

Londonderry Basketball Club High School Recreation Rules

last updated 1/20/23 by Alan McEacharn & Joe Vago



Expectations of All Players and Coaches

THIS IS A REC LEAGUE; TREAT IT AS SUCH

- o Equal Playing Time
- o Sportsmanship a Must
- o All calls made by the referees are final and are not subject to protest
 - Referees are instructed to issue automatic technical fouls if they hear any poor language or witness unsportsmanlike conduct

Game Rules

- Games are 4 quarters
 - o Each quarter is 10 minutes long
 - o Games will be “running time” except last 2 minutes of each 2nd and 4th quarter
- Substitutions
 - o Required at 5 minute mark and start of each quarter
 - o If a team has less than 7 or less players, teams can substitute more often
- Overtime will be 3 minutes
 - o Last 2 minutes of Overtime is stop time
- Each team has 3 time-outs per game
 - o In Overtime each team is granted 1 additional time-out
- Defenses
 - o All styles of defenses are allowed
 - o Backcourt team defense can start no sooner than the backcourt free-throw line
 - o Full court last minute of game only plus OT
- Fouls
 - o Shooting 1 on 1 on Team Foul #7
 - o Shooting 2 on Team Foul #10
 - o Players max 5 fouls – No fouling out
 - Any subsequent fouls will award the fouled team 2 free throws in a clear lane and then possession (similar to technical and takes priority over technical fouls described below)

- o Technical Fouls
 - Count as team and individual fouls
 - 2 free throws plus ball
 - Players – Sit for rest of half or game in 2nd half [including OT]
 - 2nd Technical – Automatic ejection plus sit next game
 - Coaches – 1st Technical = On Chair Rest of Game; 2nd = Automatic Ejection
 - Language – Any foul language heard by the referees is an automatic technical foul
 - Unsportsmanlike conduct an automatic technical foul