

Hoboken Recreation Rules – Girl's 5th to 8th Grade Division

1. **Game Length:** Two 20-minute halves with a running clock.
2. **Clock Stoppage:** The clock will stop only during the last **one minute** of each half.
3. **Coaching Staff:** Each team is allowed a maximum of **two coaches** on the bench.
4. **Timeouts:** Each team receives **two timeouts per half**.
5. **Pressing:** No pressing is permitted until the **last minute of each half**.
6. **Press Violations:** Each team is allowed **one press warning per half**. Each additional infraction will result in a **one-shot technical foul**.
7. **Overtime:** During the regular season, there will be **one 3-minute overtime period**. Each team receives **one timeout** during overtime.
8. **Personal Fouls:** Each player is allowed **five fouls**. Upon the 5th foul, the player is disqualified for the remainder of the game.
9. **Team Fouls:**
 - **7 team fouls:** One-and-one free throws.
 - **10 team fouls:** Two free throws for the remainder of the half.
10. **Playoff Eligibility, Seeding & Rules:** to be determined by Rec Department
11. **Age Group Eligibility:**
 - A player may only participate in **one age group**, unless granted special permission by the Recreation Department.
 - If a player is found to have played in two age groups without permission, **all games they participated in will be counted as forfeits**, and a loss will be added to both teams' records.
12. **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.
13. **Miscellaneous**
 - All players must wear the jersey issued at the beginning of the season. If a player does not have the appropriate jersey, a (1) shot technical foul will be awarded to the opposing team. The shot will be taken during half-time.

- Shoelaces: If a player's shoelaces become untied during play, the referee will direct the player to the bench. The game will continue play 5 on 4. Once the player's shoes are tied, the player will report to the scorer's table and re-enter the game at the next stoppage.