

Brookline Recreation Department  
High School Recreational Basketball League

**League Rules & Regulations**

**Code of Conduct:**

The Brookline Recreation Department High School Basketball program is committed to the notion that good sportsmanship is our most important goal and that winning and losing are secondary concerns. Appropriate behavior is expected from all participants at all times in Recreation programs. To ensure safe and enjoyable programs and facilities for all participants, the Brookline Recreation Department has adopted the following Code of Conduct for players, coaches, and spectators.

1. Players will treat one another with respect at all times. They will play hard and fair and stay within the rules of the game. They will not swear at, complain, or taunt anyone at any time. They will respect the referees and coaches and the decisions that they make. Players must never engage in any act of physical abuse directed towards another.
2. Coaches will be positive and enthusiastic role models. They will demonstrate, in word and deed, the principals of fair play and good sportsmanship. They will respect the referees, treat each child as an individual, and attempt to develop good basketball players with good basketball habits.
3. Coaches and players should be supportive of both teams. They should cheer and show appreciation for a good play no matter who makes it. Coaches and players should never question the referee, criticize another player, or challenge a coach.
4. The Brookline Recreation Department has adopted a "Zero Tolerance" policy regarding the criticism of our referees. Anyone criticizing, or arguing with the referees will be given a technical foul. Two technical fouls for criticizing or arguing with a referee during the game will result in suspension from the game and a subsequent one game suspension to be served at the next scheduled game. If the referee needs to sanction a player for ongoing argumentative behavior after a game the player will be asked to leave the gymnasium and will be suspended from playing in the next scheduled game. A second offense of this nature will result in suspension of the player from the league for the season.
5. Fighting will result in automatic ejection from the game and a one game suspension to be enforced at the next scheduled game. If a player and/or coach is ejected for the same offense a second time such conduct will constitute removal from the program for the remainder of the season.

**Length of Games: (New 2014)**

**Length of games will be forty eight (48) minutes running time consisting of four (4) twelve (12) minute quarters. The clock will run continuously except for the last two (2) minutes of the game when it will stop every time there is a dead ball. If free throws occur in the last 20 seconds of each quarter, the clock will be stopped. In addition, the clock will also stop for injuries, time outs, and at the official's discretion.**

**Jump Ball:**

Center tip off will start the game. Alternating possessions will be used throughout the game.

**Time Outs:**

Each team will be allowed four (4) full one-minute time outs per game.

**Equal Playing time: (New 2014)**

**Quarters 1-3. Mandatory subs will be called half way through the quarter (first whistle at/after the 6 minute mark). Quarter 4 there are no substitution rules, coaches can sub who and whenever they want.**

### **Overtime:**

If overtime is needed, then there will be a 1-minute break followed by a 2-minute quarter. During overtime, each team will have 1 timeout, timeouts do not carry over from regulation. The clock will stop during the last minute on a dead ball or referee discretion.

### **Fouls:**

Players may shoot a foul shot when:

- a. Fouled in the act of shooting – two (2) shots if shot is not made; one (1) shot if the shot is made.
- b. Deliberate foul – two shots and offended team keeps the ball
- c. Technical foul – two (2) shots and the ball;

### **Substitutions:**

A substitute shall not enter the court without reporting to the scorer and being beckoned by an official to enter the game. All substitutes should kneel next to the scorers' table to await the signal to enter the game.

### **Forfeits:**

Teams have a five (5) minute grace period to field five (5) players. A game may start with one team having no less than four (4) players. The fifth player may be added at the next stoppage in play and then at the officials' discretion. If after the five (5) minute grace period a team still does not have at least four (4) players, a forfeit will be declared and the teams may be combined for a scrimmage for the time remaining before the next game.

### **Five Second Rule:**

The ball must be inbounded within five seconds or the ball is turned over to the other team from that spot.

### **Three Second Rule:**

A player shall not remain for more than 3 seconds in that part of his free throw lane between the end line and extended 4' (imaginary) off the court and the farther edge of the free throw line while the ball is in control of his team. Allowance may be made for a player who, having been in the restricted area for less than 3 seconds, is in the act of shooting at the end of the third second. Under these conditions, the 3-second count is discontinued while his continuous motion is toward the basket. If that continuous motion ceases, the previous 3-second count is continued. The 3-second count shall not begin until the ball is in control in the offensive team's frontcourt. If a 3 second violation is called, then the ball is awarded to the opponent at the sideline at the free throw line extended.

### **Foot Ware:**

Players, coaches and parents should be aware that street shoes can be hazardous on gym floors. Water, sand, salt and snow can destroy a gym floor in no time. For the safety of the players please take care of the gym floors. We recommend that players carry their basketball sneakers into the gym and change into them when they get there.

### **Food & Drinks:**

**No food is allowed in the gymnasium and only water is allowed inside the gymnasium. All food and any other beverage must be thrown out prior to entering the gym.**