

## Mountain View Recreation

### Basketball Rules for 4-6 Co-ed

1. Play 6 minute quarters.
2. Continuous clock except for delays that clock will stop at scorekeeper's or official's discretion. Games are generally intended to be around 45 minute games.
3. Game will be stopped at or near the 3:00 mark of each quarter for substitutions. ALL players must play at least 1/2 of each quarter
4. 3 time outs per half.
5. Jump Ball to start game. Possessions will alternate after that.
6. Use 27.0 basketball and 8 foot rim.
7. Coaches must have lineup turned in 5 minutes prior to start time or end of game proceeding yours.
8. NEW!!! Only 1 player is allowed to leave the lane at a time. At the beginning of each quarter a player will be designated (chosen by coach) as the defensive player for either that quarter or that ½ quarter. The player designated as the defensive player is the only player allowed to play outside of the lane. That player must remain inside the 3 point arc. Each player will only get ONE stint as the defensive player per game. Coach can change defensive players at the substitution, but the player cannot play as "The defensive player" for the remainder of the game. Warnings can be issued if other players leave the lane.  
Exception: Players are allowed to leave the lane to pursue a loose ball. This will be a judgement call by referee.
9. NEW!!! Foul shots from the jump ball circle line . Players can jump over line but will be encouraged to stay behind the line. Coach has option of taking ball out of bounds instead of shooting foul shots.
10. NEW!! If the game is a 2 point or closer game, in the last 30 seconds of the 4<sup>th</sup> quarter only, the defensive player, and ONLY the designated defensive player can play ½ court defense. Player cannot leave the 3 point arc until the ball crosses half court. Both teams can use this rule. Once score goes above a 2 point margin, regular defense rules apply.
11. A 10 second rule CAN be applied for players staying in the lane on offense at referee's discretion.
12. NEW!!! If a team is 10 points or more ahead, that team MUST remain inside lane. If margin drops below 10 points, regular defense rules apply.
13. No overtime. Games ending in a tie will be scored as a tie.
14. In tourney games ONLY, a 1 minute overtime will be played. Defensive rules will be the same at the 4<sup>th</sup> quarter rules.