

Norwell Recreation “REC HOOPS” Program Information/Manual/Rules WINTER 2024

GOAL STATEMENT

Norwell Recreation Basketball Program (“**Rec Hoops**”) is open to participants of all experience and ability levels. The program’s goal is to provide a healthy basketball environment, with the objective of developing basic basketball skills while providing the opportunity for all players to participate equally in a team atmosphere playing organized basketball. The program will promote an atmosphere of fun, teamwork, and good sportsmanship as the players learn basic skills and improve existing skills. Good sportsmanship is expected from participants, staff, volunteers, and spectators always. If you have any questions, please contact the Recreation Department at (781) 659-8046 or GGREY@TOWNOFNORWELL.NET.

GAME TIME/EQUIPMENT

AGE GROUP	GAME TIME	BALL SIZE	COURT SIZE	SKILL NIGHT	GAME DAY	DATES	GAME TIME
COED 1 ST /2 ND	4 x 7 min. period/ 30 min. SKILLS	27.5	Half 4 v 4 8 ft rims	N/A	FRI @ VINAL	FRIDAYS 1/12- 3/15/24	5:00pm 6:15pm
Boys 3 rd /4 th	4 x 9 min.	28.5	5 v 5 10 ft rims	WED 6:00-7:00 @ VINAL	SAT @ NHS	WED. 1/10- 3/14/24 SAT. 1/13- 3/16/24	9,10 or 11am
Girls 3 rd /4 th	4 x 9 min.	28.5	5 v 5 10 ft rims	WED 7:00-8:00 @ VINAL	SAT @ NHS	WED. 1/10- 3/14/24 SAT. 1/13- 3/16/24	9,10 or 11am

PLAYER PLAYING TIME

- Depending on number of players present at game, all players will play at least half of the game. Substitutions will only take place at end of quarter.
- Coaches are supplied with a player rotation chart to ensure equal playing time. Every player plays an entire quarter unless prevented by illness or injury.
- Exceptions: When less than 10 players, coaches must balance the number of quarters played over the season. To do so an additional “5th Quarter” may be played, or players may be subbed out halfway through 4th Quarter. Only registered participants are eligible to participate in any practice or game. Players who show up late or fail to attend practices may have altered playing time during games.
- Maximum of 2 registered volunteer coaches/program staff are allowed on the bench. Parents and spectators are not allowed on the bench unless requested by program staff.

UNIFORM

- Players should wear shorts, Norwell Rec Hoops Jersey, gym shoes for games. Jersey should be tucked in.
- No jewelry or hats should be worn
- Players should be dressed and on floor 10 minutes before game time for shoot around/warm-ups. Check-in at scorer's table with name, number, and color.

FOULS

- 3rd-8th Grade Age Groups shoot free throws for shooting fouls,
✓ **1st/2nd Grade ONLY: Free throws are not attempted. Fouled team is awarded possession of the ball. Ball will be taken from out of bounds where foul occurred.**
- Players are allowed 5 personal fouls per game and are disqualified on the fifth foul.
- Each team is allowed 6 team fouls per half. Teams will shoot "1 & 1" free throws on the 7th and subsequent fouls per half.
- Any player receiving a technical or flagrant foul will be ejected and opposing team will receive 2 free throws and possession.

DEFENSE

- All team defenses will be played MAN-TO-MAN. No zone defense or double teaming will be allowed.
- The defensive team cannot pick up their man before half court. Pressing is allowed only during the last 2 minutes of the game and overtime. No team will be allowed to press if ahead by 10 or more points.
✓ **1st/2nd Grade ONLY: Back Court Pressing is NOT ALLOWED.**
- No double-teaming will be allowed.
✓ **1st/2nd Grade ONLY: Stealing off the dribble is NOT ALLOWED.**
- All opposing players must return to their defensive court when:
 - The offensive team has taken possession of a rebound
 - A basket has been made
 - Ball is being in bounded in opponent's offensive court✓ **1ST/2ND Grade ONLY: Fast Breaks are not allowed. Defense must be allowed to "clear" and setup before the ball is advanced over half court.**
- Three feet must be given to the players making the in-bounds pass.

REFEREES

- Keep in mind that the referee's decision is based on judgment. The referee's decision is final. Please respect the officials and demand that respect from your players towards the officials. Referees are expected to call a fair game but may let some minor infractions go to help allow for continuous play at the beginning of the season. Games will be called tighter as the season progresses.

GYM USAGE

- Players should not arrive early or stay late for practice or games without parental supervision. Only the Gym and restrooms are available to players, the rest of the school building is off limits.
- Parents please do not send unsupervised siblings that are not registered participants. Please use the bleachers and do not crowd entry way to the gym. Program staff and participants will not be responsible for supervision of non-participants. Parents are responsible for checking out their participants from inside the facility.

PLAYER'S RESPONSIBILITIES

- HAVE FUN AND GIVE IT YOUR BEST AT PRACTICE AND GAMES!
- Be a good listener.

- Players must use good sportsmanship, to follow all rules of the game, and to display respect for all coaches, referees, teammates, spectators and opposing players. Negative gestures, language, or actions will NOT be tolerated.
- Attend practices and games on time and with a positive attitude and willingness to learn. Players will dress appropriately for practices and games. Breaks are for water and rest only! No texting/technology!

REFEREE CALL MODIFICATIONS

- Referees must call violations/fouls and explain to participants what they did wrong so they can learn from mistakes!

Violation	Boys/Girls 1st-4th Grade	5th-8th Grade
Double Dribble	Allow once per player possession, Call after mid-season	Call
Over & Back	Allow once per quarter, Call after mid-season	Call
Traveling	Give an extra step for starting & stopping, Call after mid-season	Call
Inbounds (5 sec)	Give warning beginning of season, Call after mid-season	Call
Lane (3 sec)	Give warning beginning of season, Call after mid-season	Call
Backcourt (10 sec)	Give warning beginning of season, Call after mid-season	Call

- Jump balls will start the game followed by alternating possession.
- Half Times are 4 minutes long, Overtimes are 1 x 2-minute period. Teams receive 1 x 1-minute timeout per half.
- Time clock is a stopping clock. Clock will stop on referee whistles/dead balls, time outs, free throws.
 ✓ **1st/2nd Grade ONLY: Time clock is a running clock. Official will stop clock when deemed necessary.**
- Program is governed by MIAA rules unless otherwise noted.

FAQ'S

Can I help? Norwell Recreation is accepting applications for parent volunteers for Co-Ed 1st/2nd Grade as well as paid Norwell Recreation staff. Potential volunteers will be asked if they are interested during the online registration process. Applicants for Recreation Program Leader positions must be 16 years & older and should contact the Recreation Department for additional information.

How will I know if the program is cancelled due to weather? If Norwell Schools are closed, the program is cancelled for that day. Parents will also receive an email notification. Please make sure your email address is correct in our system and you have opted-in for text and email notifications. If you wish to confirm your email address or have any questions, please call the office at (781) 659-8046.

What should my child wear/bring? Participants should wear comfortable active wear such as gym shorts, t-shirts, gym shoes to practice. They should wear gym shorts, gym shoes and their Norwell Rec Hoops jersey on game days. Participants are currently required to wear masks while participating in the program. They are responsible for bringing their own water bottle. Each participant will receive a numbered Norwell Rec Hoops reversible jersey which should be worn every "Game Day." Plan to use the "Gym Entrance" at Norwell High School, Vinal School and Norwell Middle School for drop-off and pick-up purposes.

What if my child cannot attend a practice or game? Participants will receive the most skill development by attending as many meeting dates as possible so skills can be learned and applied. Players are guaranteed to play a minimum of 3 quarters on game days if they attend their scheduled practice. If a participant knows they are unable to attend a game, please inform the Program Supervisor so they can plan accordingly.