

Poulsbo and Bainbridge Island Recreation Basketball
Boys & Girls Grades 1st, 2nd, 3rd, and 4th
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.**

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.

-FOR 1st, 2nd and 3rd grade teams: No time outs allowed. For mandatory substitutions, the clock will stop for approximately 1 minute to allow the teams to make substitutions.

-4th GRADE TEAMS: Each team is allotted two time outs per half, not cumulative. The clock will run for mandatory substitutions. The teams are expected to make their substitutions when called for by the referee at the 5, 10, and 15 minute marks in the game. Other than prior to starting the game, if the coaches will use matchups at half court for substitutions, both teams forfeit their timeouts for the game and the clock will stop for approximately 1 minute to allow substitutions at each 5 minute interval. Matchups at halfcourt are optional and should be decided on by both coaches prior to the start of the game.

Scoring

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

Equipment

- Game ball for 1st, 2nd & 3rd grade will be a rubber, 27.5" Junior basketball, similar to the basketball provided each player by the league, and the ball should be provided by one of the teams.
- Game ball for 4th grade teams will be a rubber 28.5" basketball, similar to the balls provided to each player by the league.
- Where possible, set 1st grade hoop height at 8'; 2nd and 3rd grade hoop height at 8.5'. **4th and above play at 10' hoops.**

Substitutions

- All players must play as equal an amount of time as is possible.*
- A substitution at the 5/10/15 minute marks will consists of all players on the court being replaced by as many available players on the bench as possible.
 - Although substitutions can happen during any possession where play has stopped, substitutions must be made at the 5, 10, and 15 minute points in each half.

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.
 - 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.

Poulsbo and Bainbridge Island Recreation Basketball
Boys & Girls Grades 1st, 2nd, 3rd, and 4th
Winter 2026 (Revised 1/26/26) League Rules

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.**

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.**

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.