

5th & 6th GIRLS & BOYS BASKETBALL RULES

Lewiston Recreation teams will be participating in a recreation league with other recreations department & youth organizations such as Winthrop YMCA, St. Doms Youth Basketball, Richmond Recreation Department, Lisbon Basketball, Greene Basketball, Sabattus/Oak Hill Basketball, and more!

Sportsmanship is a must from players, coaches, and fans.

The officials in this league are not board certified. These people work hard every day with the children in our programs. They work hard to maintain consistency, fairness, and good sportsmanship. We ask that the coaches and parents respect the calls of the officials during play, refraining from any negative comments.

- **Game Time:** Four 10-minute, running time quarters.
- **Half Time:** 5 Minutes
 - Stop time during the last 5 minutes of the 4th Quarter (Means when whistle blows clock stops).
 - Coaches can waive stop time if one team is ahead by 15 points or more.
 - Clock will stop during substitutions to allow match ups: This isn't a time out to coach, please match up and get game going.
 - Clock will stop for players to line up for foul shots and start again once shooter has the ball.
- **Basket Height:** 10 feet
- **Ball Size:** 28.5
- **Game Details**
 - Zone is allowed in the second half only.
 - Teams can press in second half only, presses must be all player to player, no pressing once team leads by 15 or more.
 - No Double teaming outside 3-point line, players may step help and recover.
 - Teams will have two 60 second time outs and three 30 second time outs.
 - Foul shots will be taken on all shooting fouls.
 - We will not keep team fouls, but player fouls will be kept, & players will foul out on the 5th foul.
 - Shirts should have a number, try to not have duplicate numbers.
 - Foul shots taken from foul line, with no violation for crossing the foul line. Shooter must wait for the ball to hit the rim before they can go attempt to get rebound.