



Recreational Basketball Rules for 2025-2026 Season

	<u>6U Co-ed</u>	<u>8U</u>	<u>10U</u>	<u>12U</u>	<u>14U</u>
Defense	Man/Color	Any	Any	Any	Any
Allowed Coaches	3 Coaches	2 Coaches	2 Coaches	2 Coaches	2 Coaches
Quarter Length	6 Min. Quarters	12 Min. Halves	16 Min. Halves	16 Min. Halves	16 Min. Halves
Clock Stoppage	Last 1 Min. of Each Half				
Time B/T Halves	2 mins. @ Halftime				
Backcourt Pressure	Guard Inside the Arc	2nd Half, >15	2nd Half, >15	Any time, >15	Anytime, >15
Goal Height	8 Ft	9 Ft	10 Ft	10 Ft	10 Ft
Ball Size	27.5	28.5	28.5	29.5	29.5
Foul Line	8 Ft	12 Ft	15 Ft	15 Ft	15 Ft
3-pt FGs	None	None	Yes	Yes	Yes
Time Outs	4 Full				
Number of Fouls	6	5	5	5	5
Technical Fouls	2 TechFouls-Ejection				
1 and 1 Penalty	7th Team Foul				
Double Bonus	10th Team Foul				

Time Between Halves/Halftime – You will have 2 mins. halftime. Please note that these times may be shortened at the discretion of the gym director if games are behind schedule.

Mercy Rule - The clock will not stop during the last two minutes of the half when a team is ahead by 15+ points. It would only stop for time outs. Once in the 2nd half, if the team is up by 15+ the scorekeeper will discontinue keeping scores on the scoreboard and only keep them in the book!

Overtime - First OT is 1 minute, second OT is sudden-death

Technical Fouls: A technical foul occurs when a player, coach, or member of the team's bench shows unsportsmanlike conduct, like physical or verbal abuse against a referee or other player. A technical violation, like a delay of game, will also generate a technical foul. The opposing team gets **two free throws** and possession of the ball.

***If a player, coach, or spectator has been ejected they will be asked to leave the gym. The game will be stopped until the ejected party has left the gym. If they ejected party does not leave the gym within five minutes of the ejection, the game will be declared a forfeit by the offending team. Ejections are at the referee or gym directors' discretion. If a coach is ejected or receives two technicals, they will not be allowed to coach the next game.