

# 2025/2026 TAB RECREATION BASKETBALL RULES

## 1st & 2nd Grade Rules

1. Games will be played 5 on 5 with a 28.5" basketball on a 9 foot goal
2. 8-minute quarters; running clock – stops only on time-outs and shooting fouls. All fouls will result in the offensive team taking the ball out on the sideline, behind half court. Shooting fouls will only be called the last two minutes of the 2nd and 4th quarters. Foul shots will be shot 1ft inside the free throw line.
3. Start all games on time and allow 1 minute between quarters and 3 minutes for halftime.
4. One (1) time-out/team/half. Allow 1 minute for time-out.
5. Each week, referees will get stricter on players when they travel or double-dribble. Referees will call all travels or double dribbles for all games played after 1/1/2026.
6. The team on defense **will not be able to steal the ball off the dribble** (because most players are still learning how to dribble) but will be allowed to steal the ball off the pass.
7. Teams have 10 seconds to advance the ball pass half-court.
8. Lane violations are not enforced.
9. After a player has committed 5 fouls they are ineligible to play the remainder of the game. Bonus and double bonus will not be enforced.
10. Players called for a technical must sit the remainder of the current half.
11. **One** (1) coach from each team can be on the sidelines throughout the regular season and playoffs.
12. Only players and coaches are allowed on the gym floor during practice and games. No parents or siblings will be allowed to shoot around or dribble in the gym during practices or games.
13. Please remember that these games should be **FUN** for the players; please cheer for your team never against the other team. Also, let the referees do their job – these games are not easy to referee because of the number of new players and the desire to keep the game moving.
14. Defense will be:
  - Man-to-man; no double teaming.
  - No zone defense allowed

# 2025/2026 TAB RECREATION BASKETBALL RULES

## 3rd & 4th Grade Rules

1. Games will be played 5 on 5 with a 28.5" basketball on a 10 foot goal.
2. 8-minute quarters; running clock – stops only on time-outs and shooting fouls. Shooting fouls will be called the entire game.
3. Start all games on time and allow 1 minute between quarters and 3 minutes for halftime.
4. Two (2) time-outs/team/half. Allow 1 minute for time-out.
5. Referees will call all travels or double dribbles from the beginning of the season.
6. The team on defense will be able to steal the ball off the dribble and off the pass.
7. Teams have 10 seconds to advance the ball pass half-court.
8. Offensive players cannot stay in the free throw lane for more than 5 seconds at a time. Once a player has stepped both feet out of the free throw lane a new 5 seconds will begin the next time they stand in the lane
9. After a player has committed 5 fouls they are ineligible to play the remainder of the game.
10. Bonus and double bonus will be enforced. Players called for a technical must sit the remainder of the current half
11. No coaches on the court (except during a time-out) during the regular season and playoffs games.
12. Please remember that these games should be **FUN** for the players; please cheer for your team never against the other team. Also, let the referees do their job – these games are not easy to referee because of the number of new players and the desire to keep the game moving.
13. 10. Defense will be:
  - Man-to-man; no double teaming.
  - No zone defense allowed.
  - Pressing is only allowed the last two minute of 2<sup>nd</sup> and 4<sup>th</sup> quarters

## 2025/2026 TAB RECREATION BASKETBALL RULES

### 5th & 6th Grade Rules

1. Games will be played 5 on 5 with a 28.5" basketball on a 10 foot goal.

2. 8-minute quarters; running clock – stops only on time-outs and shooting fouls. Shooting fouls will be called the entire game.
3. Start all games on time and allow 1 minute between quarters and 3 minutes for halftime.
4. Two (2) time-outs/team/half. Allow 1 minute for time-out.
5. Referees will call all travels or double dribbles from the beginning of the season.
6. The team on defense will be able to steal the ball off the dribble and off the pass.
7. Teams have 10 seconds to advance the ball pass half-court.
8. Offensive players cannot stay in the free throw lane for more than 5 seconds at a time. Once a player has stepped both feet out of the free throw lane a new 5 seconds will begin the next time they stand in the lane
9. After a player has committed 5 fouls they are ineligible to play the remainder of the game.
10. Bonus and double bonus will be enforced. Players called for a technical must sit the remainder of the current half
11. No coaches on the court (except during a time-out) during the regular season and playoffs games.
12. Please remember that these games should be **FUN** for the players; please cheer for your team never against the other team. Also, let the referees do their job – these games are not easy to referee because of the number of new players and the desire to keep the game moving.
13. **Defense can be:**
  - Man-to-man.
  - Zone defense.
  - 5 second defensive call will be enforced.
14. **Pressing Rule**
  - A team **may apply full-court pressure** until they achieve a **15-point lead**.
  - Once a team's lead reaches **15 points or more**, they **must remove the press** and play defense only in the half court.
  - The team that is **trailing** may continue to press **throughout the game**, regardless of the score.
  - Pressing may resume for the leading team only when the point differential falls **below 15 points**