

**Exeter Parks & Recreation**  
**SUMMER SLAM BASKETBALL LEAGUE**  
**3rd & 4th Grade Division**  
**2025 Rules**

**Adopted from the Lamprey River Youth Basketball League**

Our goal is to create an environment in which every player can develop his or her full potential as an athlete and individual. Special rules for each age division have been established to help achieve a balance of individual accomplishment and team competition on the court. The following are the game rules established towards this end.

**ELIGIBILITY RULES**

1. This is a recreational league focused on keeping kids playing basketball and having fun in the summer. NO all-star teams or "A"/"B" teams are allowed. All players must be from the same town (or school district) unless a waiver is granted. No recruiting elite players from different towns.
2. The 3/4 division plays 5 v 5, each team must submit a roster of no less than 8 and no more than 15 players prior to the start of the season.
3. The Summer Slam League official roster form must be used, roster must include address, grade, date of birth and jersey numbers. Teams will forfeit all games played until an official roster is on file. Rosters are due June 6th. All players must be on the official roster; players may be added but must participate in 60% of games to be eligible for playoffs.
4. No player is allowed to be rostered on more than one team in the league.
5. Players must be entering 3rd or 4th grade in the fall of 2025 to be eligible for the 3rd & 4th grade division.
6. EPRD reserves the right to place free agents on smaller teams.

**GAME PRELIMINARIES**

1. Exeter Parks & Recreation responsible for providing a game ball, setup and cleanup of the courts. This includes score boards, chairs, 10 ft hoops, bleachers etc. as well as sweeping the court. A copy of the league rules will be kept at the scorers table.
2. The Exeter Parks & Recreation Department will provide a qualified timekeeper, scorekeeper and a referee. Teams must keep their own book.
3. All players on the roster must be listed in the scorebook for all games (regardless of attendance)
4. Size #5 (27.5) basketballs will be used for the 3rd & 4th Grade Division.
5. Coaches, players and spectators must adhere to all EPRD and Summer Slam rules. The consequence for not following league and park rules will be to delay the game until the

offending behavior is resolved. This preserves the integrity of the game and keeps the players safer.

6. Water is the only drink allowed on the bench.
7. No players personal basketballs allowed in the court area during games.
8. All players are required to wear a shirt (prefer shirt numbered front and back), shorts and sneakers in the game. **No jewelry of any type will be worn.**
9. EPRD will provide a first aid kit with a sufficient number of ice packs for home and visiting teams.
10. Only coaches, players, EPRD staff and game officials are permitted on the blacktop. Spectators are encouraged to bring camp or beach chairs to watch from the grassy area around the courts.
11. Concessions are available at the pool Snack Shack until 7:30pm.

## **MINIMUM PLAY RULE**

1. **Each player must play equal time or as close to equal time as possible. In this division, equal play among players is a must!**

## **GAMES**

1. If two referees are not available, coaches are asked to serve as referees and they are allowed to instruct children on court. This is an instructional league. Please be brief – time is limited. Referees should be instructing players as necessary and should be responsible for calling the game.
2. Home team is responsible for keeping a book and keeping track of fouls.
3. 3rd & 4th Grade Division will use official Junior basketball – Size 27 ½ and 10 ft hoops.
4. Official High School Basketball Rules shall apply unless specifically noted in local league rules. Violations and penalties will be liberally enforced.
5. 3rd & 4th Division Games will consist of two 20 minute halves, running clock.
6. Three-point shots are permitted in 3rd & 4th Grade Division.
7. Free throws will be taken. The official (15 foot) free throw line is utilized, but a child may jump from the line into the paint when taking the shot. If the child cannot reach the rim, the line may be moved forward 3 feet (coaches should assist with this determination). EPRD will designate this adjusted line with tape.
8. Zone Defense is not permitted in the 3rd and 4th grade division.
9. Full court defense is **ONLY** allowed during the last three minutes of the game. At no time may a team apply full court defense if your team is ahead by 10 or more points.
10. Defense must stay inside the 3-point area until the ball crosses mid-court. There is no guarding in the backcourt.
11. Lane violations will be enforced.
12. Each team is allowed 4 time-outs of one minute, taken any time during the game. Coaches or players on the floor in possession of the ball may call time outs. During dead balls any player on the floor or coach can call timeout.

13. If a regular season game ends in a TIE, it will officially end as a TIE.
14. **Running up the score is not allowed at any time**, this is a fun recreation league. Coaches are expected to use good judgment regarding this issue.
15. On the fifth personal foul a player is ejected from the game. Foul shots are only awarded while in the act of shooting. There is no accumulation of team fouls for additional shots. On foul shots all players in designated lane spaces (except shooter as discussed in rule 7).
16. Injured players must exit the game. While a player is injured on the floor, all other players must go to the bench. If a player is bleeding, they must leave the game immediately and cannot return until the bleeding has stopped & the open wound is covered.
17. On a multiple shot foul, substitutions are only allowed to enter the game prior to the last shot being taken.

## **CODE OF CONDUCT**

1. Our goal is to create an environment in which every player can develop his or her full potential as an athlete and individual. Rules for each age division have been established to help achieve a balance of individual accomplishment and team competition on the court.
2. Head coaches are responsible for their conduct and the conduct of their players, assistant coaches, and their team's parents and fans. Refs have the right to call a technical foul for inappropriate conduct of players, fans, and coaches.
3. Exeter Parks & Recreation follows and enforces a Zero Tolerance Policy. Should you experience any issues pertaining to parent/coach/player conduct please reach out to Caroline Neel or David Tovey. 603-773-6151. [Cneel@exeternh.gov](mailto:Cneel@exeternh.gov), [Dtovey@exeternh.gov](mailto:Dtovey@exeternh.gov)

## **ZERO TOLERANCE POLICY**

Because of the physical and verbal abuse taking place at youth sporting events across the country, many organizations have chosen to adopt a Zero Tolerance Policy towards abusive behavior. The Exeter Parks & Recreation has decided to take a proactive approach and adopt the following measures:

The following is the policy for Exeter Parks & Recreation's Summer Slam Youth Outdoor Basketball League.

It is the responsibility of ALL coaches, players, parents, relatives, siblings, and other spectators to maintain the highest standards of conduct for their behavior at all EPRD and Summer Slam League sporting events including, but not limited to, practices, games, and tournaments. Abusive and obscene language, violent play, violent conduct, fighting, and other behaviors detrimental to the sporting event will not be tolerated.

It is the responsibility of ALL present to support the presiding official referees. There will be absolutely NO YELLING OR BELITTling of these presiding officials. In addition, there will be no criticism, sarcasm, harassment, or intimidation of any kind towards the presiding officials. Failure to follow

these simple instructions will undermine the official's authority and has the potential to lead to a hostile environment for players, officials, and all other participants and spectators.

It is the understanding of any parent that chooses to have their child participate in EPRD and Summer Slam League events that these simple guidelines **MUST BE FOLLOWED**.

#### Penalties:

- Any minor infraction: A verbal request or warning will be given by a coach or referee, and it is expected that the reason for the warning will stop immediately.
- Subsequent infractions: The offending person or player will be asked to leave the playing field area immediately until the next scheduled event. The Exeter Parks & Recreation Department reserves the right to take further action depending on the severity of the situation.
- Serious or consistent infractions: EPRD reserves the right to take action as it deems necessary up to and including permanent dismissal from the EPRD leagues and playing areas. Should anyone not comply with this ruling, the EPRD will seek assistance from the local Police department immediately.

All participants in the Summer Slam League should adhere to the following principals of good sportsmanship:

- Respect the decision of coaches and officials
- No expletives, disparaging comments or derogatory remarks
- Treat opponents with respect
- Whatever the outcome of the competition, be respectful. At the conclusion of the game, congratulate and shake hands with the officials, coaches, and opponents.
- Do not encourage or participate in conduct that violates the rules or spirit of the game.

The following are some simple guidelines that coaches, players, and spectators are expected to follow:

#### Coaches

Coaches are the role models for our youth and will make an impression on the players for years to come. Coaches must demonstrate good sportsmanship on and off the field. "Coach" represents and symbolizes a leadership role in our community and a representative of Exeter Parks & Recreation and The Summer Slam League at all competitions. Coaches are expected to:

- Ensure and promote the safety of all participants.
- Lead by example
- Control the behavior of the parents/fans during competitions
- Show respect to all players, parents, officials, and opponents
- Teach fair play and sportsmanship

#### Players

It is a privilege to play a sport, be on a team, and represent The Summer Slam League at various competitions. Therefore, players must follow the EPRD and Summer Slam rules during all practices, games, tournaments, and other organized Summer Slam League events. Players are expected to:

- Treat opponents, officials, and spectators with respect
- Follow all Summer Slam League rules and policies for sportsmanship
- Respect officials and accept their decisions
- Win without boasting, lose without excuses

### Spectators

EPRD and The Summer Slam League is honored to have incredible parents and spectators. It is important to remember that the players respond to the actions and behaviors of the spectators. Spectators are expected to demonstrate good sportsmanship and show respect to all players, officials, and coaches. Spectators are also expected to:

- Not coach players from the sidelines during the game
- Do not criticize the officials or coaches
- Cheer and support all players regardless of the outcome
- Communicate with the coach and create a supportive environment
- Understand and respect the different roles of parents and coaches
- Understand that improper behavior at any event may result in a parent being asked to leave the field or event by a referee or other official and respect that action
- At all times show empathy for our young developing athletes

### Everyone

- Promote fitness and enjoyment through sport
- Developing new skills
- Instilling a desire to succeed
- Teach responsibility, commitment, and cooperation
- Prepare one to deal with success and failure
- Provide an outlet for the release of energy
- Instill a positive attitude towards authority

The likelihood that our children will realize positive sports value is greatly enhanced when everyone shows good sportsmanship.

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Player / Parent / Coach Signature

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Date