

## 2019 Third/Fourth Grade Youth Basketball Rules

Objective: By setting forth specific rules of basketball game...

**Coaches** will be more effective at coaching a consistent and reliable set of skills to the players. Their success will be displayed in the player's skills, actions, and increased knowledge of the game.

**Players** will become more effective on the basketball court and learn the fundamental skills in a uniform way. Each player's abilities will be enhanced through streamline coaching and players will have the skills needed to evolve into better players

**Parents** will have more knowledge of the game and an increased understanding of how their children will be coached and developed into better players. This will help them foster basketball skills in their children.

- Good sportsmanship is required among players, coaches, parents, and referees at all times
- Jerseys must be tucked in at all times
- Games will be played on 10 foot hoop. Women's 28.5 sized basketballs will be used.
- All players must play a minimum of 2 quarters per game.
- Substitutions can be made at any time when play is dead.
- Teams may start a game with 4 players
- Possession will be determined prior to the start of game by jump ball. All jump balls will be determined by a possession arrow. Possession will be alternated at the start of each quarter.
- Two (2) timeouts will be allotted each game per team. One additional timeout allowed in overtime.
- All basketball violations will be enforced. No reaching fouls, double dribbling, traveling, illegal screens, offensive fouls, etc.

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- **Stealing:** Is allowed. Any pass or inbound pass may be stolen. A defender may steal directly from the dribble however reaching fouls will be enforced.
- **Made basket:** Player from opposing team must pass the ball inbound from the baseline.
- **Offense:** All plays should be designed to include all players. Scoring will be 2 and 3 point shots. Three-point shots will be determined by marked line on courts. A 3 second key violation will be enforced. A 5 second offensive position rule will be enforced (discretionary). A 5 second inbound rule and a 10 second half court rule will also be enforced. During free throws, if a player is going to jump they must START behind the line but may land inside the key after the ball is released. Coaches must introduce some basic offensive plays and inbound plays. Coaches should also begin to identify player positions on the court but the focus should be on understanding all positions.
- **Defense:** Man to Man defense only; No zone defense is allowed. Pressing will be allowed in the final 1 minute of the second and fourth quarters. A team will also be allowed to press if they are down by 10 or more points in the game. Once the ball is in the key a second or third defender in help defense is allowed to assist in stopping the ball, whether that be double-teaming or trapping. Otherwise no outside double-teaming or trapping is allowed. Double teaming or trap violations outside of the key will result in stoppage of play and offensive inbound. However a defensive play in help defense may impede an offensive drive but must recover to his own defender; no double teaming outside of the key. Defensive switching is permitted. Any illegal defense violations will be warned once per quarter and a second violation during that quarter will result in a scored point and possession to the opposing team.

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- **Fouls:** Fouls will be called by the referee and should be made with discretion. There will be a 6 foul per player limit (the 6<sup>th</sup> foul will result in the player fouling out). After 10 team fouls one bonus point will automatically be awarded to the opposing team and a foul shot will be attempted. Shooting fouls will automatically be awarded one basket/point and then the fouled player will shoot 1 free throw. Players may enter the key on free throws at the shooters release of ball, however shooter may not enter lane until ball hits rim. A lane violation for the offensive team will result in a turnover and a lane violation for the defensive team will result in an additional free throw. Technical fouls will be assessed for i.e. fighting, foul language, aggressive behaviors, and any other unsportsmanlike conducts. If a technical foul is called the opposing team will be awarded 3 points and possession of the ball.
- **Out of bounds:** All plays out of bounds are to be called. On the sidelines players will pass the ball in from the sideline. Underneath the basket will be an inbound from the baseline.
- **Mercy Rule:** If the scoring margin between the teams exceeds 15 points the scoreboard will be shut off, however, the game will continue with normal timing and scoring rules. If a team is ahead by more than 10 points there will be absolutely no press allowed.
- 4 minute pre-game warm. Half time will consist of 3 minutes.
- Games will be played in quarters. Each game will be 4 quarters and 7 minutes each
- Game clock will stop while players are lining up for free throws and will resume as soon as the ball is handed to the shooter. Regulation timing will be used in the final 2 minutes of the second and fourth quarters and if during overtime if required. Regulation timing will be utilized for out of bounds, free throws, and fouls during this time.

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- Overtime period if required will be 2 minutes. As above, regulation timing will be used for all overtime periods. Each team will receive an additional timeout if overtime is required. If there is still a tie game after overtime a free throw contest will determine the outcome. Five kids from each team (coaches pick) will shoot one free throw each. Best percentage wins.
- Tennis shoes are required. Absolutely no boots, cleats, Crocs, or sandals will be allowed for play. It is strongly recommended that gym shoes be brought into the gym and put on prior to the game.
- Concussion protocol to be followed. “When in Doubt Sit Them Out” policy shall be enforced.
- No watches, earrings, necklaces, plastic hair clips, beads, or other jewelry may be worn during the game
- No jeans or sweat pants permitted

\*\*\* ALL RULES SUBJECT TO CHANGE \*\*\*

We are all from the same community and should strive for us to become better as ONE. Go

EAGLES!!