

**BRUNSWICK PARKS AND RECREATION DEPARTMENT**  
**3<sup>RD</sup> & 4<sup>TH</sup> GRADE BASKETBALL LEAGUE**  
***Say YES to Better Sports for Kids***

**PROGRAM PHILOSOPHY**

It is more important in the development of young athletes to ensure that they participate, develop new skills and have FUN...rather than in winning a game.

**RULES & GUIDELINES**

Games will be conducted in accordance with the 2025-2026 High School Federation Basketball Rules, with exceptions and modifications, as follows:

**THE GAME**

- Unless otherwise noted, games are played on Saturdays at the Harriet Beecher Stowe School.
- Practices are held weeknights as determined by coaches and recreation department staff.
- Games will be officiated by Brunswick High School or JHS students/players, or volunteer coaches/adults.
- The game will start with a jump ball. Alternating possession thereafter.
- The score will not be kept on the scoreboard.
- Basket height is 9 ft. Free throw line distance is 13 ft.
- Intermediate size (28.5") balls will be used. Games are played cross-court.
- Games consist of four, 8-min. periods. The first six minutes of each period is straight running time. During the final two minutes of each period, the clock will stop on all whistles. (Fouls, ball out of bounds, etc.)
- Halftime will be five minutes. Overtime periods will not be played.
- A score sheet will be kept for player fouls, time-outs and quarters played.
- Fouls: Any player accumulating five fouls in a game will "foul out" and be removed from further play.
- Each team is allowed one time-out (60-sec.) per period. Unused time-outs may not be used in subsequent periods.
- Players entering a game before each period must report to the scorekeeper.
- Players must wear team shirts for all games.
- Only man-to-man defense may be played. Full-court pressing defense is not allowed.
- Any player who is bleeding, has an open wound, or blood on his/her body or clothing shall be removed from the game or practice until the bleeding has been stopped, the injury treated and blood saturated clothing removed.

**PLAYERS, COACHES, AND PARENTS**

- Volunteer coaches are trained and certified through the National Youth Sports Coaches Association. (NYSCA)
- It is each player's responsibility to contact their coach if they are unable to attend a scheduled game or practice.
- Good sportsmanship and appropriate conduct is expected. Kindly respect and support the decisions of the coaches, referees and recreation department staff.
- Each player must play in at least two periods during the game. This is a fundamental principle of the program. \*\*Once five players start a period, they all must finish that same period unless injured.
- Substitutions will be allowed only when a player: a) fouls out; or b) must leave the game due to injury, or c) is being removed as a result of negative behavior or sportsmanship. Coaches are encouraged to use a rotation system to ensure that each player receives equal playing time throughout the season.
- If a team does not have five players ready to play ten minutes after the designated starting time, the game will be started by selecting another player(s) from the opposing or other similarly aged team.
- No player will be allowed to play in more than three periods of each game. (Exception: If only six players are present, then two players will have to play the entire game; if only five players are present, then all the players will have to play the entire game. Coaches should use discretion when determining which players will play the entire game, should it become necessary.)

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- If any player exhibits poor sportsmanship or negative behavior on the court, the coach may substitute for that player immediately. One period of play will be credited to the player being removed.
- If one, of only five remaining players, fouls out and no substitutes are available, that player will be allowed to remain in the game.
- A girls and boys travel team will be formed at the end of the regular season in February. Players are chosen by division coaches and recreation staff on the basis of ability, attendance at games and practices, attitude, sportsmanship, etc. Teams will participate in area tournaments and play games with other communities through the end of March.
- Coaches are responsible for notifying players and parents of any changes in game schedule, practices or other information pertaining to the team.
- In case of inclement weather- Cancellation Procedure (SATURDAY GAMES)
  - A) One coach from each team will be contacted by email no later than 7:00am on Saturday morning.
  - B) Coaches should then notify their players.
  - C) Brunswick Parks & Recreation will also post cancellations on social media, Facebook, & Website
- QUESTIONS? COMMENTS? Please contact Aaron Cropley- 725-6656 [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org) or [acropley@brunswickme.org](mailto:acropley@brunswickme.org)