

BRUNSWICK PARKS AND RECREATION DEPARTMENT
7TH & 8TH GRADE CO-ED 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 skills and have FUN ...rather than in winning the 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 Saturdays at the Brunswick Recreation Center.
- Practices are scheduled on weeknights, as determined by coaches and recreation department staff.
- Games will be refereed by certified IAABO officials, whenever possible.
- This league is a 5 on 5 Co-Ed league,
- Basket height is the standard 10 ft. Free throw line distance is 15 ft. Games are played full court.
- A men's *official size* ball will be used.
- The 3 point shot will be in effect.
- Games will consist of four 8 minute periods, *stopped time*. Clock will be stopped on all fouls and violations.
- Clock will stop at approx. 4:00 minute mark (each period) for team substitution.
- Substitutions can be made only at the beginning and the halfway point of the period, unless there is an injury.
- Overtime periods will be 3 minutes.
- Half-time interval will be 5 minutes.
- Each team is allowed four (60 sec.) time-outs per game. One additional time-out is available for each overtime.
- Players entering the game must report to the scorekeeper.
- Players must wear team shirts for all games. Shirts may not be altered (sleeves cut, etc.).
- 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 any blood saturates clothing removed.

DEFENSE

- Teams are permitted to play both person-to-person and zone defense.
- Full court pressing is permitted in the second half only, unless a team is ahead by 10 points or more.

PLAYERS, COACHES, & 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(s) if they are unable to attend a scheduled game or practice.
- Good sportsmanship and appropriate conduct is expected. Set a good example for young players by displaying respect and support for the decisions made by referees, coaches and recreation department staff.
- Each player must play similar minutes during the game. This is a fundamental principle of the program. Coaches are encouraged to use a rotation system to ensure that each player receives equal playing time throughout the season.

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- If a team does not have four players ready to play ten (10) minutes after the designated starting time, the game shall be played by selecting a player(s) from the opposing or other divisional team. Any players that are picked up to fill roster will need to be approved by director.
- If a player receives a technical foul or exhibits unsporting behavior on the court, the coach may substitute for that player immediately. One period of play will be credited to the player being removed. A player is immediately disqualified from any game in which they receive two technical fouls. They will also be ineligible to play in the next scheduled game. Further disciplinary action may be rendered by the recreation department if warranted.
- If a player fouls-out and substitutes are not available, the player may *remain* in the game. However, the resulting penalty will be awarding the opposing team two free throws, in addition to the ball out-of-bounds at the division line away from the scorer's table. If that same player commits any additional fouls, the same penalty will apply. Coaches and/or referees reserve the right to remove any player who fouls out, even though a substitute may not be available, in the interest of game control.
- Coaches are responsible for notifying their players and parents of any changes in game schedule, practice times or other information pertaining to the team.
- Travel teams will not be formed at the end of the season.
- In case of inclement weather – Cancellation Procedures: (SATURDAYS 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 & Recreations will also post cancellations on social media, Facebook, & Website
- QUESTIONS? COMMENTS? Please contact David Coffill – 207-725-6656 or dcoffill@brunswickme.org