



Iron Courts Rec League Rules

PreK-K Division (4-6 year olds)

Uniform	Iron Courts League Reversible Uniform
Ball Size	27.5 (Size 5)
Rim Height	8 feet
Game Length	8 min quarters. Running clock. Clock stops the last :30 seconds of the game unless there is a 15 point or more deficit.
Timeouts	Three (3) :30 second timeouts for the entirety of regulation. 1 timeout per team in 1st overtime. Timeouts do not carry over from regulation.
Fouls	Individual player fouls are not recorded. For all shooting fouls, the fouled team receives 1 pt and the ball at halfcourt. No 3-second lane violations . In the last :30 seconds of the game, players will shoot <u>2 free throws</u> for all fouls.
Defense	<ul style="list-style-type: none">• 4 on 4• Only man-to-man defense allowed• Can only steal the pass, no on ball steals off the dribble. If the ball is stolen from the offensive player off the dribble, the ball is returned to that player outside the lane.• 30 point margin - points aren't added to scoreboard• 5 second closely guarded rule is in effect in the final :30 secs In the last :30 seconds of the game, the opposing team may play full court man to man. Regular rules apply regarding steals.
Technical Fouls	Automatic 2 pts plus ball.
Coaches	2 coaches per team are allowed on the bench. Only the coach on the court may stand and address the referee. Coaches must remain in the designated coaches box during the duration of the game. This designated coaches box is subject to the Director of Player and Referee Education's discretion.
Regulation/Overtime	Both Regulation and Overtime games will start with a jump ball at center court. Regular Season: 1st overtime: 2 minutes. If there is no winner, the game ends in a tie. Playoffs: 1st overtime: 2 minutes. 2nd overtime: Sudden victory
Referees/Violations	Referees at this level are there to encourage and support the development of the players in order to teach the rules of the game. Referees (along with coaches) are encouraged to teach the players the rules while making calls so the athletes begin to understand basic basketball concepts and fundamentals. Traveling and double-dribbling is rarely called, but the referee may halt a player to teach.
Playing Time	It is the responsibility of the coach to try their best to have all players play an equal amount of time throughout the game.
Reminders	<ul style="list-style-type: none">• Our goal is for every team to compete, get better, grow the game of



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basketball, and learn the valuable skills of character and sportsmanship.

- Teams that are way ahead in score are expected to work on different areas to improve instead of trying to continue to run up the score.
- Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league.
- Coaches, players, and spectators are not permitted to yell or berate officials at any time. The expectation is to cheer for their team. Let the coaches do their jobs and address the officials as required.



1/2nd Grade Division (6-8 year olds)

Uniform	Iron Courts League Reversible Uniform
Ball Size	27.5 (Size 5)
Rim Height	9 feet
Game Length	18 min halves. Running clock. The clock stops during the last minute of each half unless there is a 15 point or more deficit.
Timeouts	Three (3) :30 second timeouts for the entirety of regulation. 1 timeout per team in 1st overtime. Timeouts do not carry over from regulation.
Fouls	6 personal fouls. Free throws only for shooting fouls. No 3-second lane violations. In the last minute of the game, players will shoot <u>2 free throws</u> for all fouls.
Free Throws	Foul shots taken from 13'6" (first hash from free throw line)
Referees / Violations	Referees will be lenient on travels and double dribbles at the start of season. However, referee calls will build up to all violations called by end of season. No offensive 3 second calls.
Defense	<ul style="list-style-type: none">• 5 on 5• Only half court man-to-man defense is allowed.• Can only steal the pass, no on ball steals off the dribble. If the ball is stolen from the offensive player off the dribble, the ball is returned to that player/team out of bounds.• 30 point margin - points aren't added to scoreboard• 5 second closely guarded rule is in effect during the entirety of the game <p>In the last minute of the game, the opposing team may play full court man to man. Regular rules apply regarding steals.</p> <p>1st and 2nd violation: Warning 3rd offense: Warning or technical foul at referee's discretion Repeated offenses: Referee's discretion. Speak with the Site Supervisor or the League Director.</p>
Technical Fouls	Automatic 2 pts plus ball.
Coaches	2 coaches per team are allowed on the bench. Only 1 coach can stand on the sidelines and address the referees.
Regulation/Overtime	Both Regulation and Overtime games will start with a jump ball at center court. Regular Season: 1st overtime: 2 minutes. If there is no winner, the game ends in a tie. Playoffs: 1st overtime: 2 minutes. 2nd overtime: Sudden victory



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Reminders

- Our goal is for every team to compete, get better, grow the game of basketball, and learn the valuable skills of character and sportsmanship.
- Teams that are way ahead in score are expected to work on different areas to improve instead of trying to continue to run up the score.
- Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league.
- Coaches, players, and spectators are not permitted to yell or berate officials at any time. The expectation is to cheer for their team. Let the coaches do their jobs and address the officials as required.



3rd/4th Grade Division (8-11 year olds)

Uniform	Iron Courts League Reversible Uniform
Ball Size	28.5 (Size 6)
Rim Height	10 feet
Game Length	18 min halves. Running clock. The clock stops during the last minute of each half.
Timeouts	Three (3) :30 second timeouts for the entirety of regulation. 1 timeout per team in 1st overtime. Timeouts do not carry over from regulation.
Fouls	6 personal fouls. 2 shot bonus at 10 team fouls per half.
Defense	<ul style="list-style-type: none">• Can steal the ball off the dribble and pass.• Man-to-man defense only. No double-teams, but help-side defense is encouraged and will be up to referees judgment.• 15+ point margin - no press• 30 point margin - points aren't added to scoreboard• 5 second closely guarded rule is in effect during the entirety of the game <p>Press:</p> <ul style="list-style-type: none">• 3rd Grade: No press allowed until the last 2 minutes of regulation• 4th Grade: Only man-to-man full court press allowed. No double-teams! <p>1st and 2nd violation: Warning 3rd offense: Warning or technical foul at referee's discretion Repeated offenses: Referee's discretion. Speak with the Site Supervisor or the League Director.</p>
Technical Fouls	Automatic 2 pts plus ball.
Coaches	2 coaches per team are allowed on the bench. Only 1 coach can stand on the sidelines and address the referees.
Regulation/Overtime	Both Regulation and Overtime games will start with a jump ball at center court. Regular Season/Playoffs- 1st overtime: 2 minutes 2nd overtime: Sudden victory 1 timeout per team in 1st overtime. Timeouts do not carry over from regulation.
Reminders	<ul style="list-style-type: none">• Our goal is for every team to compete, get better, grow the game of basketball, and learn the valuable skills of character and sportsmanship.• Teams that are way ahead in score are expected to work on different areas to improve instead of trying to continue to run up the score.• Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league.• Coaches, players, and spectators are not permitted to yell or berate



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5th/6th Grade Division (10-13 year olds)

7th/8th Grade Division (12-15 year olds)

Uniform	Iron Courts League Reversible Jersey
Ball Size	5th/6th Grade Division: 28.5 (Size 6) 7th/8th Grade Division: 29.5 (Size 7)
Rim Height	10 feet
Game Length	18 min halves. Running clock. The clock stops during the last minute of each half.
Timeouts	Three (3) :30 second timeouts for the entirety of regulation.
Fouls	6 personal fouls. 2 shot bonus at 10 team fouls per half.
Defense	<ul style="list-style-type: none">• Can steal the ball off the dribble and pass.• Any defense or press allowed.• 15+ point margin - no press• 30 point margin - points aren't added to scoreboard• 5 second closely guarded rule is in effect during the entirety of the game <p>1st and 2nd violation: Warning 3rd offense: Warning or technical foul at referee's discretion Repeated offenses: Referee's discretion. Speak with the Site Supervisor or the League Director.</p>
Technical Fouls	Automatic 2 pts plus ball.
Coaches	2 coaches per team are allowed on the bench. Only 1 coach can stand on the sidelines and address the referees.
Regulation/Overtime	Both Regulation and Overtime games will start with a jump ball at center court. Regular Season/Playoff- 1st overtime: 2 minutes 2nd overtime: Sudden victory 1 timeout per team in 1st overtime. Timeouts do not carry over from regulation.
Reminders	<ul style="list-style-type: none">• Our goal is for every team to compete, get better, grow the game of basketball, and learn the valuable skills of character and sportsmanship.• Teams that are way ahead in score are expected to work on different areas to improve instead of trying to continue to run up the score.• Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league.• Coaches, players, and spectators are not permitted to yell or berate officials at any time. The expectation is to cheer for their team. Let the coaches do their jobs and address the officials as required.