

# 1st GRADE RECREATIONAL BASKETBALL RULES

## GRAND JUNCTION PARKS AND RECREATION DEPARTMENT

### TEAM INFORMATION:

- Each team will have no more than 6 players
- Games will be played with three players per team
- Teams will be co-ed; mixed girls and boys

### PRACTICES AND GAME DAY:

- All teams will have two scheduled 1-hour preseason practices
- Once games begin, each team will have a half hour practice followed by a half hour game, so if your game is scheduled for 9:00am, you will practice with your team from 9:00-9:30am and then play your game 9:30-10:00am  
If for some reason there is a double header, there may be only one practice period
- If a bye (no games) is given to a team that is not a request of the coach, the team will still have a one-hour practice session

### EQUAL PLAYING TIME:

- This is a Recreation Basketball league. Equal play time for all players is required. Please see the attached substitution plan
- There will be a ten (10) second substitution period at approximately the five (5) minute mark during each quarter to substitute players
- There will not be substitutions the last two (2) minutes of the game, unless an injury occurs
- **A coach is not required to play a player an equal amount of playing time for the following reasons only:** Player is injured or coming off an injury; the family has made a request because of behavioral reasons; the player has not attended scheduled practices or has been disruptive

### GAME DAY LOGISTICS:

- 1st grade will play with a junior sized ball (size 5 or 27") and 8-foot baskets
- Basketballs will be provided for practice and games
- 1st grade teams will be responsible for coaching/officiating their games
  - Representation from both coaches is required
  - Both coaches who are officiating are encouraged to make calls on either team
  - More coaching versus officiating is suggested at this grade level

### GAME CLOCK:

- 1st grade games will consist of two (2) 15-minute halves with a running clock
- The clock will only stop for time outs, player injury, and at the end of the first half
- Half time will be 3-minutes long. Parks and Recreation will briefly pause the clock every 5 minutes in each half for substitutions

### TIMEOUTS:

- Two 30 second timeouts are allowed per half
- The clock will be stopped for these timeouts
- Unused time-outs will not carryover to subsequent quarters
- Substitutions may be made at these timeouts

## SCORE KEEPING and STANDINGS:

- No score is kept by facility staff
- Standings are not tracked for any grade in this Recreation Basketball league

## JEWELRY:

- No jewelry may be worn during games
- This includes watches, rings, earrings, nose-rings, bracelets, necklaces, etc. Please tell your players to wait until the season is over to have any piercing done
- No taping of the ears allowed

## OTHER RULES AND GAME DAY PRACTICES:

- In 1<sup>st</sup> grade Recreation Basketball, stealing the ball from the ball handler is **not** allowed! Players may not steal a dribble or the ball from a player holding the ball. Passes may be stolen and shots may be blocked
- Contact with the ball handler is not allowed
- During 1<sup>st</sup> grade games, players will wear colored wristbands to help them find the person they are supposed to guard. Players are not required to guard their specific "wristband"
- 1<sup>st</sup> grade players may cross half-court and return to back court, but the defensive team may pursue
- All other rules will comply with the high school (CHSAA) federation rules

## IMPORTANT NOTE:

- No food or drinks, including sports drinks are allowed inside any of the school gymnasiums. This includes the gyms used for practices and games. Water only; please insure that there is a secure lid
- Please save after game treats for outside of the gymnasium
- Tobacco products are not allowed on any of the school grounds
- **The emphasis in 1st grade basketball is teaching the players good fundamentals.** Coaches are encouraged to coach as they referee. Emphasis should be on player's increased understanding and proficiency, not on calling every foul or violation

## SPORTSMANSHIP:

It may seem odd to have to include a section that lists consequences for bad sportsmanship in a youth Recreation Basketball league. Coaches, parents, and spectators need to recognize that players imitate and are influenced by the behavior of adults in their lives. Good sportsmanship is when coaches, family spectators and officials treat each other with respect. It is important that all youth athletes know that any negative actions will be held to specific standards and given consequences when necessary

- This is a Recreation Basketball league. Coaches will be held responsible for parent and player behavior towards officials, other coaches, players, or spectators. A facility supervisor will ask you to control your fans if the situation arises
- No player/coach/parent/spectator shall at any time lay a hand upon, push, shove, strike, threaten to strike, or verbally threaten or verbally abuse any other coach, player, spectator, or staff member before, during, or after a game. Any such behaviors will result in any of the following actions:
  1. ejection from that game
  2. minimum one (1) game suspension and
  3. probation for the remainder of the year

# 1<sup>st</sup> Grade Game Day Timeline

## Pre-Game Suggestions:

Have your players take a water break at the 5 minute warning which will give you a couple minutes to get organized for your game. Have your substitution plan ready. A fundamental of Parks and Recreation youth basketball is equal playing time. How that looks could be different for every single team. We **BRIEFLY** stop the clock at two 5 and 10-minute marks of each half to facilitate substitutions. This is a time for substituting ONLY – this is NOT a timeout. Have a parent or assistant coach help get players on and off the floor. You have two 30 second time outs per half if you need to stop the clock to explain/correct something. Though, in 1st grade we certainly expect a lot of the coaching and correcting to happen on the floor during the game.

Teams may want to play half their players for the first 7.5 minutes (using one of their time outs to stop the clock) and the other half for the next 7.5 minutes for more continuity/longer stretches of playing time. Teams who are still building their endurance may want to take advantage of all the substitution opportunities. Or, you may have another plan that works well for you. As long as players play the same amount per game any variation is ok with us.

## Sample timeline:

### 9am– Practice Begins

**9:25am** - 5-minute warning from gym supervisor

**9:30am** - The gym supervisor will start the game clock

**9:35am** - The gym supervisor will indicate the first 5-minute mark for subs

**9:35am** - The gym supervisor will re-start the game clock

**9:40am** - The gym supervisor will indicate the next 5-minute mark for subs. Clock continue to run

**9:45am**– The gym supervisor will indicate the end of the first half

**Half time will be approximately 3 – 5 minutes.** The second half will begin between **9:48 and 9:50am**

**9:55am** – The gym supervisor will indicate the 5-minute mark for subs. Clock continue to run

**10:00am** – The gym supervisor will indicate the next 5-minute mark for subs. Clock continue to run

**10:05am** – The gym supervisor will indicate the end of the second half and end of game

\*\*This leaves us 10 minutes to cleared out so the teams that follow can take their bench. It is Important that we stick to the schedule above. The supervisors have been instructed to keep the sub time stoppages brief and they will re-start the game clock very quickly.

# 1<sup>st</sup> GRADE PLAYING TIME – 3 on 3 PLAY

- This is a Recreation Basketball League. Equal playing time for all players is required
- Equal playing time can be averaged out over the course of the season, especially when the team has an odd number of players
- If you have more than 3 players, **no one** plays the whole game
- Exception: A coach is not required to play a player an equal amount of playing time for the following reasons:
  - Player is injured or coming off an injury
  - Parent request
  - Player has not attended scheduled practices
  - Player has been disruptive

## EXAMPLE SUBSTITUTION PLAN FOR EQUAL PLAYING TIME

### 6 PLAYERS - 15 MINUTES MINIMUM

Two 15-minute halves = 30 minutes

#### FIRST HALF

Minutes	Player	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
10	1	X	X	X	X	X						X	X	X	X	X
5	2						X	X	X	X	X					
10	3	X	X	X	X	X						X	X	X	X	X
10	4	X	X	X	X	X						X	X	X	X	X
5	5						X	X	X	X	X					
5	6						X	X	X	X	X					

#### SECOND HALF

Minutes	Player	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Total
5	1						X	X	X	X	X						15
10	2	X	X	X	X	X						X	X	X	X	X	15
5	3						X	X	X	X	X						15
5	4						X	X	X	X	X						15
10	5	X	X	X	X	X						X	X	X	X	X	15
10	6	X	X	X	X	X						X	X	X	X	X	15

Utilize the chart above or create your own  
at [www.playingtimecalculator.com/](http://www.playingtimecalculator.com/)

## **2nd GRADE RECREATIONAL BASKETBALL RULES**

### **GRAND JUNCTION PARKS AND RECREATION DEPARTMENT**

#### **TEAM INFORMATION:**

- Each team will have no more than 8 players
- Games will be played with four players per team

#### **PRACTICES AND GAME DAY:**

- All teams will have two scheduled 1-hour preseason practices
- Once games begin, each team will have a half hour practice followed by a half hour game, so if your game is scheduled for 9:00am, you will practice with your team from 9:00-9:30am and then play your game 9:30-10:00am  
If for some reason there is a double header, there may be only one practice period
- If a bye (no games) is given to a team that is not a request of the coach, the team may still have a one-hour practice session

#### **EQUAL PLAYING TIME:**

- This is a Recreation Basketball league. Minimum play time for all players is required. Please see the attached substitution plan example
- There will be a ten (10) second substitution period at approximately the five (5) minute mark during each quarter to substitute players
- There will not be substitutions the last two (2) minutes of the game, unless an injury occurs
- **A coach is not required to play a player an equal amount of playing time for the following reasons only:** Player is injured or coming off an injury; the family has made a request because of behavioral reasons, etc.; the player has not attended scheduled practices or has been disruptive

#### **GAME DAY LOGISTICS:**

- 2nd grade will play with a junior sized ball (size 5 or 27") and 8-foot baskets
- Basketballs will be provided for practice and games
- 2nd grade teams will be responsible for coaching/officiating their games
  - Representation from both coaches is required
  - Both coaches who are officiating are encouraged to make calls on either team
  - More coaching versus officiating is suggested at this grade level

#### **GAME CLOCK:**

- 2nd grade games will consist of two (2) 15-minute halves with a running clock
- The clock will only stop for time outs, player injury, and at the end of the first half
- Half time will be 3-minutes long. Parks and Recreation will briefly pause the clock every 5 minutes in each half for substitutions

#### **TIMEOUTS:**

- Two 30 second timeouts are allowed per half
- The clock will be stopped for these timeouts
- Unused time-outs will not carryover to subsequent quarters
- Substitutions may be made at these timeouts

## SCORE KEEPING & STANDINGS:

- No score is kept by facility staff
- Standings are not tracked for any grade in this Recreation Basketball league

## JEWELRY:

- No jewelry may be worn during games
- This includes watches, rings, earrings, nose-rings, bracelets, necklaces, etc. Please tell your players to wait until the season is over to have any piercing done
- No taping of the ears allowed

## OTHER RULES AND GAME DAY PRACTICES:

- Stealing the ball from the ball handler is **not** allowed! Players may not steal a dribble or the ball from a player holding the ball. Passes may be stolen, and shots may be blocked
- Contact with the ball handler is not allowed
- During 2<sup>nd</sup> grade games, players will wear colored wristbands to help them find the person they are supposed to guard. Players are not required to guard their specific "wristband"
- 2nd grade players may cross half-court and return to back court, but the defensive team may pursue
- All other rules will comply with the high school (CHSAA) federation rules

## IMPORTANT NOTE:

- No food or drinks, including sports drinks are allowed inside any of the school gymnasiums. This includes the gyms used for practices and games. Water only; please insure that there is a secure lid
- Please save after game treats for outside of the gymnasium
- Tobacco products are not allowed on any of the school grounds
- **The emphasis in 2<sup>nd</sup> grade basketball is teaching the players good fundamentals.** Coaches are encouraged to coaches they referee. Emphasis should be on player's increased understanding and proficiency, not on calling every foul or violation

## SPORTSMANSHIP:

It may seem odd to have to include a section that lists consequences for bad sportsmanship in a youth Recreation Basketball league. Coaches, parents, and spectators need to recognize that players imitate and are influenced by the behavior of adults in their lives. Good sportsmanship is when coaches, family spectators and officials treat each other with respect. It is important that all youth athletes know that any negative actions will be held to specific standards and given consequences when necessary

- This is a Recreation Basketball league. Coaches will be held responsible for parent and player behavior towards officials, other coaches, players, or spectators. A facility supervisor will ask you to control your fans if the situation arises
- No player/coach/parent/spectator shall at any time lay a hand upon, push, shove, strike, threaten to strike, or verbally threaten or verbally abuse any other coach, player, spectator, or staff member before, during, or after a game. Any such behaviors will result in any of the following actions:
  1. ejection from that game
  2. minimum one (1) game suspension and
  3. probation for the remainder of the year

## 2<sup>nd</sup> Grade Game Day Timeline

### Pre-Game Suggestions:

Have your players take a water break at the 5 minute warning which will give you a couple minutes to get organized for your game. Have your substitution plan ready. A fundamental of Parks and Recreation youth basketball is equal playing time. How that looks could be different for every single team. We **BRIEFLY** stop the clock at the 5 and 10 minute mark to facilitate substitutions. This is a time for substituting ONLY – this is NOT a timeout. Have a parent or assistant coach help get players on and off the floor. You have two 30 second time outs per half if you need to stop the clock to explain/correct something. Though, in 2nd grade we certainly expect a lot of the coaching and correcting to happen on the floor during the game.

Teams may want to play half their players for the first 7.5 minutes (using one of their time outs to stop the clock) and the other half for the next 7.5 minutes for more continuity/longer stretches of playing time. Teams who are still building their endurance may want to take advantage of all the 5-minute increment stoppages. Or, you may have another plan that works well for you. As long as players play the same amount per game any variation is ok with us.

### Sample timeline:

#### 9am– Practice Begins

**9:25am** - 5-minute warning from gym supervisor

**9:30am** - The gym supervisor will start the game clock

**9:35am** - The gym supervisor will indicate the 5-minute mark for subs

**9:35am** - The gym supervisor will re-start the game clock

**9:40am** - The gym supervisor will indicate the next 5-minute mark for subs. Clock continues to run

**9:45am** - The gym supervisor will indicate the end of the first half

**Half time will be approximately 3 – 5 minutes.** The second half will begin between **9:48 and 9:50am**

**9:55am** – The gym supervisor will indicate the 5-minute mark for subs. Clock continues to run

**10:00am** – The gym supervisor will indicate the next 5-minute mark for subs. Clock continues to run

**10:05am** – The gym supervisor will indicate the end of the second half and end of game

\*\*This leaves us 10 minutes to cleared out so the teams that follow can take their bench. It is Important that we stick to the schedule above. The supervisors have been instructed to keep the sub time stoppages brief and they will re-start the game clock very quickly.

## 2nd GRADE PLAYING TIME – 4 on 4 PLAY

- This is a Recreation Basketball League. Equal playing time for all players is required
- Equal playing time can be averaged out over the course of the season, especially when the team has an odd number of players
- If you have more than 4 players, **no one** plays the whole game
  - Exception: A coach is not required to play a player an equal amount of playing time for the following reasons:
    - Player is injured or coming off an injury
    - Parent request
    - Player has not attended scheduled practices
    - Player has been disruptive

### EXAMPLE SUBSTITUTION PLAN FOR EQUAL PLAYING TIME

#### 8 PLAYERS - 15 MINUTES MINIMUM

Two 15-minute halves = 30 minutes

#### FIRST HALF

Player	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Minutes
1	X	X	X	X	X						X	X	X	X	X	10
2						X	X	X	X	X	X	X	X	X	X	10
3	X	X	X	X	X						X	X	X	X	X	10
4						X	X	X	X	X						5
5						X	X	X	X	X						5
6						X	X	X	X	X						5
7	X	X	X	X	X											5
8	X	X	X	X	X						X	X	X	X	X	10

#### SECOND HALF

Player	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Minutes
1						X	X	X	X	X						5
2						X	X	X	X	X						5
3						X	X	X	X	X						5
4	X	X	X	X	X						X	X	X	X	X	10
5	X	X	X	X	X						X	X	X	X	X	10
6	X	X	X	X	X						X	X	X	X	X	10
7	X	X	X	X	X						X	X	X	X	X	10
8						X	X	X	X	X						5

Utilize the chart above or create your own at  
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# **3<sup>rd</sup> – 6<sup>th</sup> GRADE BASKETBALL RULES**

## **GRAND JUNCTION PARKS AND RECREATION DEPARTMENT**

### **PRACTICES:**

- 3<sup>rd</sup> and 4<sup>th</sup> grade teams shall have one 1-hour practice per week
- 5<sup>th</sup> grade teams will have one 1-hour practices per week and may have a second as space allows
- 6<sup>th</sup> grade teams will have two 1-hour practices per week unless space does not allow

### **EQUAL PLAYING TIME:**

- This is a Recreation Basketball league. Equal playing time for all players is required
- In 3<sup>rd</sup> – 5<sup>th</sup> grade play there will be a ten (10) second substitution period at approximately the four (4) minute mark during each quarter to substitute players
- In 6<sup>th</sup> grade there will be a ten (10) second substitution period at approximately the five (5) minute mark during each quarter to substitute players
- There will not be substitutions the last two (2) minutes of the game, unless an injury occurs
- A sample substitution plan is attached. Coaches may follow this plan or create their own
- Equal playing time can be averaged out over the course of the season, especially when the team has an odd number of players
- **A coach is not required to play a player an equal amount of playing time for the following reasons only:** Player is injured or coming off an injury; the family has made a request because of behavioral reasons, etc.; the player has not attended scheduled practices or has been disruptive
- The coach must notify the gym supervisor prior to the game when a player will not be playing the minimum required time

### **GAME DAY LOGISTICS:**

- During 4<sup>th</sup> grade games, players will be offered colored wristbands to help them find the person they are supposed to guard. Players are not required to guard their specific "wristband"
- 5<sup>th</sup> and 6<sup>th</sup> grade team managers or coaches must present a written line up with the first and last name of each player, team name and player number to the score table before each game
- 3<sup>rd</sup> grade will play with a junior sized ball (size 5 or 27") and 8-foot baskets
- 4<sup>th</sup> grade will play with a junior sized ball (size 5 or 27") and 10-foot baskets
- 5<sup>th</sup> and 6<sup>th</sup> grades will play with an intermediate size ball (size 6 or 28.5") and 10-foot baskets
- Once the game ends, it is considered a legal game and is not protestable
- Questioning judgment calls is not allowed

### **GAME CLOCK:**

- 3<sup>rd</sup> – 5<sup>th</sup> grade games consist of 4 periods with an 8-minute running clock for each quarter
- 6<sup>th</sup> grade games will have a 10-minute running clock for each quarter
- The clock will only stop for time outs, player injury, and at the end of each quarter
- A 1-minute break will be taken between each period; half time will be 3-minutes long. Staff will briefly pause the clock at 4 minutes (5 minutes for 6<sup>th</sup> grade) in each quarter (halfway) for substitutions. This is for SUBS ONLY – this is not for a team huddle or a timeout

## **TIMEOUTS:**

- One, 30 second timeout is allowed per quarter
- The clock will be stopped for these timeouts
- Unused time-outs will not carryover to subsequent quarters
- Substitutions may be made at these timeouts

## **SCORE KEEPING & STANDINGS:**

- Score is not kept in 3<sup>rd</sup> or 4<sup>th</sup> grade basketball
- A scorebook is kept only in 5<sup>th</sup> and 6<sup>th</sup> grade play
- Each 5<sup>th</sup> and 6<sup>th</sup> grade team must provide a scorekeeper for each game
- Standings are not tracked for any grade

## **REFEREEING:**

- 3<sup>rd</sup> grade teams will be responsible for coaching/officiating their games
  - Coaches will be allowed on the floor and generally serve as the referee
  - Representation from both coaches is required
  - Both coaches who are officiating are encouraged to make calls on either team
  - More coaching verses officiating is suggested at this grade level
  - Whistles can be used at the discretion of the coach on the floor
- Staff are schedule to officiate 4<sup>th</sup> – 6<sup>th</sup> grade games. Note: these staff are primarily high school athletes, not certified referees

## **FOULS:**

- A foul will be called on any reach or tomahawk motion regardless of how clean of a steal. The hope is to encourage players to move their feet, steal on a pass, and box out
- All shooting fouls will be granted free throws in 5<sup>th</sup> and 6<sup>th</sup> grade play only. Timeclock continues to run
- 5<sup>th</sup> grade shooters will get 1 shot equaling 2 points; 6<sup>th</sup> grade shooters will get 2 shots at 1 point each
- Players will shoot from the regulation free throw line
- On a free throw, players may enter the free throw lane on the release of the ball
- All non-shooting fouls will be taken out of bounds nearest the spot of the infraction
- All technical fouls will result in an automatic two points for the opposing team and possession of the ball. If a player receives a technical foul, that player will be required to sit out of the game for three (3) minutes (minimum). Penalty time **IS** counted towards a player's minimum playing time

## **BACK COURT RULE:**

- 3<sup>rd</sup> and 4<sup>th</sup> grade players may cross half-court and return to back court, but the defensive team may pursue
- The backcourt rule is enforced in 5<sup>th</sup> and 6<sup>th</sup> grade. A back-court violation will result in a loss of possession

## **ZONE DEFENSE:**

- Zone Defense and Intentional Double Teaming is not allowed
- All teams must play one-on-one the entire game. (Sag defense is allowed.)
- The penalty for a zone defense and/or blatant double-teaming is first a team warning and then a technical foul for each additional violation
- The above rules are judgmental and if at the official(s) discretion teams have an unfair advantage, a penalty will be assessed

- This rule is not meant to discourage “help defense.” Defensive players may help their teammates when they have been beaten. Once the defensive player recovers, the help defense must return to his/her original player

### **JEWELRY:**

- No jewelry may be worn during games; no taping of the ears allowed
- This includes watches, rings, earrings, nose-rings, bracelets, necklaces, etc. Please tell your players to wait until the season is over to have any piercing done

### **OTHER RULES and GAME DAY PRACTICES:**

- Contact with the ball handler (bumping, pushing, etc.) is considered a foul
- All rules will comply with the high school (CHSAA) federation rules
- 3<sup>rd</sup> grade play
  - Players will wear colored wristbands to help them find the person they are supposed to guard.
  - Stealing the ball from the ball handler is **not** allowed! Players may not steal a dribble or the ball from a player holding the ball. Passes may be stolen, and shots may be blocked
- 4<sup>th</sup> grade play
  - Players will have the option of wearing wristbands to help them find the person they are supposed to guard. If one team wants to wear the wristbands, then both will wear them. Players are not required to guard their specific “wristband.”
- 5<sup>th</sup> and 6<sup>th</sup> grade play
  - Ten second rule - A player or team may not stay in their own backcourt in continuous control of ball for more than 10 seconds.
  - A full court press is not allowed. The defensive team must retreat to their end of the court if the opposing team gains the rebound. The ball must be clearly in control of the rebounding player before the defense retreats to the other end of the floor. This is the judgment of the referee and no jump ball will be called if the rebounder is "clearly in control" and then tied up
  - There is a five-second violation rule when an offensive player remains in the key
  - Players are "fouled-out" of the game on the sixth personal foul

### **IMPORTANT NOTE:**

- No food or drinks, including sports drinks are allowed inside any of the school gymnasiums. This includes the gyms used for practices and games. Water only; please insure that there is a secure lid
- Please save after game treats for outside of the gymnasium
- Tobacco products are not allowed on any of the school grounds
- **The emphasis in youth recreation basketball is on teaching the players good fundamentals.** Recreation staff officials have been encouraged to be verbal about rules as they referee. This program places a strong emphasis on player’s increased understanding and proficiency

### **SPORTSMANSHIP:**

It may seem odd to have to include a section that lists consequences for bad sportsmanship in a youth Recreation Basketball league. Coaches, parents, and spectators need to recognize that players imitate and are influenced by the behavior of adults in their lives. Good sportsmanship is when coaches, family spectators and officials treat each other with respect. It is important that all youth athletes know that any negative actions will be held to specific standards and given consequences when necessary

- This is a Recreation Basketball league. Coaches will be held responsible for parent and player behavior towards officials, other coaches, players, or spectators. A facility supervisor will ask to control your fans if the situation arises

- No player/coach/parent/spectator shall at any time lay a hand upon, push, shove, strike, threaten to strike, or verbally threaten or verbally abuse any other coach, player, spectator, or staff member before, during, or after a game. Any such behaviors will result in any of the following actions:
  1. ejection from that game
  2. minimum one (1) game suspension and
  3. probation for the remainder of the year

## **ADDITIONAL REMINDERS**

The Grand Junction Parks and Recreation Youth Basketball program is considered recreational in nature. With that in mind, there are rules that will be enforced that are outside the scope of competitive level sports.

**Profanity** - Warnings will be issued for the use of inappropriate language. If inappropriate language can be heard on the court or outside the out-of-bounds indicators the official will issue a warning to the coach, player, and/or his/her team. The second violation will result ejection from the game and gym.

**Unsportsmanlike Conduct** - The game is for fun, officials may issue warnings to coaches, teams, and players displaying conduct of poor sportsmanship toward other players or City staff.

**Promoting good health**-- Players and spectators have come to enjoy fun, and exercise. To help promote good health the City of Grand Junction has a no-smoking/tobacco policy ordinance enforced in all City facilities. Neither tobacco nor alcohol is allowed on the grounds of any school district facilities, this includes the parking lot and outside area after school hours.

**Spectators**--Spectators are encouraged to come and watch the games. However, due to the limited space available for games and for safety considerations and liability; children under the age of 12 must be supervised at all times. **Children are not allowed to be in the halls, restrooms, or class rooms while the gym is open for practices or games.** All spectators must remain in the gym sitting at either end of the gym, not on bleachers unless the bleachers are set up to sit on.

# PLAYING TIME – 5 on 5 PLAY

- This is a Recreation Basketball League. Equal playing time for all players is required
- Equal playing time can be averaged out over the course of the season, especially when the team has an odd number of players
- If you have more than 5 players, no one plays the whole game
  - Exception: A coach is not required to play a player an equal amount of playing time for the following reasons:
    - Player is injured or coming off an injury
    - Parent request
    - Player has not attended scheduled practices
    - Player has been disruptive

## 3<sup>rd</sup> – 5<sup>th</sup> GRADE

### EXAMPLE SUBSTITUTION PLAN FOR EQUAL PLAYING TIME

#### 8 PLAYERS - 16-20 MINUTES

Two 16-minute halves or 8-minute quarters = 32 minutes

#### FIRST QUARTER

#### SECOND QUARTER

Minutes	Player	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1
12	1	X	X	X	X	X	X	X	X					X	X	X	X
12	2	X	X	X	X	X	X	X	X					X	X	X	X
12	3	X	X	X	X	X	X	X	X	X	X	X					
4	4	X	X	X	X												
12	5	X	X	X	X					X	X	X	X	X	X	X	X
12	6					X	X	X	X	X	X	X	X	X	X	X	X
8	7					X	X	X	X	X	X	X					
8	8									X	X	X	X	X	X	X	X

#### THIRD QUARTER

#### FOURTH QUARTER

Minutes	Player	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1	Total
8	1	X	X	X	X					X	X	X	X					20
8	2	X	X	X	X	X	X	X	X									20
4	3									X	X	X	X	X	X	X	X	16
16	4	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	20
8	5	X	X	X	X					X	X	X	X					20
8	6					X	X	X	X					X	X	X	X	20
12	7					X	X	X	X	X	X	X	X	X	X	X	X	20
12	8	X	X	X	X	X	X	X	X					X	X	X	X	20





# 10 PLAYERS - 20 MINUTES

## FIRST QUARTER

## SECOND QUARTER

Minutes	Player	10	9	8	7	6	5	4	3	2	1	10	9	8	7	6	5	4	3	2	1	
10	1	X	X	X	X	X						X	X	X	X	X						
10	2						X	X	X	X	X	X	X	X	X							
10	3	X	X	X	X	X											X	X	X	X	X	
10	4						X	X	X	X	X						X	X	X	X	X	
10	5	X	X	X	X	X											X	X	X	X	X	
10	6						X	X	X	X	X	X	X	X	X							
10	7	X	X	X	X	X						X	X	X	X	X						
10	8						X	X	X	X	X						X	X	X	X	X	
10	9	X	X	X	X	X											X	X	X	X	X	
10	10						X	X	X	X	X	X	X	X	X							

## THIRD QUARTER

## FOURTH QUARTER

Minutes	Player	10	9	8	7	6	5	4	3	2	1	10	9	8	7	6	5	4	3	2	1	Total
10	1	X	X	X	X	X											X	X	X	X	X	20
10	2						X	X	X	X	X	X	X	X	X							20
10	3	X	X	X	X	X											X	X	X	X	X	20
10	4	X	X	X	X	X						X	X	X	X	X						20
10	5						X	X	X	X	X	X	X	X	X							20
10	6						X	X	X	X	X	X	X	X	X							20
10	7						X	X	X	X	X						X	X	X	X	X	20
10	8	X	X	X	X	X						X	X	X	X	X						20
10	9						X	X	X	X	X						X	X	X	X	X	20
10	10	X	X	X	X	X											X	X	X	X	X	