

Bourne Recreation Swish League Grades 5 - 8 (Boys & Girls)

Game Information:

1. All players must wear their assigned uniform in order to play.
2. Referees have full decision making authority.
3. Games will consist of 2 sixteen minute halves. 4 minute segments, substituting at the nearest dead ball. This is not a time out. **Players entering the game should be kneeling at the scorer's table waiting to be called in. All players on the bench must be substituted into the game.**
4. No player is allowed to play 2 shifts more than the player with the least number of shifts. Equal playing time is required with 10 players on the bench.
5. Zone defense is allowed.
6. Each team will be allotted 2 timeouts per game to be used at the coach's discretion. The team in possession of the ball may call for a timeout. **Timeouts will be 1 minute.** The ball will be placed back in play as soon as the offensive team is in position. The referee may call a delay of game violation if, at his/her discretion, either team is purposely delaying the game. Delay of game violations will result in a technical foul. **1 timeout per team will be allotted in overtime.**
7. If a player is removed from a game due to injury, parental consent may be required for that player to re-enter the game. All head injuries will result in immediate removal from the game, and will not be allowed to return the remainder of the game. Bourne Recreation reserves the right to require a doctor's note prior to a player's return. The opposing coach will chose the sub for all players removed for illness and/or injury.
8. The clock stops:
 - a. During timeouts and between periods/segments.
 - b. When the ball leaves the confines of the gym.
 - c. On free throw attempts.
 - d. On an official whistle during the last 2 minutes of the game.**
 - e. At the referee's discretion.
 - f. When a player is injured and needs assistance.
9. A 2 minute overtime period will be played in the case of a tie.
10. No player or coach may impede upon the court while the ball is in play. Coaches must remain within the designated coaches box. Failure to remain in the coaches' box will result in a technical foul. Players on the bench must remain seated during game play. Only one coach may be standing at a time.
- 11. If a player is removed for disciplinary reasons, they will be sat for the remainder of the game as well as the next scheduled game.**
12. Coaches may bench players for unsportsmanlike conduct.
13. Players need to be aware that their actions in the Bourne Community Building will have an impact on their ability to play.
14. All forms of jewelry must be removed prior to play, and shirts must be tucked in.

5th-8th Grade Game Rules:

Travel & Double Dribble:

- Referees will be enforcing both travelling and double dribble violations.

Inbounding:

- During the inbound, players must pass the ball in. Handing off the ball is not allowed. The team with possession must keep their feet behind the baseline/sideline. Players will be warned, a second violation of this rule will result in a turnover.
- On the inbound, defending players must give inbound player 3ft.
- An offensive player must inbound a pass within five seconds. A violation of this rule will result in a turnover.
- A player making an inbound pass at half court may pass to either the frontcourt or backcourt.

Front & Back Court:

- Once the ball is brought into the frontcourt by an offensive player it may not be handled in the backcourt by an offensive player. A violation of this rule will result in a turnover.
- Offensive players in the frontcourt must vacate the lane within three seconds upon entering the lane. This is known as the "three second rule". A violation of this rule will result in a turnover.
- Following the score by the opposition, the offensive team has 10 seconds to bring the ball into the frontcourt. A violation of this rule is considered a "delay of game" and will result in a turnover.

Free Throws:

- Once a team has committed 7 fouls in a half, the opposing team is rewarded a free throw. If said free throw is made, a second free throw will be granted. This called the "1 and 1 foul rule." On the 10th team foul, the opposing team will go into double bonus. (2 shots)
- A player attempting a free throw must start and finish their free throw shot from behind the foul shot line.
- Players within the 3 point arch may attempt to rebound the ball on the release. The player shooting must wait until the ball has touched the rim to cross the free throw line in an attempt rebound. A violation of this rule by the offensive team will result in a loss of the shot, whether the attempt is good or not. A violation of this rule by a defensive player will result in an additional shot if it is missed, no penalty if the shot is made. If this violation occurs during a one and one situation by the offensive team, this results in a turn over. Defensive one and one violation on a missed shot awards the offense another shot.

Defense:

- Man to man and zone defense are permitted.
- Double teaming will only be allowed within the three point line.
- Defensive players cannot guard offensive players in the backcourt. If the defensive team gains possession on the rebound, all opposing players must clear the backcourt.
- Defensive press in the back court will be permitted during the last two minutes of each half if:
 - a. Your team is behind.
 - b. Your team is leading by 9 or fewer points.

Any game ruling not addressed by this document or by the Bourne Recreation Department will be based on Mass High School Rules. All efforts will be made to ensure consistency in the officiating.