allowed. Coaches should instruct their kids that if help comes from a teammate, the beaten player must, after recovering find the player he/she was originally guarding unless the teammates have switched guarding offensive players.
- No Screening
- No Stealing/Stripping. If the offensive player with the ball runs into the defensive player and basically gives the ball to them, that is NOT considered a steal.
- Rim height will be eight to eight and a half feet. (8' to 8.5')
- A 28.5 size ball will be used.
- A regulation game will consist of two (2) 20-minute running time halves.
- Half-time will be 5 minutes
- There is no overtime.
- Three (3) 30 second timeouts per team **per game** will be allowed.
- ONE coach is allowed to step onto the court to help coach their team. Only do that when a teaching moment is evident. Clock is still running.
- Equal playing time for each player. (*or as close as possible*)
- Games officials will not be calling every travel and double dribble. But, it will get enforced more and more as the season progresses.
- All players must have their reversible Jersey on. **HOME** team is White / **AWAY** team is Cardinal.
- Players shooting free throws may cross over the free throw line upon the release of their shot. At the coach's discretion players from his/her team may shoot from either the 15' line or 12' line.
- Fouls will not be kept. Please keep each player fouls to a minimum.
- Games, scores & time-outs will be recorded by the table officiate.
- Rules may change as the season moves on and we see fit.

ENJOY THE SEASON!!!



CITY OF BANGOR
PARKS & RECREATION

IN-HOUSE BASKETBALL

RULES



4th-6th Grade / Middle School

- Man to Man defense only for the entire game.
- When the defense secures a rebound and has possession the other team must retreat on the other end of the court -
 - (4/5) 3 point line.
 - (Middle School) Half court
- No full court pressing is allowed at any time.
- (4/5) No direct stealing, can steal on pass or a loose dribble.
- Help and recover defense is allowed. Coaches should instruct their kids that if help comes from a teammate, the beaten player must, after recovering find the player he/she was originally guarding unless the teammates have switched guarding offensive players.
- Rim height will be –
 - (4/5) 9'
 - (Middle School) 10'
- A 28.5 size ball will be used.
- A regulation game will consist of two (2) 20-minute running time halves.
- Half-time will be 5 minutes
- There is no overtime.
- Three (3) 30 second timeouts per team **per game** will be allowed.
- Coaches **MUST** remain on sideline – no stepping on court!
- Equal playing time for each player. (*or as close as possible*)
- Games officials will not be calling every travel and double dribble. But, it will get enforced more and more as the season progresses.
- All players must have their reversible Jersey on. **HOME** team is White / **AWAY** team is Cardinal or Maroon.
- Players shooting free throws may cross over the free throw line upon the release of their shot. At the coach's discretion players from his/her team may shoot from either the 15' or 12'.
- Fouls will not be kept. Please keep each player fouls to a minimum.
- Games, scores & time-outs will be recorded by the table officiate.
- Rules may change as the season moves on and we see fit.

ENJOY THE SEASON!!!