

Poulsbo and Bainbridge Island Recreation Basketball  
**Boys & Girls Grades 5**  
**Winter 2026** (Revised 1/26/26) **League Rules**

High School Rules will be used, except where noted below. **REMEMBER, this is a recreational league and not a travel or select league!** Although competition is part of any sporting event, winning is not the reason for making this league available to our young athletes. Please encourage your parents and players to support all of the kids participating on the court. Both teams are being challenged, making achievements and proud moments possible for everyone. Teach them to cheer accomplishments of the players on both sides; there is nothing to be gained by cheering when an opposing player misses a shot or gets a foul called on him/her. **All teams will incorporate the equal playing time rule: every player gets an equal share of the time available in a game.**

### Equipment

-Game ball for Boys and Girls teams will be a rubber 28.5" basketball, similar to the balls provided to each player by the league, OR a composite/leather 28.5" game ball which BOTH coaches agree to prior to the start of the game.

### Substitutions

*-All players must play as equal an amount of time as is possible.*

**Prior to the start of the game, both Head Coaches will meet and agree to either intramural, man to man defense only rules as per 1<sup>st</sup> thru 4<sup>th</sup> grade or Normal HS rules, per 6-8<sup>th</sup> grade.**

### **1<sup>st</sup> thru 4<sup>th</sup> grade Intramural Rules:**

#### Time

- 20 minute halves, running clock
  - Stop clock during time-outs
- 5 minute Half-time
- 10 minute pre-game warm-up or until the scheduled game time, whichever is longer.
- There is no overtime play.
- Time outs are 1 minute.

**-5<sup>th</sup> GRADE TEAMS: Each team is allotted two time outs per half, not cumulative. The clock will run for mandatory substitutions unless a timeout is called. The teams are expected to make its substitutions when called for by the referee at the 5, 10, and 15 minute marks in the game. **Matchups at half court, except prior to starting the game, are not allowed.****

#### Fouls

- No foul shots are taken.
- On a missed shot shooting foul, the fouled team is awarded one (1) POINT and the BALL.
- On a shooting foul in which the shot is good,
  - the shot counts (2 or 3 POINTS)
  - and one extra point to the shooting team's score.
  - shooting team gives up the ball.
- On non-shooting fouls before the bonus (7th team foul), the fouled team receives the ball out-of-bounds.
- On the 7th team foul, during bonus, the fouled team is awarded 1 POINT and the BALL. **Fouls are awarded and tallied by our 20 minute halves. Normal HS quarter foul limits apply to our 20 min halves.**
- Technical Fouls: 2 POINTS and the BALL
- Since there is no 30-second clock and no full court press, there is a 10 second time limit to get the ball over the half court line.

#### Defense

- Man-to-man defense is required (NO ZONE DEFENSES ALLOWED).
- Once the offensive team approaches the 3 point line, defensive players must commit to one offensive player. Recommended conduct of defense is for the defensive team to hustle back to defend, taking position around the 3-point line and at high or low post positions. As the offensive team comes in to play, lock up with a player and defend.
  - Traps, double- and triple-teaming are a violation of the rules outside the key.
  - Switching defensive assignments is allowed.
  - Help defense is allowed **in the key** as a person is coming to the hoop.
- No backcourt checking.**

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**6<sup>th</sup> thru 8<sup>th</sup> grade, Normal High School rules**

**Time**

- 20 minute halves, running clock.
  - Stop clock last 2 minutes of second half (**Not applicable if the point spread is greater than 20 points.**)
  - Stop clock during time-outs
- 5 timeouts per team; timeouts 1 minute in length.
- For 5<sup>th</sup> grade games: One 3 Minute Overtime can be used to break a tie:** 2 minute break between the end of a tie game and the jump ball to start the 3 minute overtime period. 1 time out per overtime period, no carry over. Stop clock last minute of overtime period.
- 5 minute Half-time
- 10 minute pre-game warm-up or until the scheduled game time, whichever is longer.

**Defense**

- All defenses allowed.
- No full-court pressure by leading team when the point spread is greater than 15. (ie: 16 or more)
- Restoring full court defensive pressure option to the leading team: After having a point spread of greater than 15 points, the leading team cannot apply a full court defensive pressure until the point spread has been reduced to 10 or less. At this point, the leading team may apply a full court defensive press.**  
VIOLATION: Warning, then technical foul.

**Fouls**

- During Running Time – all foul shots taken per normal High School rules; clock continues to run.
- During Stop Time (Clock stopped): All foul shots are taken as normally awarded under High School rules. Clock starts per normal high school rules.
- Fouls are awarded and tallied by our 20 minute halves. Normal HS quarter foul limits apply to our 20 min halves.**

**The remaining rules apply for all games:**

**Scoring**

- 3-point line will be used, where available.
- Point awarded on shooting fouls (see Fouls)

**Foul outs:** A player must be removed from the game when he/she commits 5 personal fouls. If this foul out results in only 4 eligible players, the player who just fouled out will be allowed to continue in the game with the following stipulation: each additional foul committed by this player result in the opposing team awarded the ball and 2 points.

**Conduct**

- A player or coach is ejected on the second technical foul assessed to them during the game.
- An ejected player or coach is suspended for the remainder of that day's games and the next scheduled day's games.
- A player or coach ejected a second time is suspended for the remainder of the season.
- Any person ejected by the referee is ejected from the gym, school and school property for the duration of the ejection. The parent/person/player ejected must remove the ejected person and the player associated with the ejected person from the gym.
- The coach is responsible for the conduct of his/her players and spectators.

**Personal Appearance and Safety**

- Rings, hard hair barrettes or clips, hoop or dangling earrings, necklaces, medallions, medal or beaded bracelets are NOT allowed on the court. String or rubber bracelets and stud earrings are allowed and may be covered to prevent loss.**
- VIOLATION: First team offense is a warning. Second team offense is a technical foul.
- Fingernails must be clipped and rounded.

**Official Time and Score**

-Each team participating in the game must provide one person to be assigned as either official scorekeeper or official timekeeper. The referee will designate the official score book before the start of the game and this team will be considered home team. The visiting team is invited to maintain their scorebook at the official table and if this option is chosen, he/she will be a backup to the official book. **NO COMPLAINTS OR CRITICISM WILL BE TOLERATED FROM ANYONE NOT ON THE OFFICIAL'S TABLE.**

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**Set-up, takedown and clean up**

*We can minimize the impact on the school facilities and the cost to use the facilities by observing the following gym rules:*

-Help set-up chairs and scoring tables for the first game and please assist in putting chairs and tables away at the end of the day's final game. This provides the coach a chance to talk to the athletes as well as demonstrating to the players our family commitment to their sport.

-In every case, all players, coaches, and fans should clean up after themselves.

-Each team should take a towel for cleaning up water-bottle spills near the bench area before the next team arrives.

-When your game is over, please collect your gear and move to a corner away from the benches for your post game discussion. It is very important for each game to start at its planned time. This will benefit all the families involved, the officials scheduled for multiple games, and facility management.

-DO NOT allow your parents, athletes, children or friends to wander through the schools. Our league is authorized to use the gym and adjacent restrooms ONLY! Misuse of these facilities could result in their loss to this league and possibly, future leagues. Parents need to supervise their children at all times.

-ABSOLUTELY NO SKATEBOARDS OR WHEELED TOYS ARE ALLOWED IN THE GYMS.

-Food is NOT allowed in any of the gyms.

**-Let your players and their parents know the rules.**