



SUNRISE BASKETBALL LEAGUE

RULES AND REGULATIONS

With the exception of the following modifications, the National Federation Basketball Rules shall govern league play:

A. GOALS & OBJECTIVES OF THE BOYS & GIRLS BASKETBALL LEAGUES

1. Provide a recreation basketball league in which all interested athletes may actively participate.
2. Instruct and develop in all participating boys and girls, those fundamental and basic skills pertaining to basketball.
3. Develop and encourage those attributes relating to good sportsmanship.
4. Emphasize a sense of team unity and de-emphasize personal or individual play.
5. Develop positive attitude about fair play. Players learn to respect their teammates. Opponents, officials and themselves.

B. GAME DAY RESPONSIBILITIES:

1. While coaching your game, you will be restricted to your immediate bench area. You are to keep your players on the bench during the game.
2. **Never** give up when you're behind. Have a positive attitude and always encourage your team.
3. **Always** compliment your players for their efforts.
4. When teaching a player, never downgrade their abilities. **Always use constructive criticism.** Point out what they are doing wrong and correct the wrong doing.
5. When your team has arrived, you will be responsible for the following:
 - All players are sitting together in the stands.
 - **Keep all clothing and valuables in a safe place or with parents. Sunrise Recreation and Park District will not be responsible for lost or stolen items.**



6. Following the conclusion of your game, organize your kids and have them shake hands with your opponent, coaches included, before any team huddles or after game team talks.
7. Please have your team line-up, ready for the scorekeeper before the game time.
8. Please have all players clean and tie their shoes prior to the start of the game and at half time.
9. **Pick up all bottles and clean up bench area before leaving.**
10. **All post game snacks and refreshments are to be given and consumed outside of the gym.**

C. COMPETITION AND EQUIPMENT:

1. A team must have at least 4 players to start the game.
 - Coach and site coordinator may amend this to 3 based on their discretion.
 - Game will be forfeited after a 10-minute grace period. Site coordinators can adjust this policy based on circumstances.
2. Substitutions occur only on a dead ball. The substitutions shall remain out of bounds until an official has blown the whistle, stopping play and waving them in. Substitutions must report and sit/take a knee at midcourt before entering the game.
3. Athletic shoes are required. Please make sure your players wear non-marking athletic shoes. Hats are not to be worn by participants during games.
4. Players may not wear any jewelry, bobbie pins, or hair ornaments. Players may wear medical alert bracelets as long as they tape it to their chest or wrist. Please make the officials and on-site coordinator aware of it before each game. No earrings, bracelets or rubber bands. No exceptions.
5. A player wearing a cast or brace on the elbow, hand, finger, wrist or forearm may not participate.
6. 2nd/3rd grade basketball leagues will use a 27.5 size basketball.



7. 4th/5th grade & 6th – 8th grade **girls** basketball leagues will use a 28.5 size basketball.
8. 6th – 8th grade **boys** basketball leagues will use a 29.5 size basketball.
9. All jerseys must be tucked in and remain tucked in until the game is over.

D. ELIGIBILITY

A player may only play for one team.

Exception: Only if approved by Sunrise Recreation Service Manager.

E. PLAYING TIME, TIME OUTS, OVERTIME:

1. **Playing Time:** There will be 4, 10 minute running clock quarters. There will be a regulation clock the last 2 minutes of the fourth quarter.
 - 2nd/3rd grade league will be running clock the entirety of the game.
2. Halftime will be 2 minutes long.
3. Each team is allowed (2) 30 second timeouts per half, and (1) 30 second timeout in the sudden death period. Timeouts do not accumulate.
 - a. Timeouts will be granted only:
 - When the ball is in control, or at the disposal of a player on your team.
 - On a jump ball, before the tossed ball leaves the official's hand.
 - On a free throw, before the ball is placed at the disposal of the free thrower.
 - After a basket, before the ball is in the possession of the scored upon team.
 - After time has been out, the clock shall be started when the official signals time in. If play is started by a jump, the clock starts when the ball is tipped. If a free throw is not successful and the ball is to remain alive, the clock starts when a player on the court touches the ball.
4. If score is still tied after regulation, play will resume with a 2 minute "sudden death" period. The first team to score shall be declared the winner. Each team will receive one timeout in the "sudden death" period. If the score is still tied after the 2 minutes, the contest will be declared a tie.
5. Sudden death will start with a jump ball. All fouls and bonuses will carry over from regulation time.



6. In all regulation clock situations – the clock will not stop for a made basket
7. If a team is ahead by 20 or more points in the last 2 minutes of the 4th quarter, it will be a running clock. (mercy rule)

F. GAME SUBSTITUTIONS:

1. Each player must play, coaches will do their best to make sure every child plays an adequate amount of time. Site coordinators can adjust this policy based on circumstances.
 - 2nd/3rd grade league will do 5 person subs at the 5 minute mark of each quarter and at the end of each quarter. Site coordinator may amend this based on their discretion (i.e. injuries, less than 10 players)
2. Players can be permitted to play the entire game, as long as the previous rule is being followed.
3. Players must check-in at the mid court line prior to entering the game. Also, players shall only enter the game when told to do so by the official on the court. Failure to do so will result in a 2-point technical foul.

G. JUMP BALL AND POSSESSION:

1. Games shall start with a jump ball. Overtime and sudden death periods will begin with a jump ball. The team that does not get possession of the tap will start the alternating throw-in process.
2. After each successful basket or free throw, the ball is put into play at the end of the court by the team against whom the score was made.
3. Teammates may not occupy adjacent positions around the restraining circle if an opponent indicates his or her desire for one of these positions before the official is ready to toss the ball.
4. Until the ball is tipped, non-jumpers shall not:
 - Have either foot break the plane of the restraining circle.
 - Take a position in any occupied space.
5. If the ball touches the court without being tipped by at least one of the jumpers the official shall toss it again.
6. Neither jumper shall:
 - Tip the tossed ball before it reaches its highest point.
 - Leave the circle until the ball has been tipped.



- Catch the jump ball
- Touch the ball more than once.

H. **THROW-INS:**

1. **A player must be given a 1-foot restraining area on a throw-in.** The throw-in starts when the ball is at the disposal of a player or team entitled to the throw-in. The player in bounding the ball shall release the ball on a pass directly into the court, within 5 seconds after the throw in starts. If the official hands the ball, the thrower shall not leave the designated throw-in spot.
 2. After a made basket, the team scored upon shall make the throw-in from the end line where the goal was made from any point outside the base line. While in-bounding the ball, a player may use the entire base line to his or her advantage.
 3. On violations and common fouls, the throw-in is made from the spot nearest the occurrence. Players may not move while in-bounding the ball.
 4. After a technical, flagrant or unsportsmanlike foul, the ball is thrown-in from either side of half court.
 5. On a free throw violation by a teammate, the opponent makes the throw-in from out of bounds at either end of the free throw line extended.
 6. When the throw-in spot is behind a backboard, the throw-in is made from the nearest free throw line extended.
 7. The 5-second throw in rule applies in all the above situations.
- I. **Putting the Ball into Play:** The penalty for a violation shall be awarding of the ball to the opponents at the nearest out-of-bounds point. The following are violations:
1. Traveling: Taking more than one step with the ball without passing, dribbling or shooting.
 2. Stepping out of bounds with the ball or last touching the ball which goes out of bounds.



3. Double Dribble: A second series of dribbling without another player handling the ball, palming (not clearly patting) the ball, or dribbling the ball with both hands at once.
4. Stepping out or over a restraining line during a jump ball or free throw.
5. Kicking the ball.
6. Remaining in the key more than three seconds by the offensive team under their offensive basket.

J. FREE THROWS AND FOULS:

1. During a free throw, when lane spaces may be occupied:
 - a. Marked lane spaces (blocks) may be occupied by a maximum of four defensive and two offensive players.
 - b. The first marked lane spaces (blocks closest to the end line) shall be occupied by the opponents of the free thrower.
 - c. The second marked lane spaces (blocks) on each side may be occupied by teammates of the free thrower.
 - d. The third marked lane spaces (blocks) may be occupied by the opponents of the free thrower.
 - e. The fourth spaces (blocks near the free throw line) shall NOT be occupied.
 - f. Players shall be permitted to move along and across the lane to occupy a vacant space with the limitations listed in this rule.
 - g. All other players must remain behind the 3-point arc. No player should move after the official gives the shooter the ball.
2. The 2nd-3rd Grade Division will shoot free throws from 11 ft white line.
3. The 4th – 5th and 6th – 8th Grade Divisions will shoot from the regulation free throw line.
4. All players in the blocks can move or enter the free-throw lane once the ball releases from the shooters hand. The free-throw shooter and all players beyond the back of the 3-point arc may enter when the ball hits the rim. **Please note:** If the ball does not hit the rim, it is considered a dead ball shot violation.
5. The free throw shall be made within 10 seconds after receiving the ball.



6. Free throw violation – if the violation is by the free thrower or a teammate only, the ball becomes dead when the violation occurs and no point can be scored by that shot; the ball is awarded to the opponents for a throw in at either side of the free throw line extended.
7. If a violation is by the free thrower's opponent only:
 - If the try is successful, the goal counts and the violation is disregarded.
 - Additional free throw shall be attempted by the same player under the same conditions of the shot is missed.
8. If there is a violation by each team, no point can be scored and play shall be resumed by the team entitled to the alternating possession throw in at either end of the free throw line extended. This does not apply if the free throw is to be followed by another free throw.

K. FREE THROW PENALTIES DEFINED:

1. Fouled in the act of shooting – **2 shots if missed/1 shot if basket is made.**
3-point attempt – **3 shots if missed/ 1 shot if basket is made.**
2. **Technical Foul** – 2-points awarded for all technical (unsportsmanlike) fouls plus possession of the ball to the offended team at either end of the division line. **Exceptions:** Too many men on the court and delay of game. These are 2-point + ball penalties.
 - If a player receives a technical foul, that player must sit the rest of the half. The technical foul also counts as a personal foul.
 - Technical fouls due to unruly/unsportsmanlike conduct or verbage by coaches, bench, or their fans will be given to the coach. 2 technical fouls by any 1 person will be an ejection of that person (or fan).
3. **Flagrant Fouls** – Involve violent or savage conduct, such as striking with the fist or elbow, kicking, kneeing, running under a player who is in the air, or crouching or hiping in a manner which might cause severe injury to an opponent. A flagrant foul always carries a penalty of **2-points** and disqualification, and the offended are awarded the ball for a throw-in at the division line.
4. **Intentional Fouls** – Are those fouls which are observed as being designed or premeditated. Lightly holding or pushing an opponent in full view of



an official in order to stop play with the hope of gaining control of the ball, or pushing a player in the back to prevent a score when there is no possibility of getting into position to guard, is equally intentional. An intentional foul always carries a penalty of **2-points** and the offended are awarded the ball for a throw-in at the division line.

5. **Unsportsmanlike Fouls** – are those fouls in which a player acts in a manner unbecoming a fair, ethical and honorable individual i.e.: accepting a foul which should be charged to a teammate; faking being fouled, knowingly making critical remarks about or to an official or an opponent; engaging in acts of vulgarity, such as using profanity, whether or not directed to someone. The penalty for unsportsmanlike conduct is a technical foul; **2 points** and the offended are awarded the ball for a throw-in at the division line. In addition, if flagrant, the offender is disqualified. The official will make the call(s) at his/her discretion and it is not open to interpretation.
 - a. Also considered unsportsmanlike are the following:
 - Disruptive or distracting behavior by bench personnel i.e.: yelling “Air Ball” or “Foot Stomping” on the bleachers and floor while an opponent is shooting a free throw.
 - While out of position to cover a person, using a yell, scream or clap of hands to distract the opponent.
6. Rules 2 & 5 listed above will also apply to coaches and fans.
7. All players are disqualified on their 5th foul.
8. All ejections require a written report by official and site coordinator. All ejected persons will be subject to suspension based on review by Rec. Service Manager.
9. On the **5th team foul** in each quarter (except player control), team will receive 2 shots.

L. PRESSING:

1. 6th – 8th grade league(s) can press the entire game.
2. 4th – 5th grade league(s) can press **the 2nd & 4th quarters**
3. 2nd/3rd cannot full court press.

Please Note: Full court press in overtime is allowed.

EXCEPTION: A team with a 20-point or more lead will not be allowed to press. The defense must allow the offensive team to



move the ball across the half court line. **Penalty:** A 2-point technical foul will be called on the second violation.

M. OFFICIALS:

1. The officials will have total control of the floor and will have the authority to eject any player, fan or coach who is in violation of the code of conduct.

The officials are only to be approached by the team-captain and/or coach during a time out or end of period. Please keep the conversation short and to the point and conducted in a professional and sportsmanship like manner. If possible, let the on-site coordinator handle the situation for you.

Put fun, fairness and respect first.

Player Code of Conduct

All players and coaches must abide by the following code of conduct. These rules of conduct will be strictly enforced during the season.

1. **NO PLAYER SHALL:** Refuse to abide by officials' decisions. The coach may have a polite and short discussion with the official regarding a calling on the side (not yelling from the sideline). Once an official has made a final decision, no protests will be permitted. Any disrespectful behavior or further questioning of calls will result in a Technical Foul. Two points and the ball are awarded to the opposing team.

Any further protest officials are required to immediately call a second technical foul. On the second technical foul, the player or coach is suspended from further play and such player or coach is reported to the League Director. Such player shall remain suspended until the League Supervisor has considered his/her case.

Minimum Penalty: Suspension from one league game.

Maximum Penalty: Suspension for two or more league games and placed on probation for remainder of the season.

2. **NO PLAYER SHALL:** Be guilty of using unnecessary rough tactics, laying a hand upon, shoving, striking, or threatening an official or opposing player. Officials are required to immediately suspend player or coach from further play and report



such player to the League Director. Such player shall remain suspended until his/her case has been considered by the League Director.

Minimum Penalty: Suspension from one or two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the league and/or assault charges filed.

3. **NO PLAYER SHALL:** Be guilty of an abusive verbal attack upon any player, official, or spectator. Officials are required to immediately suspend player from further play and report such player to the League Director. Should the verbal attack occur either before or after the player's game is completed, or from with the spectator area, said player will still be reported to the League Director, with possible suspension being the result of said player's actions. Player shall remain on suspension until the League Supervisor has considered his/her case.

Minimum Penalty: Placed on probation for remainder of season.

Maximum Penalty: Suspension for the remainder of the season.

Technical Foul Summary

- **One Technical Foul** – Player sits out the rest of the half. Two points and the ball are awarded to the opposing team.
- **Two Technical Fouls** – Player will be ejected from the game and site and will be suspended from league play for the (1) following game.
If conduct warrants, player may be suspended permanently. Two points and the ball are awarded to the opposing team.

Special Notes:

- Any player being placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" will be suspended for the remainder of the season.



- Teams are responsible for their spectators. All of the above rules apply to spectators too. Teams will be punished according to the rules above for their spectator's behavior.

Remember this is a Recreation League. Poor player, team, coach and spectator behavior will not be tolerated.

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