



Takoma Park Recreation Department

7500 Maple Avenue, Takoma Park, MD. 20912

▫ (301) 891-7290 ▫ www.takomaparkmd.gov/recreation ▫



Winter Basketball League Rules

(5th – 8th Grade Divisions)

1. Game Play

- a. Length of games shall consist of two (2) twenty (20) minute halves, running clock.
- b. The clock will only stop for time outs, injuries AND any whistle during the final one (1) minute of second half. The OT period shall be 3 minutes, running clock.

2. Game Rules - all league games shall be played in accordance with the current National High School Federation Basketball rules with the following modifications:

- a. Full Court Press – Last 5 minutes of the game

3. Timeouts

- a. There will be two (2) timeouts per half. One (1) time out per overtime period.

4. Grace Period

- a. There shall be a 5-minute grace period for the first game of the day only. Staff has final decision regarding forfeiture of games.

5. Fouls

- a. Team Fouls – 1&1 on 7th Foul, 2 shots on 10th
- b. Individual Fouls – 5 Fouls

6. Roster Size

- a. 12 players; 5 vs. 5 games

7. Court Dimensions

- a. Full Court
- b. Basket Height – Regulation 10 Feet

8. Ball Size

- a. 28.5 (Intermediate) for 5/6th Grade; 29.5 (Regulation) ball for 7/8th grade

9. Uniforms/Equipment

- a. Players will be required to wear uniforms furnished by the Takoma Park Recreation Department. Shorts with pockets are not allowed.
- b. Players will not be allowed to wear jewelry of any kind during games. Taping of earrings, etc. is not acceptable.
- c. Balls/first aid kits will be provided during each practice and during games.

10. Practice

- a. One day a week for one hour at a local Takoma Park school.

11. Volunteers

- a. Parents/Volunteers will be asked to assist in running the scoreboard for each game.

12. Inclement Weather

- a. In the event of bad weather please call the Recreation Department Inclement Weather Line (301-891-7101 ext. 5605) after 4:00 p.m. Monday - Friday and before 8:00 a.m. on weekends to hear an update on weekly practices and weekend games.