

TRC Boys Basketball 2025-2026



Goals and Objectives of League:

- 1) To better provide a recreational basketball program in which all interested players may actively participate.
- 2) To instruct and develop fundamental and basic skills pertaining to basketball.
- 3) To develop and encourage those attributes relating to good sportsmanship.
- 4) To emphasize a sense of team unity and de-emphasize personal or individual play.

Equipment:

- 1) TRC will furnish basketballs, jerseys and other necessary equipment for their own teams.
- 2) All players must wear basketball/tennis shoes.

Player Eligibility:

- 1) All players must be in 1st through 12th grade. **Players that are on their Varsity High School team are INELIGIBLE.**

Registration:

- 1) All players must be listed on the roster provided.
- 2) A team using players who are not registered, or registered for another team shall forfeit all games in which said players took part in.
- 3) No new players may be registered after the 2nd week of games. Special exceptions will be authorized by league officials only.

Teams:

- 1) Teams will have only five players on the court during play. More than five, including the coach, will be a Technical Foul and the ball will be awarded to the opponents.

Scoring:

- 1) Any basket from the floor scores two points, except 3-point line will be three points and a free throw, one point. The team that is ahead at the end of the game is declared the winner.
- 2) Technical fouls will award two free throws for the offended team, plus give up possession to the offended team when applies.

Timing:

- 1) There are 2 20-minute halves, with a running clock.
 - a **Running Clock**
 - i The clock shall be stopped only for a charged time-out, an injury/blood substitution, an authorized coach/ref discussion, or a disqualification of a player, coach or fan.
- 2) Stop Time will be played during the last **Two Minutes of the SECOND HALF.**
 - a **Stop Time**
 - i The clock stops with every stoppage of play in conjunction with official's whistle. The clock will start once a player touches the ball after the last missed free throw attempt or on the throw-in when it is touched.
 - ii The clock never automatically stops after a basket.
- 3) Three minutes between halves (refs can cut this down if needed)
- 4) Each team has **two 30 second time outs per half.**
- 5) In cases of tie games, overtime period will be 2 minutes. The first minute running time and Stop Time will be played the last one minute of OT. One time out permitted for each team, previous time outs from the regular period do not carry over. Only one overtime period is allowed and then move onto sudden death which will last an additional 2 minutes at maximum.
- 6) Sudden Death will occur if the game remains tied after the first overtime period. In this case, the team to score first will be declared the winner. Sudden death is running time and there are no timeouts.

- 7) The maximum deficit shown on the scoreboard will be limited to 15, 20, or 25 points based on divisions (see below). After that the accurate score will be reflected on the scorekeeper's paper and will be adjusted on the scoreboard properly moving forward. **If the deficit between two teams reaches the maximum, the clock will continue to run including inside of 2 minutes of the second half, the clock will only stop for time outs and injuries at that point. No full court press is allowed for the team up by the Point Max Deficit.**
 - a 2nd/3rd Grade League – 15 Point Max Deficit
 - b 4th/5th Grade League – 20 Point Max Deficit
 - c 6th/7th Grade League – 25 Point Max Deficit
- 8) The above timing rules can be modified only by the REFEREE, if needed to get games back on time. It is imperative games end at the :50 of each hour.

Putting the Ball into Play: The penalty for a violation shall be awarding the ball to the opponents at the nearest out-of-bound point. The following are violations:

- 1) Traveling: Taking more than one step with the ball without passing, dribbling or shooting.
- 2) Stepping out of bounds with the ball or last touching the ball which goes out of bounds.
- 3) Double Dribble: A second series of dribbling without another player handling the ball, palming (not clearly patting) the ball, or dribbling the ball with both hands at once.
- 4) Stepping out or over a restraining line during a jump ball or free throw.
- 5) Kicking the ball.
- 6) Remaining in the key for more than three seconds by the offensive team under their offensive basket.
- 7) 5 seconds – closely guarded with no dribble, pass, or shot.

Personal Fouls:

- 1) Personal fouls are holding, pushing, hacking (striking), tripping, charging, blocking and unnecessary roughness.
- 2) If a player is fouled during the act of shooting and the basket is missed, the player receives two foul shots. Exception: 3-point attempts get 3 foul shots.
- 3) If a player is fouled during the act of shooting and the basket is made, the player receives the made basket and 1 free-throw shot.
- 4) A player who has 5 personal fouls is disqualified from the game and must go to the sideline.
- 5) **Team Penalty – One and One after 7 team fouls in half.** A running tally is made as each team accrues fouls throughout each half. When a team has more than seven fouls, one and one free throws are awarded for every common foul thereafter. If the first free throw is successful, the second free throw is allowed. If the first free throw is missed, play continues. The total number returns to zero at the start of the second half.
- 6) **Team Penalty – Two Free Throws after 10 team fouls in half.** Once a team reaches 10 fouls in one half, two free throws are awarded for every common foul thereafter. The total number returns to zero at the start of the second half.

Technical Fouls:

- 1) Technical fouls include unsportsmanlike or disrespectful conduct.
- 2) Players receiving 2 technical fouls in one game results in immediate expulsion from the game: regulation time, overtime, sudden death.
- 3) Technical fouls are also counted as personal fouls.
- 4) A player may be removed from play without any previous technical foul if the official determines the act warrants such action.
- 5) A player receiving two technical fouls or is removed from the game by the officials due to extreme unsportsmanlike conduct or vicious personal fouls will be reviewed for suspension of the next game(s).
- 6) Subsequent personal and technical fouls: A technical foul may accompany a personal foul. If the personal foul warrants free throws, the fouled player shall take such shots without players on the free throw lines and then their team is awarded the ball at half court.
- 7) Technical fouls award opposing team two free throws (coach choice shooter) and the ball.

Free Throws:

- 1) A player awarded free throws will have 10 seconds to attempt the shot with 10 seconds of controlling the ball.
 - a. Shooter
 - i. *Feet placement:* Both feet must be fully behind the free-throw line.
 - ii. *Crossing the line:* The shooter cannot cross the plane of the free-throw line until the ball has hit the rim, backboard, or the shot has ended.
 - iii. *Faking:* A purposeful fake is a violation
 - iv. *Penalty:* If the shooter crosses the line too early, the point does not count
 - b. Other players on the line:
 - i. *Placement:* Players must position their feet within the designated lane lines or lane space marks.
 - ii. *Restrictions:* Players' feet must be fully behind the lane line. Players cannot "back out" more than 3 feet from the lane line.
 - iii. *Timing:* These restrictions and feet placement apply until the ball leaves the free thrower's hands.

Playing Time:

- 1) **Refs will stop the game for player substitution every 5 minutes (15:00, 10:00, 5:00). At each substitution time, all players on the bench come in, and all players on the court come off (assuming you have 10 players). If you have less than 10 players, coaches can choose which players stay on the court. However, no player can stay on the court for more than 10 minutes at a time (assuming you have enough players).**
 - a. **Example: Team has 8 players: Players Will and Jack start the game and stay on court at the 15:00 substitution mark. At the 10:00 substitution mark, players Will and Jack must come off the court. Will and Jack can go back in at the 5:00 substitution mark.**

Officials:

- 1) Officials will be assigned to all games by the Towson Recreational Council and will have complete charge of the games. They shall have the power to banish any player, manager, or any other person from the game or gym for misconduct, delaying the game, or any other reason deemed necessary for the good of the game.
- 2) Any player/coach/parent banished from the game will not be allowed to direct remarks toward the officials, players, or other coaches during the remainder of the game. Officials shall report all action of players banished from the game and any player who continues to direct remarks toward officials shall be reviewed for suspended from further play in the league.

Player Code of Conduct

All players, coaches, and spectators must abide by the following code of conduct. These rules of conduct will be strictly enforced during the season.

- 1) **NO PLAYER/COACH/SPECTATOR SHALL:** Refuse to abide by officials' decisions. The head coach may request to have a polite and short discussion with the official regarding a calling on the side. If an official grants this request, the clock will be stopped. (not yelling from the sideline). Once an official has made a final decision, no protests will be permitted. Any disrespectful behavior or further questioning of calls will result in a Technical Foul. Two free throws and the ball are awarded to the opposing team.

Any further protest officials are required to immediately call a second technical foul. On the second technical foul, the player or coach is suspended from further activity in the game, and such player or coach is reported to the League Director. Such player shall remain suspended until the League Supervisor has considered his/her case.

Minimum Penalty: Placed on probation for remainder of season.

Maximum Penalty: Suspension for remainder of season and TRC Board to review participation in future sports/seasons.

- 2) **NO PLAYER/COACH/SPECTATOR SHALL:** Be guilty of using unnecessary rough tactics, laying a hand upon, shoving, striking, or threatening an official or opposing player/coach or spectator. Officials are required to immediately suspend players or coaches from further play and report such player to the League Director. Such player shall remain suspended until his/her case has been considered by the League Director.

Minimum Penalty: Suspension from one or two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the league and/or assault charges filed.

- 3) **NO PLAYER/COACH/SPECTATOR SHALL:** Be guilty of an abusive verbal attack upon any player, official, or spectator. Officials are required to immediately suspend players from further play and report such players to the League Director. Should the verbal attack occur either before or after the player's game is completed, or from with the spectator area, said player will still be reported to the League Director, with possible suspension being the result of said player's actions. Player shall remain on suspension until the League Supervisor has considered his/her case.

Minimum Penalty: Placed on probation for remainder of season.

Maximum Penalty: Suspension for the remainder of the season.

Special Notes:

- Any player being placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" will be suspended for the remainder of the season.
- Teams are responsible for their spectators. All the above rules apply to spectators too. Teams will be punished according to the rules above for their spectator's behavior.

Poor player, team, coach and spectator behavior will not be tolerated.

Please respect the integrity of the game.