

# Amsterdam Recreation Basketball League Rules

As set forth by the Amsterdam Recreation Commission

## **All Divisions**

1. Games will consist of two - twenty four minute halves. Substitutions will be made at 18, 12 and 6 minutes. Teams will get a three minute warm-up prior to games and half-time will be three minutes long.
2. All players must play a minimum of 18 minutes and all players must sit out a minimum of 12 minutes. Teams may freely substitute once all players have played and sat out the minimum amount of time. Until then substitutions will only be made at scheduled times, unless of injury.
3. The clock will run at all times with the exception of the last two minutes of the game, when substitutions are made and on timeouts.
4. Teams are allowed two timeouts per game.
5. Overtime is two minutes long. Additional overtime periods will be two minutes long.
6. Players will foul out after their fifth foul, no exceptions. Teams will continue to play with less than five players if need be.
7. Teams not following any rules will be given one warning with two-shot technical foul calls thereafter.
8. Any incidents of bad behavior by coaches, players or fans will not be tolerated. Any ejection will result in a suspension for the remainder of the season or until said coach, player or fan appears before the Amsterdam Recreation Commission to appeal. Coaches will strive to teach the highest standards of sportsmanship by setting the example for players and fans to follow.
9. Teams will shoot one and one free throws on the seventh foul and two shots on the tenth foul.

## **1-2 Boys and Girls**

1. When a turnover such as walking is committed the team will not lose the ball during the month of December. The referee will explain what the player did and allow them to in-bounds the ball and resume play. When games start in January the referee will explain the infraction and give ball to the opposing team.

### **1-2-3-4 Boys / 1-2-3-4 Girls**

1. Defensive Pressure may not be applied until both the ball and player are in the front court.
2. Foul shots will be taken from approximately 12 feet.
3. Teams must play man-to-man defense only. Double teaming is allowed in the lane.

### **5-6 Boys**

1. Defensive Pressure may not be applied until both the ball and player are in the front court.
2. Teams may apply full court pressure the last three minutes of the second half and all of overtime. Once the ball crosses half court man-to-man defense must be played.
3. No full court pressure when leading by twelve or more points.
4. Regulation foul shots will be taken. The shooter is allowed to cross the line.
5. Teams must play man-to-man defense unless applying pressure in the backcourt. You may double team in the lane only.

### **5-6-7-8 Girls**

1. Any front-court defense is allowed.
2. Regulation foul shots will be taken. The shooter is allowed to cross the line.
3. No full court pressure when leading by twelve or more points.
4. Teams may apply full court pressure the last three minutes of the second half and all of overtime.

### **7-8 Boys/9-12 Boys**

1. Any defense is allowed, including full-court pressure the entire game. Three-point baskets will be allowed.
2. No full court pressure when leading by twelve or more points.
3. Regulation foul shots will be taken. The shooter is not allowed to cross the line.