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TEAM SPORTS PROGRAMS Ann Arbor Public Schools - 1515 S. Seventh St. Ann Arbor MI 48103 - (734) 994-2300

2026 SECOND & THIRD GRADE FALL BASKETBALL RULES

Revised 9/28/25

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The goal of the Community Education & Recreation Youth Basketball Program is to provide an enjoyable, healthy leisure experience for program participants. Players should be taught new skills and how to improve throughout the season with the support of their coaches and parents. The main objective of the program is to provide each participant with an equal opportunity to learn the game and have fun.

Thank you for your support!

ADMINISTRATIVE RULES

1. **ALL PLAYERS**

- All players must be registered with Rec & Ed. Unregistered players are not permitted to play.
- A coach cannot add and/or switch players to their team's roster. Rec & Ed Staff assigns all players to teams.
- Any coach found playing an unregistered player and/or found switching players will face suspension and/or probation in accordance with the Team Sports Policy on Probation, Suspension, and Hearing Procedures.

2. **CANCELLATIONS**

- All game cancellations due to inclement weather are recorded on the Team Sports Weather Hotline (734-994-2300, ext. 53115) at least one hour prior to canceled game times.
- Game cancellations may also be published on our website:

https://reced.a2schools.org/sports/home/team-sports-cancellations

3. **PROTESTS**

Rec & Ed does not recognize protests of league games, **except for player eligibility violations**.

4. **REFUNDS**

- If you need to cancel your registration, your fee will be refunded according to the following policy:
- Please let us know as soon as possible if your child does not plan to participate in the Youth Basketball Program so we can allow someone else to register for the activity. You are entitled to a full credit on your Rec & Ed account if you request the credit in writing 24 hours before your child's first regularly scheduled game. No credits will be given after your child's first scheduled game.
- Under certain circumstances a full refund of a participant fee will be paid to the registrant. These include certain scheduling conflicts and approved documented medical matters. All refunds must be approved by the Coordinator of Team Sports or their designee.
- Requests for refunds must be made in writing and submitted to: Rec & Ed Refund Requests, 1515 S. Seventh St., Ann Arbor, MI, 48103, or by email to cancel@aaps.k12.mi.us.

5. **REQUESTS TO RESCHEDULE GAMES AFTER THE START OF THE SEASON**

- Contact your opponent to see if that coach is willing to reschedule.

- Officials have been scheduled for all games and have contracts for these games. This means Rec & Ed is obligated to pay the officials for the game you wish to change. Before you try to reschedule a game please contact your assistant coach or a team parent to see if they're willing to coach the game.

- Contact Theda or Willie if you need to reschedule the game. The game will only be rescheduled if Rec & Ed can identify an available facility and qualified officials and a site supervisor to monitor the game.

6. **SCORERS AND TIMERS**

- Each team must provide one adult to serve as a scorer/timer. This person should introduce themself to the site supervisor and referees prior to the start of the game.
- The game will not begin until both scorer/timers arrive.
- The site supervisor may replace a scorer/timer should they feel the job is not being handled appropriately.

Example: A scorer/timer may be replaced for showing dissent toward an official or a site supervisor.

7. **SMOKING, FOOD AND DRINK**
Smoking, food and drinks are not allowed in any school building.

8. **SPECTATORS**
- Rec & Ed reserves the right to eject spectators from school facilities during Rec & Ed sponsored basketball games.
- The site supervisor may remove spectators for unsportsmanlike conduct or disparaging or profane language.
- The site supervisor may suspend play until removed spectators leave the facility.
- Any spectator who displays unsportsmanlike conduct before, during or at the conclusion of a game may face an automatic one game suspension if deemed appropriate by the Specialist for Youth Sports.

PLAYING RULES

9. **AFTER THE GAME CONDUCT**
Any player, manager or spectator who displays unsportsmanlike conduct, verbal or non-verbal, toward an opponent, official, or Rec & Ed staff member after the conclusion of a game may receive a **post-game technical**. The penalty for post-game technical is an automatic one game suspension. Automatic suspensions cannot be appealed.

Note: The calling official or staff member is not required to notify the player, coach, or spectator of the post-game technical at the time of the incident.

10. **BENCH DECORUM AND PERSONNEL**
- Only the head coach or a designated substitute may stand in the coach's box. The unmarked coach's box begins at the end of the bench closest to the scorer's table and extends six feet down the bench and two feet in front of the bench (or to the sideline).

Note: The assistant coach is not permitted to stand in the coach's box, unless they are replacing or substituting for the head coach.
- If the head coach or designated substitute is assessed a technical foul for unsportsmanlike conduct, they shall lose the privilege to stand in the coach's box and must remain seated on the bench for the duration of the game.
- Only players on the team roster, a head coach, an assistant coach and a scorer will be allowed on the team's bench or surrounding area. Failure to comply will result in a bench technical foul and the removal of guilty individuals to the spectator area.

11. **BLOOD AND BODILY FLUIDS**
- As soon as an official sees or has their attention called to a player who is bleeding, the official must stop the game.
- The injured player must leave the game and be substituted for.
- The injured player must have the wound cleaned and covered before re-entering the game.

Note: Any blood stained clothing must be removed as well.
- The injured player may reenter the game as a substitute.
- The building custodian on duty must be called to clean up the floor if necessary.

12. **DEFENSE**

- The only legal defense is one to one—commonly referred to as “man to man”. **NO zone defense is allowed, NO trapping defenses allowed, NO double-teaming allowed.**
- A zone defense is defined as a defense in which any player or group of players cover specific court areas rather than an opponent(s).
- **One to One** defense clarifications:

  1. Help-side defense is allowed and not considered illegal. Helpside defense is defined as having a player guarding the ball (Ball Defender), a defender denying the first pass away from the ball (Deny Defender), and a defender two passes away on the help line (Help Defender). If the Ball Defender is beaten to the basket by the opponent, then the Help Defender can step up and stop the dribble penetration to the basket.

  2. A static one to one defense which results from an inactive offensive attack is not considered a zone.

  3. It is illegal to intentionally double team any player. As a result all traps are illegal. The only time a double team may occur is immediately after a screen or pick.

  Penalty: The first violation of the one to one defense rule will result in a team warning. All subsequent violations will result in a bench technical foul.

  4. **NO FULL COURT PRESS ALLOWED IN 2nd/3rd Grade Leagues**. The defense may not intentionally set up in a full court press defense. The defensive team may set up in a zonelike position to wait for the offense to cross half court. This alone does not constitute a zone defense. However, once the ball crosses half court, the defense must play one to one.

  Penalty: The first violation of the FULL COURT defense rule will result in a team warning. At the 3rd grade level, after a 2nd team warning, all subsequent violations will result in a bench technical foul. There will be a cone on the sideline at mid court to help players identify where they need to get back to before playing defense.

  5. If in the official’s judgment an offensive player (or players) is not participating in the offense in such a manner that requires the defender(s) to play one to one defense; then, the one to one defense rule is not in effect—***see the example below for legal defensive positioning when this occurs.***

  Example: Team A employs an offensive strategy designed to create a one on one situation between A1 and their defender by positioning all other players outside the free throw lane. If this occurs, team B's defensive players are not required to follow their opponents out of the free throw lane.

- Box Zone, if out of necessity a team only has four players on the court (due to injury or players fouling out) they may use a box zone. If at any time that team has an eligible player on the bench, that player must come into the game and the team will go back to using one to one defense.

- 2nd Grade Basketball---Players cannot steal the ball when the player is holding or dribbling the basketball. However they may steal the ball on a pass**.**

13. **FREE THROWS**

- Free throws will be shot from the front portion of the dotted free throw circle.. However, it is a violation if the shooter crosses the plane of the free throw line before the ball touches the rim or backboard and gains a rebounding advantage.

Note: The violation is called when the shooter or the shooter's team gains a rebounding advantage, not when the shooter crosses the plane of the free throw line.

- No player may enter the free throw lane or any other restricted area prior to the moment the ball is released by the free throw shooter.

● When multiple free throw personal fouls occur, substitutions may be made (under Rec & Ed's Free Substitution rule) only before the final attempt in the sequence and after the final attempt has been converted.
Exception: When a player is required by rule to be replaced (i.e. injury, bleeding) prior to a free throw(s) being administered, all other substitutes who have legally reported may also enter the game.

14. **FREE SUBSTITUTION**
● Starting at the half-quarter mark of the third quarter, both teams may begin to freely substitute players who have fulfilled their minimum playing time and sitting time requirements— **see rule 21 for playing and sitting time requirements.**
Note 1: Players who have not played a full quarter by the half-quarter mark of the third quarter must be entered in the playing lineup and cannot be substituted for until they have completed their required playing time.
Note 2: Players who have not sat out at least one-half of a quarter by the half-quarter mark of the third quarter cannot be in the playing lineup or used as substitutes until they have completed their required sitting time. **(See exception under rule 21.A.)**
● **Free substitution is not allowed prior to the half-quarter mark of the third quarter** regardless of whether or not all players have completed their minimum playing and **sitting time requirements**.
● The clock will not automatically stop at the half-quarter mark of the fourth quarter.

15. **GAME BALL**
All teams will use the 28.5 inch basketball that is 18-20 ounces.

16. **GAME EXPECTATIONS**
● The 2nd/3rd Grade Leagues are considered instructional leagues.
● Scoring and timing will still be a part of the game; however, officials have been instructed to teach the rules of the game to create a learning environment.
● Example: A player may travel with the basketball and instead of a turnover, the result of the play may be instructional by the official and the ball given back to the team that traveled.

17. **GAME PROCEDURES**

RULES	
Quarters	6 minutes
Halftime	3 minutes
Time-Outs	2 per game
Overtime	3 minutes
3 point shot	no
3 seconds	no
10 seconds	yes
Free throws	short line (in front of FT line)
Defense	no zones
Pressing	Illegal
Rim Height* (2nd/3rd)	8 Feet
Foul Disqualification	5 personal fouls

1. There is one minute between the first and second quarters and one minute between third and fourth quarters.
2. Each team receives two full one-minute time-outs per game. All time-outs are one minute in length and must be called by a player on the floor or the head coach when their team has possession of the ball.
3. Each team will receive one full one-minute time-out in the overtime period.

18. **JEWELRY AND ILLEGAL EQUIPMENT**

Most exposed jewelry is illegal. Rings, watches, bracelets (friendship included), earrings, chains, or necklaces are illegal with the following exceptions.

- Starter earrings or studs may be worn on newly pierces ears if they are covered with tape or a bandage to the satisfaction of the official.
- A religious medal may be worn if it is taped to the body and work under the uniform.
- Medical alert bracelets or necklaces may be work if they are taped to the body so the medical alert information still remains visible and accessible if needed.
- Body piercings not visible to the official are not of concern. If the piercing becomes visible, the official must order the player to remove it.

HAIR ACCESSORIES

Rubber, cloth or elastic bands may be used to control hair. Any hair accessory made of metal or hard plastic such as barrettes, hair clips or bobby pins are prohibited and may not be worn. However, a player may wear hair beads as long as the hair is safely secured to the satisfaction of the official.

HEADWEAR

- Players may wear a headband. The headband must be worn on the forehead/crown and cannot exceed a maximum of 3".

Headbands are allowed. However, bandana style headbands with tails are not permitted during games. This is a safety issue. If a player is wearing a headband with tails, the official will ask that it be removed.

CASTS, SPLINTS, BRACES AND PROSTHESES

- In Rec & Ed basketball leagues casts, splints, and braces may be worn on the lower extremities as long as they are padded with at least ½" of closed–cell, slow-recovery rubber or other material of the same minimum thickness and having similar physical properties. No casts, splints or braces may be worn on the upper extremities.
- No protective equipment used in any Rec & Ed youth sports program shall have exposed metal or hard material.

In all Rec & Ed youth sports programs prosthesis may be worn as long as in the official's judgment the prosthesis is no more dangerous to players than the corresponding human body part.

- It is the responsibility of each coach to inform players and their parents whenever a player is guilty of an infraction of the Youth Sports Equipment and Apparel Rule. Any player who is in violation of the rule may not participate in any Rec & Ed contest until the player is in compliance with the rule. If a player can not comply with the Youth Sports Equipment & Apparel Rule without significant delay, another player must substitute in for the player or the offending player's team must play short. Note that a player who leaves the game to remove jewelry or illegal apparel may be re-entered as a legal substitute once he/she complies with the equipment and apparel rule.

19. **JUMP BALLS**

In all leagues, the game and each overtime period will be started with a jump ball. In all other jump ball situations, the alternating possession rule is in effect.

20. **MINIMUM NUMBER OF PLAYERS**

- Four players must be present to start a game.
- **Game time is forfeit time in all leagues, unless the guaranteed five minute warm-up time has not ended. (In that case, the forfeit is declared at the end of the guaranteed warm-up time, if a team still does not have enough players.)**

21. **PLAYING TIME REQUIREMENTS**

- Each player must play at least one quarter and sit out at least one-half quarter of every game.

Example: A player must play at least two blocks of three minutes in every game.
Exceptions: If a team has only six players, the sitting time requirement is waived for one player, unless that team is ahead by 10 points or more at the half-quarter mark of the third quarter. (In that case, the sixth player must sit out their full half quarter.) When a team has just five players, sitting time requirements are removed for all five players.

Note: Rec & Ed strongly encourages coaches to handle playing time fairly—sitting out all players at least one quarter if possible and maximizing each individual player's playing time.

- Prior to free substitution, playing time and sitting time must occur in half-quarter blocks. ***Please note: this does not require a team to substitute at each half-quarter block.***

● The officials will designate the half-quarter break in each quarter, stopping the game as close to the half-quarter mark as possible without denying either team an immediate scoring opportunity.
Note: The half-quarter break is not a time out. All players must remain on the court until replaced by a substitute.

● **Other exceptions:**

1. A player may be removed during a required playing time block if:
● They are injured, ill, or bleeding.
● They commit three personal fouls during a single playing time block.
● They demonstrate unsportsmanlike conduct and the coach determines the players actions warrant removal from the game. In extreme cases, the coach may restrict a player from playing for the remainder of the game. However, all such removals must be documented on the game report form by the site supervisor.
● They foul out of the game.
Note 1: For a. b. and c. above; the playing time requirement is still in effect (it is merely deferred until a later playing time block).
Note 2: In a. above, a player who is injured, ill or bleeding may be reentered during his or her playing time block as a substitute.

2. Players who arrive after the start of the third quarter may have their playing time reduced at the discretion of the coach. If this occurs, it must be noted on the game report form by the site supervisor.

● **Penalties:**
1. If it is discovered that a player has not played their one quarter by the end of the third quarter, the player in question must be entered in the game or remain in the game to complete their playing time requirement. *When this occurs a bench technical is issued to the head coach **to start the fourth quarter**.*
2. If it is discovered that a player has not sat out **one-half of a quarter by the end of the third quarter**, the player in question must leave the game and be substituted for. *When this occurs, a bench technical is issued to the head coach **to start the fourth quarter**.*
Note: The site supervisor will notify the Specialist for Youth Sports of any violations of the playing time rule.
● The referee and site supervisor are responsible for deciding all playing time questions and violations.
● It is not within the spirit of the rules to dissuade or prevent registered participants from showing up at league games because of their ability or because it could be more conducive to winning games or even because it could be more conducive to managing playing time. Coaches who utilize such methods may face suspension by Rec & Ed.

22. **POSITIONING**
● Coaches must give their players the opportunity to play different positions throughout the season.
● The Rec & Ed staff discourages coaches from playing their best players at their primary positions whenever they are in the game.
● Coaches should not coerce a player to play a position that they do not want to play because the player lacks the basic skills for the position or because playing a specific position may pose a safety risk for the player.

23. **RUNNING CLOCK**

- Any time a team is ahead by 25 points or more during the second half of the game, the clock becomes a running clock (does not stop for free throws, out of bounds, etc.).
- The running clock is only stopped during time-outs and at the end of a quarter.
- The running clock reverts back to a stop clock any time the lead is cut to 25 points or less.

24. **TECHNICAL FOULS, EJECTIONS, SUSPENSIONS AND DISQUALIFICATIONS**

- Any player that is charged with their fifth personal foul will be disqualified.
- Any player that receives two technical fouls will be disqualified.
- Technical fouls are counted as personal fouls, so one technical and four personal fouls would warrant a disqualification
- The second unsportsmanlike technical foul or flagrant foul charged to a player or directly to a coach is automatically ejected and will be suspended for the following game.

Note: A *flagrant* foul may be issued without a prior technical foul if in the official's judgment the personal or technical foul is of a "violent or savage nature"—any foul which seriously jeopardizes the safety or emotional well-being of any Rec & Ed player, official or volunteer.

- Any player who receives an unsportsmanlike technical foul will be assessed a two-minute penalty equal to two minutes of game-clock time. The penalized player must report to their team bench and be seated in a sportsmanlike fashion.

Note 1: Penalty time served counts toward the one quarter playing time requirement.
Note 2: Unserved penalty time from the two-minute penalty will not carry over to the next game.

25. **UNIFORMS**

- Players must wear their team shirts during league games.
- **Players may wear a t-shirt under their team shirt provided it is either white in color or the same color as their team shirt.**

Example: If John's team shirt is navy blue, he may wear either a white t-shirt or a navy blue t-shirt under his team shirt. However, John could not wear a yellow t-shirt under his team shirt. If the yellow t-shirt is discovered prior to the start of the game, John must remove it before playing. If it is discovered while John is on the court, he should be directed to leave the game to remove the shirt and be substituted for with no further penalty.

- Any player who fails to wear the team shirt will not be allowed to participate.
- Mouth guards are strongly recommended.

- 26. **WARM-UP TIME**
- If games are running behind schedule, the referee may reduce warm-up time for on-coming teams to no less than five minutes.
- All teams are guaranteed a five minute warm-up time.
- Teams must supply their own basketballs during warmup and halftime.