

Hoboken Recreation Basketball Rules

3rd & 4th Grade Division

Game Timing

- Games consist of **two (2) 18-minute halves, running clock.**
- The clock will stop for the following:
 - **9-minute substitution mark** in the **first half.**
 - When players are lining up for the **first foul shot (both teams).**
 - During the **last minute of each half** (out of bounds, fouls, etc.)
 - **Timeouts.**
- Overtime: There will be (1) 2 minutes over time. Each team gets (1) timeout.

Coaching

- Each team is allowed to have **three (3) coaches** on the bench.
- Only **one coach may stand** during the game.

Timeouts

- Each team receives **two (2) timeouts per half.**

Pressing & Defense

- **No half-court or full-court press is allowed.**
- **What is a press?**
A press is when the defensive team guards or traps offensive players in the backcourt before they cross half-court, or a designated line.
- Defensive players must remain **behind the designated line** until the offense crosses the designated line.
- **Full-court press** is only permitted during the **last minute of each half.**
- Each team will receive **one (1) press warning per half.** **Additional press violations** in the same half will result in a **technical foul.**

Technical Fouls

- Following a technical foul, the opposing team is awarded:
 - **Two (2) foul shots,** and
 - **Possession of the ball.**

- A technical foul can result from illegal pressing after the warning, unsportsmanlike conduct, or violations of bench/coach rules.

Substitutions

- All substitutes **must report to the scorer's table** prior to entering the game
- Players that play in the 1st quarter of the game cannot play in the 2nd quarter.
- If a team has less than 10 players, the opposing coach will select the players to remain on the bench in the 2nd quarter.
- In the 2nd half of the game, substitutions are at the coach's discretion.

Miscellaneous

- **Team Fouls & Free Throws**

Starting at the **7th team foul** in a half, the opposing team is awarded **1-and-1 free throws**.

Starting at the **10th team foul** in a half, the opposing team is awarded **two free throws**.

- **Uniforms**

All players must wear the official **league-issued jersey** each game.

If a player does *not* have their jersey, the opposing team will receive a **one-shot technical foul**, taken at **halftime**.

- **Shoelaces**

If a player's shoelaces come undone during play, the referee will send the player to the bench.

Play continues **5-on-4** until the player ties their shoes.

Once ready, the player must check in at the scorer's table and may re-enter at the **next stoppage of play**.

- **Personal Fouls**

Any player who commits **five personal fouls** is **disqualified** from the game.