

Woodcliff Lake Rec Rules - 2026

	<u>Division K Thru 2nd</u>	<u>Division 3rd/4th</u>	<u>Division 5th/6th</u>	<u>Division 7th/8th</u>
Rule of Balance		Equal playing Time	Equal playing Time	Equal playing Time
Game - Quarters		Four 10 minute quarters, running time. The clock will stop for foul shots, time outs, technical fouls, ends of quarters, & at 5 minute mark for subs or when deemed necessary by the referees.	Four 10 minute quarters, running time. The clock will stop for foul shots, time outs, technical fouls, ends of quarters, & at 5 minute mark for subs or when deemed necessary by the referees.	Four 10 minute quarters, running time. The clock will stop for foul shots, time outs, technical fouls, ends of quarters, & at 5 minute mark for subs or when deemed necessary by the referees.
Clock Stoppage		Last minute of the 1st half and last 2 minutes of game on the whistle; injuries; timeouts; referee's delay; Clock will stop on the referee's whistle in the last minute of over time.	Last minute of the 1st half and last 2 minutes of game on the whistle; injuries; timeouts; referee's delay; Clock will stop on the referee's whistle in the last minute of over time.	Last minute of the 1st half and last 2 minutes of game on the whistle; injuries; timeouts; referee's delay; Clock will stop on the referee's whistle in the last minute of over time.
Substitutions		Substitutions can occur at any time but the close will stop at each 5 minute mark for substitutions	Substitutions can occur at any time but the close will stop at each 5 minute mark for substitutions	Substitutions can occur at any time but the close will stop at each 5 minute mark for substitutions
Regulation Game - Timeouts		2 per half, no carryover into 2nd Half or Overtime	2 per half, no carryover into 2nd Half or Overtime	2 per half, no carryover into 2nd Half or Overtime
Timeout Length		1 minute	1 minute	1 minute
Overtime Period(s)		First 3 minutes/any additional overtimes 2 minutes. Clock stops last minue of overtime	First 3 minutes/any additional overtimes 2 minutes. Clock stops last minue of overtime	First 3 minutes/any additional overtimes 2 minutes. Clock stops last minue of overtime
Overtime Timeout Length		One 30 seconds, no carryover from 2nd H	One 30 seconds, no carryover from 2nd H	One 30 seconds, no carryover from 2nd H
Defensive Pressure		No defense until the 3pt line is crossed once, then free play if the ball reverts back.	No defense until 1/2 court is crossed, then free play if the ball reverts back.	No defense until 1/2 court is crossed, then free play if the ball reverts back.
Defense		Boys - MTM/no double teaming, no zone; Girls - Coach's Decision	Coach's Decision	Coach's Decision
In Bounds Pass		Free to backcourt	Free to backcourt	Free to backcourt
Press - Regulation		Boys - No press, except at 1/2 court in last 2 minutes of the each half, and full court press in the last minute of the game and overtime; Girls - No Press	Last minute of the 2nd and 4th Quarters	Last 2 minutes of the 2nd and 4th Quarters

Regulation Press Points		Teams may not press if they lead by 10 or more points. The ball may not be touched by the defense in the opponent's backcourt after possession changes.	Teams may not press if they lead by 10 or more points. The ball may not be touched by the defense in the opponent's backcourt after possession changes.	Teams may not press if they lead by 10 or more points. The ball may not be touched by the defense in the opponent's backcourt after possession changes.
Press - Overtime		Last 1 minute of each period	Last 1 minute of each period	Last 2 minutes of each period
Overtime Press Points		Teams may not press if they lead by 10 or more points. The ball may not be touched by the defense in the opponent's backcourt after possession changes.	Teams may not press if they lead by 10 or more points. The ball may not be touched by the defense in the opponent's backcourt after possession changes.	Teams may not press if they lead by 10 or more points. The ball may not be touched by the defense in the opponent's backcourt after possession changes.
Press Warnings		Teams will be warned only once if they press in the backcourt when they aren't allowed. There is also no defense in the backcourt after the opposing team rebounds the ball. The second violation will result in a technical foul. Referee discretion.	Teams will be warned only once if they press in the backcourt when they aren't allowed. There is also no defense in the backcourt after the opposing team rebounds the ball. The second violation will result in a technical foul. Referee discretion.	Teams will be warned only once if they press in the backcourt when they aren't allowed. There is also no defense in the backcourt after the opposing team rebounds the ball. The second violation will result in a technical foul. Referee discretion.
Time Between Quarters		Quarter - 1 minute	Quarter - 1 minute	Quarter - 1 minute
Minimum # of Players to start a game		4	4	4
Call Ups		Yes need to align with opposing team to ensure fairness	Yes need to align with opposing team to ensure fairness	Yes need to align with opposing team to ensure fairness
Jump Balls/Possession		Start of game,alternate; Overtime	Start of game,alternate; Overtime	Start of game,alternate; Overtime
Backcourt Line		At Dorchester, teams must bring the ball over 1/2 court, then they can go back to the opposite "volleyball line"	1/2 court line	1/2 court line
Backcourt Violation		15 seconds to cross the 3pt arc	10 seconds	10 seconds
Three Pointers		No	Allowed all game	Allowed all game
Dress Code		No jewelry	No jewelry	No jewelry
Casts		Soft casts can play, no hard casts	Soft casts can play, no hard casts	Soft casts can play, no hard casts
Free Throw Line		Can shoot 1 foot in front of the regulation foul line. May go over the line except to gain a rebounding advantage.	Free throw line; can't jump over	Free throw line; can't jump over
Basketball Rim Height		10'	10'	10'
Fouling Out		5 Fouls and Out	5 Fouls and Out	5 Fouls and Out
Fouling Out Of The Game		If you have 5 or less players, a player can continue to play but each additional foul is a technical	If you have 5 or less players, a player can continue to play but each additional foul is a technical	If you have 5 or less players, a player can continue to play but each additional foul is a technical
Penalty		5 or more fouls, 2 shots; each quarter	5 or more fouls, 2 shots; each quarter	5 or more fouls, 2 shots; each quarter
Technical Fouls		2 per game and ejection	2 per game and ejection	2 per game and ejection
Technical Penalty		2 shots and the ball	2 shots and the ball	2 shots and the ball

Coach's Ejections		2 and then expulsion; suspended and can't coach for the next game	2 and then expulsion; suspended and can't coach for the next game	2 and then expulsion; suspended and can't coach for the next game
Player's Ejections		2 and then expulsion; suspended and can't play for the next game	2 and then expulsion; suspended and can't play for the next game	2 and then expulsion; suspended and can't play for the next game
Parent Ejection		Coach must get the parent who has been ejected from the gym to leave the school. The games will then restart where it left over. If the parent doesn't leave in a timely manner, the game is forfeited. Any parent ejected from a game can't attend any future games.	Coach must get the parent who has been ejected from the gym to leave the school. The games will then restart where it left over. If the parent doesn't leave in a timely manner, the game is forfeited. Any parent ejected from a game can't attend any future games.	Coach must get the parent who has been ejected from the gym to leave the school. The games will then restart where it left over. If the parent doesn't leave in a timely manner, the game is forfeited. Any parent ejected from a game can't attend any future games.
All Games Are Final		No protests; referees and tournament officials will resolve any disputes during the game.	No protests; referees and tournament officials will resolve any disputes during the game.	No protests; referees and tournament officials will resolve any disputes during the game.
Rescheduling		Division Leader only	Division Leader only	Division Leader only
Scorekeeper & Clock		Provided	Provided	Provided
Game Book		Book must be maintained during all games	Book must be maintained during all games	Book must be maintained during all games
Scores Submission		Winning Coach/Scorekeeper	Winning Coach/Scorekeeper	Winning Coach/Scorekeeper
Scorebooks		Assistant Coach	Assistant Coach	Assistant Coach
Start Of The Game		Forfeit 15 minutes from the start time, can scrimmage, only no refs	Forfeit 15 minutes from the start time, can scrimmage, only no refs	Forfeit 15 minutes from the start time, can scrimmage, only no refs
Referees		All games will have two referees. Games may be played with one assigned referee. If no refs show, it is a scrimmage.	All games will have two referees. Games may be played with one assigned referee. If no refs show, it is a scrimmage.	All games will have two referees. Games may be played with one assigned referee. If no refs show, it is a scrimmage.

Rule of Balance:

- * The intent of all rules documented here is to make sure all children have equal playing time and the game is competitively balanced
- * At each 5 minute mark the ref will blow the whistle to allow for substitutions
- * In total, you need to look at the total playing units as 40 minutes per game (8 periods x 5 players on the court at one time); Each period is 5 minutes long.

Summary:

- * If you have 5 players - each player will play 8 periods
- * If you have 6 players - 4 players will play 7 periods and 2 players will play 6 periods
- * If you have 7 players - 5 players will play 6 periods and 2 players will play 5 periods
- * If you have 8 players - each player plays 5 periods
- * If one team is playing with 4 players, there is no rule of balance but try to keep the game competitive

- * If absences cause a mismatch in talent levels, please work with the other coach to adjust playing time to keep the game competitive

REMEMBER: The kids want the games to be fun!